Solunakēn

A Moment to Settle

A Gentle Breath Practice

Finding a little more steadiness before making a money decision.

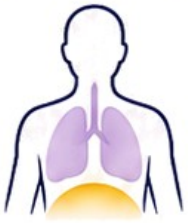
1



Arrive and check in.

Find a comfortable seat. Let your shoulders soften and take a moment to notice: How do you feel right now? What's present in your body, mind, or mood?

2



Notice your breath.

Bring your attention to your natural breath. Notice where you feel it most — in your chest, in your belly, or both. There's no need to change it, just notice.

3



Breathe into what you notice.

Place one hand on your chest and one on your belly. Gently breathe into the space where you feel your breath — chest, belly, or both. Notice the rise and fall, and how it feels to breathe into those areas.

4



Settle and notice.

After a few breaths, pause and check in again.

- What do you feel in your body now?
- What has shifted, even a little?
- Do you feel a bit more steady or clear?

Repeat 2–3 times, or stay for a few more breaths.

PAUSE • ORIENT • ACT