

BREATHWORK

4-7-8 Breathing Script

The 4-7-8 pattern counted out loud — four in, seven held, eight out — with the step-down options a listener needs before they attempt a seven-count hold.

8 min · 4 segments

Eight minutes, four segments. Only four full cycles, which is the standard dose. Resist the urge to add more.

BEFORE YOU RECORD

- Four cycles only. The pattern is commonly taught as four, and more can leave people lightheaded — don't pad the runtime by adding rounds.
- The out-breath is through pursed lips with an audible whoosh. Demonstrate it once so they know what you mean.
- Count at roughly one beat per second and never drift. On a hold this long, an uneven count is obvious and unpleasant.
- Read the step-down option before the first cycle, not after.

01. Setting up

1 min 30

[matter-of-fact — the caveat is the important part of this segment, so give it room]

This is 4-7-8 breathing. Four counts in through the nose, seven holding, eight out through the mouth. We'll do four full cycles, which is the usual dose.

The seven-count hold is the hard part, and it isn't for everyone. If it feels like a struggle, halve everything — two in, three and a half held, four out. The ratio is what matters, not the numbers. If you feel lightheaded at any point, stop and breathe normally. *[pause for 10 seconds]*

Sit upright, feet flat. Rest the tip of your tongue just behind your top front teeth and leave it there throughout — the out-breath goes around it.

The out-breath is through the mouth with a soft whoosh, like this. *[demonstrate one audible out-breath, then pause 5 seconds]*

02. Emptying first

45 sec

[a full exhale before cycle one, or the first in-breath has nowhere to go]

Before we start, empty completely. Breathe all the way out through the mouth — further than feels natural, until there's nothing left. *[pause for one long out-breath]*

Good. That's the starting position for every cycle.

03. The four cycles

4 min

[count every beat aloud for all four cycles; one beat per second throughout, no acceleration on the hold]

Cycle one. In through the nose. Two. Three. Four.

Hold. Two. Three. Four. Five. Six. Seven.

And out through the mouth. Two. Three. Four. Five. Six. Seven. Eight. *[pause 5 seconds before the next cycle — they need a normal breath in between]*

Cycle two. In. Two. Three. Four. Hold. Two. Three. Four. Five. Six. Seven. Out. Two. Three. Four. Five. Six. Seven. Eight. *[pause 5 seconds]*

Cycle three. Same again, and let the shoulders drop on the way out this time. *[count the full cycle aloud, then pause 5 seconds]*

And cycle four, the last one. *[count the full cycle aloud]*

04. Letting it go

1 min 45

[the comedown matters after breath holds — don't cut straight to the close]

That's four. Now stop counting entirely and let the breath go back to whatever it wants to be. *[pause for 25 seconds]*

Notice how it's running compared to when we started. You don't need to conclude anything from it. *[pause for 20 seconds, then lift the voice]*

Open your eyes if they were closed. Four cycles is the whole practice — you can run it yourself before a difficult phone call, and nobody will notice you doing it.

USAGE

Free to use. Record this script, publish it under your own name, and keep whatever you earn from it. No credit required — but please keep the step-down guidance in segment one, since a seven-count hold is genuinely uncomfortable for some people.

Record it with Hilite — hellohilite.com

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