

## ANXIOUS BREATHING TECHNIQUE

### **MASTER YOUR BREATH, MASTER YOUR LIFE.**

Are you anxious, stressed, fearful, worried, can't sleep? Use the following breathing sequence:

You can do it anywhere, at any time and as often as necessary.

Your brain can do its thinking and at the same time focus its full attention on whatever you command it to.

Set your clear intention behind the breath – if you are worried about an exam then you tell yourself gently but firmly that you will breathe, relax and then not be worried but calm, if you can't sleep you tell yourself you will breathe, relax and then fall asleep, etc.

If your thoughts interrupt your breathing, then gently tell the brain to put its full focus back on the breathing. Speak to the brain, body and field in the 3<sup>rd</sup> person. You are telling them what you want them to do. Always speak kindly but firmly from your heart.

## **BREATHING SEQUENCE:**

**Breathe in through the nose to the count of 4, hold for the count of 1 and then slowly release the breath out through your nose for the count of 6.**

- Visualise the front of your face and draw your attention to the end of your nose.
- Command your mind to watch the breath entering and exiting the nose. Really put your full attention and focus on watching the breath. What does your breath look like?
- Connecting with the nose and how the breath feels as it travels into the nose, down the back of your throat and into your lungs. Do the same for the exhale, how does the breath feel as it exits the body?
- Command the mind to count with your breath.

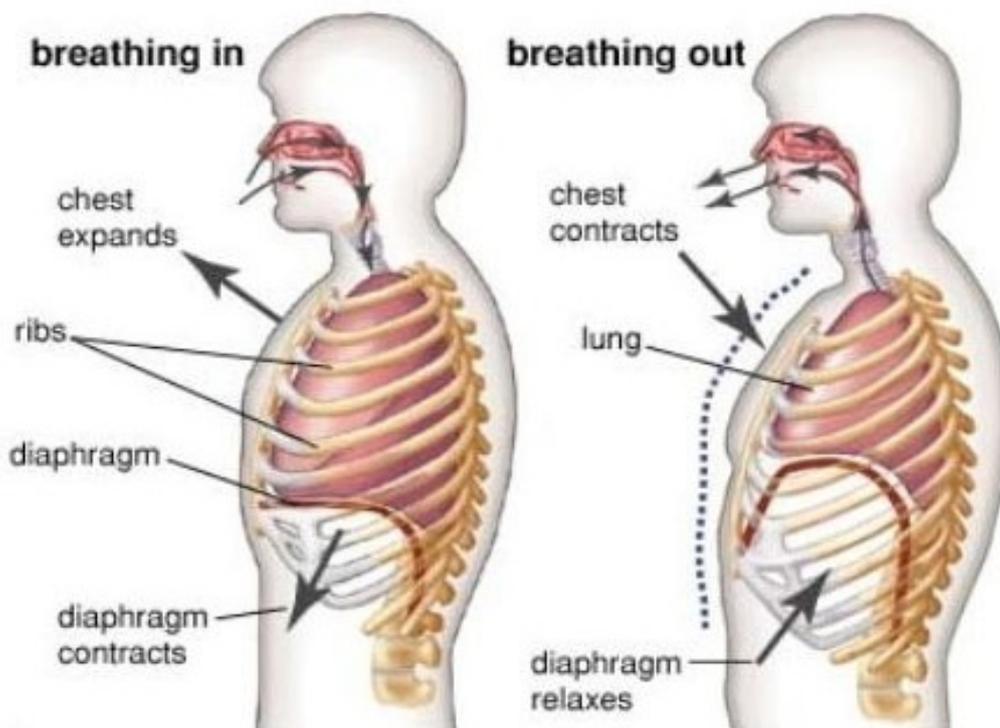
Be very gentle with any thoughts popping into your head, ignore them and just keep commanding the mind, gently but firmly to watch the breath, feel the breath and to count, letting the thoughts slip away.

Sometimes you have to be very firm, focused and determined to not let the thoughts distract you from watching, feeling and counting your breath.

Repeat this 4 to 6 times.

This breathing sequence bypasses the brain, calms the nervous system, stills the busy mind and brings you back into being present in your body, grounding and relaxing you deeply.

## TIPS FOR EFFECTIVE BREATHING:



1. Bring your breath deep into your lungs, visualise your breath filling up all of the lungs - the front, bottom and the back of the lungs.
2. Bring your attention to the fact that the rib cage will expand in front and at the back to facilitate the lungs as they truly fill up deeply with air. Don't forget the back of the lungs.
3. You know you are breathing correctly when your belly button expands away from the spine on the in-breath (your tummy blows up like a balloon) and sinks down towards the spine on the out breath.
4. It take a few practice attempts to get used to using the full capacity of your lungs while using this breathing technique.