

Coherent Breathing Script

Resonant breathing at roughly five and a half breaths a minute — equal in, equal out, no holds at all. The gentlest of the counted practices.

12 min · 4 segments

Twelve minutes, four segments. No breath holds anywhere, which makes this the one to reach for when holds are the problem.

BEFORE YOU RECORD

- Five and a half seconds in, five and a half out. Practise against a stopwatch before recording — at this pace a half-second drift is audible within four breaths.
- No holds anywhere. That's the defining feature; don't add them for variety.
- The counting thins out deliberately across the segments. By the last one you're nearly silent and they're carrying the rhythm.
- Twelve minutes at this rate is roughly 65 breaths. Don't shorten it — the effect is cumulative.

01. Why this one is different

1 min 30

[calm and even from the first line — this practice is about steadiness, and the voice should model it]

This is coherent breathing, sometimes called resonant breathing. Equal in, equal out, at about five and a half breaths a minute — slower than normal, but nothing held anywhere.

That last part matters. If breath holds make you uneasy — and for a lot of people they do — this is the practice to use instead. There is nothing to brace for. *[pause for 10 seconds]*

Sit or lie comfortably. Eyes open or closed. Breathe through the nose the whole way through if you can. *[pause for 15 seconds]*

02. Finding the rhythm

3 min

[count all six beats each way here — they are learning a pace they'll hold for nine more minutes]

Take one ordinary breath first, just to notice the starting pace. *[pause for one breath]*

Now in, slowly. Two. Three. Four. Five. And out. Two. Three. Four. Five.

Again. In. Two. Three. Four. Five. Out. Two. Three. Four. Five. *[repeat this counted cycle six more times at exactly the same tempo]*

If that feels too slow, shorten it slightly — four and four is still coherent. What matters is that in and out are equal and nothing is forced.

03. Dropping the count

5 min

[name only the turns now, then go quiet altogether — this is where they take it over]

I'll count less now. You keep the same rhythm.

In. And out. In. And out. *[keep marking the turns only, for about eight breaths]*

Now on your own for a while. If the rhythm slips, don't correct it sharply — just come back to it on the next breath. *[silence for 2 minutes]*

Still going. Nothing to hold, nothing to hurry. *[silence for a further 2 minutes]*

04. Letting the pace return

2 min 30

[unhurried close — no need to lift the energy much; this practice leaves people level rather than sleepy]

Let the count go now, and let your breath find its own pace again. Don't push it back to normal — just stop steering. *[pause for 40 seconds]*

Notice whether it has stayed slower than it was twelve minutes ago. Quite often it has, without any effort from you. *[pause for 25 seconds]*

Open your eyes if they were closed. This is the one worth doing daily — ten minutes of it, at whatever time you'll actually remember.

USAGE

Free to use. Record this script, publish it under your own name, and keep whatever you earn from it. No credit required.

Record it with Hilite — hellohilite.com

Studio-quality audio from your laptop mic. Free to start.