

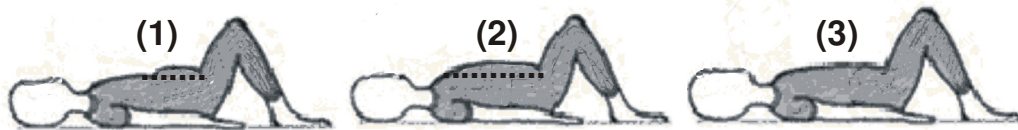
ARE YOU BREATHING?

INCREASING THE EFFICIENCY OF YOUR BREATHING IS THE QUICKEST, EASIEST, CHEAPEST AND SAFEST FORM OF CALMING MEDICATION

This simple exercise is wonderfully relaxing and refreshing. Lie flat on your back on the floor or in bed. Knees are up, feet flat and arms by your sides.

Breathe in through your **nose**, keep your **mouth closed**. The inhale breath has two parts:

- (1) For the first part of the in-breath let your belly rise but the ribs do not rise (this is the way we all breathed when we were small babies). You are expanding your diaphragm and filling up the bottom part of your lungs.
- (2) For the second part of the in-breath your belly stays up as you bring air into the upper part of the chest keeping the shoulders relaxed, so now the ribs rise too. You will be amazed how much extra breath your lungs can hold. This is how opera singers and woodwind players breathe.



- (3) Now exhale in one, long, slow out-breath, like a deep sigh, with **your mouth open**.

If you get in the habit of doing this breathing for a minute or so before you get out of bed in the morning, it will make a great start to your day. The practice is also useful at night if you have difficulty going to sleep. It's especially beneficial if you wake up feeling that you are getting the symptoms of a cold. Just lie in bed and do 10 or 12 good, deep breaths while visualizing the air opening the nasal passages and clearing the throat, head & lungs. This will often prevent cold symptoms from developing.

Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again:

These two simple practices can help.

Breathing through the nose:
breathe in to the count of 5, out to the count of 8.

OR

With the in-breath through the nose think "calming"
with the out-breath think "relaxing".