



## **Living Loved Exercises**

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### **Session 1 - Why Now?**

#### **Homework: Breathing Exercise 1: Calm**

*Deep breaths*

**Video Link:** <https://youtu.be/DIY7qdG0OLM>

#### **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. Take 3-5 deep breaths.

#### **When**

Do this exercise 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. The more often you breathe deeply in this way, the more you will train your mind and body to create an atmosphere around you where it's easier to encounter God.

#### **Why**

Deep breathing like this trains your body and mind to enter a restful place, which makes it easier to focus on and enjoy what is around you. Later we'll learn to engage God from this restful place.