

BREATHWORK PREPARATION

For the calming and energizing breathing exercises I describe below, begin your practice with the following steps.

1. Find a comfortable position—sitting in a chair, sitting upright with a cushion, or lying down.
2. Close your eyes.
3. Lower your gaze (yes, you can do this with your eyes closed).
4. Make yourself comfortable in this position.
5. Roll back your shoulders.
6. Bring your awareness to.

Calm.

Balance.

Ease.

Stillness.

Peace.

Whenever your mind wanders, just gently and softly bring it back to...

Calm.

Balance.

Ease.

Stillness.

Peace.

7. Now become aware of your natural breathing pattern. Don't force or pressure your breath, just become aware of your natural breathing pattern.

The right way to breathe is to use the Diaphragmatic Breathing Technique.

To do so,

Place one hand on your stomach and the other on your chest, and:

Breathe in through your nose, and out through your mouth

When you inhale, feel your stomach expand (as opposed to your chest)

When you exhale, feel your stomach contract.

(Continue this in your own pace, at your own time.)

When you inhale, feel that you are taking in positive, uplifting energy.

When you exhale, feel that you are releasing any negative, toxic energy.

8. Lower your left ear to your left shoulder as you breathe in... and bring it back to the middle as you breathe out.
9. Lower your right ear to your right shoulder as you breathe in... and bring it back to the middle as you breathe out.
10. Really feel the breath, with no rush or force, in your own pace, at your own time.