

jit₋₆ zyu⁻¹ gu⁻¹ lik⁻¹ fu⁻¹ kap⁻¹ faat⁻³
熱朱古力呼吸法
HOT CHOCOLATE BREATHING

1

ngo⁵ dei₋₆ baan₋₆ jung₋₆ soeng⁻¹ sau² ling⁻¹ zyu₋₆ jat⁻¹ bui⁻¹
我哋扮用雙手拎住一杯
nyun⁵ lap⁻¹ lap⁻¹ ge⁻³ jit₋₆ zyu⁻¹ gu⁻¹ lik⁻¹
暖笠笠嘅熱朱古力。

Let's pretend we are holding a warm mug of chocolate in our hands.



2

zoeng⁻¹ zek⁻³ bui⁻¹ baai² gan₋₆ faai⁻³ min₋₆ dou₋₆
將隻杯擺近塊面度，
maan₋₆ maan² kap⁻¹ hei⁻³ hou² ci⁵ man₋₄ dou²
慢慢吸氣，好似聞到
zyu⁻¹ gu⁻¹ lik⁻¹ jau₋₆ hoeng⁻¹ jau₋₆ tim₋₄ ge⁻³ mei₋₆
朱古力又香又甜嘅味。

Bring it close to your face and take a deep breath **in**, like you are smelling the yummy chocolate smell.



3

maan₋₆ maan² fu⁻¹ hei⁻³ hou² ci⁵ ceoi⁻¹ loeng₋₄ gan²
慢慢呼氣，好似吹涼緊
bui⁻¹ jit₋₆ ge⁻³ zyu⁻¹ gu⁻¹ lik⁻¹ gam²
杯熱嘅朱古力咁。

Breathe **out** slowly, as if you are blowing on the hot chocolate to cool it down.

