

Breathing

Just pause for a moment, take a deep breath in through your nose, then out through your mouth, releasing all tension in your body as you do so, and then dwell upon the complex and wonderful science of that single breath.

That single breath you just took began with your nose. Your nasal passages are quite similar to a high-tech air conditioning and purifying system. They filter out large dust particles and microbial spores via the mucous membrane that lines your nasal cavity, where sticky mucus is secreted to trap and dispose of impurities.



The nasal passages warm and humidify the air you breathe, primarily by the means of a rich blood supply below the mucous membrane. This blood acts as a kind of chemical cleanser of your respiration. Despite a microsecond contact time with the nasal mucosa, your inspired air during this time is cleared of ozone, sulfur dioxide, and other water-soluble pollutant gases (far better than it is cleared by breathing through your mouth, in fact).

Nitric oxide, or NO, is a very important substance produced in large quantities in the nasal sinuses. When you inhale through your nose, NO accompanies the inhaled air in order to dilate the bronchial tubes to allow the air to pass through easily. NO also has antimicrobial properties that can kill viruses and bacteria that have escaped from the cilia inside your nose and throat (interestingly, including problematic compounds such as the coronavirus). NO also causes the blood vessels inside your lungs to dilate, which allows oxygen to be transferred to your blood more easily (**this phenomenon also does not occur when you breathe through your mouth**).

[Fit Soul - Tools, Tactics and Habits for Optimising Spiritual Fitness – Ben Greenfield p176](#)

PAYING CLOSE ATTENTION - Close your eyes. Tune into the sounds of the room. Listen to and feel your breathing, the heave of your chest, the drop of your diaphragm, the distinct sounds of inhalation and exhalation. Feel the air temperature on your face and hands. Feel the clothing draped on your body, and become aware of yourself as inside the clothes, as inhabiting them. Note and feel the contact points between clothing and skin. Become aware of the sensation of your feet pressing on the floor, and of your arms and hands resting on your legs or the arms of a chair.

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Become aware of the sensation of your feet pressing on the floor, and of your arms and hands resting on your legs or the arms of a chair. ... **What Do I Do When the Craving to Act Out Hits?** - Don't act out, go to meetings and ask for help. Breathe deeply, ask your Higher Power for help and reach for the phone to call another SLAA member

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If we aren't acting out, what then are we to do? - Sometimes, we just breathe. It may be all we can do, for the moment. Reciting the Serenity Prayer has helped many of us pass that critical moment when we are tempted by our addiction.

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Today I concentrate on my breathing during meditation and imagine myself pushing thoughts out. I ask for God's will and pause to listen.

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