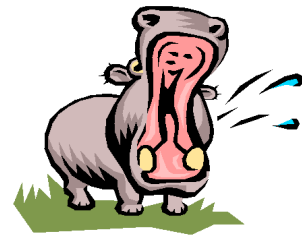


# Breath Training – 4.6.8

By Maureen Ross, MA



Isn't breathing as natural as ... well ... breathing? Apparently not. Most stress relief experts agree that most of us don't even realize when we are breathing. We take it for granted. We need it more than ever today because of the sensory overload that seems to take over our life (social media, stuff, work). When is enough, enough?

Those aware that the alternative to breathing is (do I need to say), often enjoy a higher energy level, better posture, improved circulation, healthier heart, lower stress levels, connect and make life decisions more easily.

## **Technique 4.6.8 - Who do we appreciate – OURSELVES!**

Lie on your back, sit on the floor, in your car, grocery store, word or standing in the jungle, it does not matter. What matters is to be consciously aware, for a few seconds, of your breath. On the floor, it's bliss to have a rolled blanket under your knees and rolled towel caressing your neck. Stuck in traffic or a boring meeting? You can breathe, pretend to listen, or when the light turns green, feel renewed.

Relax your shoulders by lifting slowly to the count of 10, then lower to the count of 10. You can blurt this out, whisper or imagine it in your head. Get unknotted, un-kinked and let go of the chatter in your head for a few moments ...

Place a hand on your belly. It should raise, not your chest (deep belly diaphragmatic breathing). Begin by exhaling through your nose to the count of 4,3,2,1. Holding for 6,5,4,3,2,1. Exhaling through your mouth, 8,7,6,5,4,3,2,1. Imagine or say "so calm." Ahh ... practice this whenever you can.

Soon a natural rhythm will assert itself and you will (a) oxygenate your brain; (b) massage your inner organs, aiding digestion and circulation; (c) clear out pockets of stale carbon dioxide in your lungs and toxins.