



# **The Art of Allowing: The Breath in Meditation and in Life by Louis Hughes OP**

*Louis Hughes*

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Breathing is not something that we ever need to do – we need only allow it to happen inside us. The breath is never ‘my breath’ – it does not belong to us. It is in some way greater than us, and it brings us life. This is a conviction that has slowly grown on the author through almost forty years of practising body prayer and meditation. Breathing meditation brings diverse benefits. It will help you to relax and to sleep better. It will also help you cope better with stress and tiredness. Through it you will learn to pray in more holistic ways; you will move towards your spiritual centre and become more open to God’s call to friendship and intimacy. As well as offering a series of exercises in deepening your skills in breathing, this book covers the constructive use of breathing in movement, healing, stillness and general well being.

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