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To breathe (*bri:ð*) - **Breath** (n) (*brεθ*)

To breathe: Inhaling and exhaling air through nose or mouth.

Breath: What you inhale or exhale, or both of these together.

- Can you please **breathe in**, hold your **breath**, now **breathe out**.
- Her chest was too tight for her to **breathe** deeply.
- She drew a slow **breath** and glanced self-consciously at Mary and Jane.
- He **breathed** his last **breath** and died.

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Some Facts About Deep Breathing

In general, the human organism was not designed to breathe deeply at all times and in all situations. The depth of our breath, whether it is shallow, medium, or deep depends in large part on what it is we are doing. If we are sitting quietly reading, for example, we do not need to be breathing deeply. If we are working hard and expending a great deal of energy, however, we might well need to breathe deeply. Another situation in which deep breathing can be beneficial is when we are trying to revitalize our energy or for special or healing exercises.

Deep breathing can be important to both health and spiritual development. Such breathing can increase our vitality and promote relaxation. Unfortunately, when we try to take a so-called deep breath, many of us do the exact opposite: we suck in our bellies, raise our shoulders, and try to expand our chest. This is shallow breathing. To learn deep breathing we need to do far more than learn new breathing exercises.

Vocabulary

Breathability

Breathalyser

Breathlessly

Breathable

Breathless

Breathlessness