



Living Loved Exercises

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Homework: Breathing Exercise 5: Opened Heart

Deep breaths, opening your heart to God

Video Link: <https://youtu.be/cL8Vfg1MkA8>

How

- Take a deep breath, inhaling through your nose. (Think: Sniff a flower.) Then exhale slowly through your mouth. (Think: Blow out a candle.) Inhale for four seconds and exhale for four second.
- While you breathe, imagine your heart opening to God.
- Take 3-5 deep breaths.

When

Three times a day—morning, afternoon, and evening. Even better, breathe deeply like this whenever you think of it throughout the day—waiting at a stoplight, sitting at your desk, talking to someone.

Why

This breath prepares you for a heart-to-heart connection with God from a restful place.

Caution: Some people may have unpleasant thoughts or memories come to mind while doing this exercise. If that happens to you, refer to the “What to do if You’re Triggered” section.