

Breathing Practices: Breath Is Life

by Rebecca McLean

THE BENEFITS OF DEEP, RELAXED BREATHING

- ☞ Activates the immune system
- ☞ Increases effectiveness of oxygen circulation
- ☞ Increases oxygen to the brain for clearer thinking
- ☞ Releases physical and emotional tension and stress
- ☞ Oxygenates and revitalizes all organs, tissues, and glands
- ☞ Pumps lymphatic fluid and improves elimination of toxins
- ☞ Returns us to the present moment to center and gather our resources

CENTERING BREATH PRACTICE FOR MIND AND BODY

Sit with the spine straight.

Begin by just becoming aware of your breathing.

Then, as you exhale, feel that you are letting go of tension and...

...as you inhale, feel that you are breathing in fresh energy and a sense of peace and well-being.

Now, simply observe the breath as it flows in and out.

Next, begin counting your breaths.

When you inhale, mentally count 1.

When you exhale count 2.

Continue counting to 10 and then start again at 1.

Repeat this until the mind is concentrated on the breath.

Benefits

Brings your awareness into the present moment, focuses the mind,
calms the nerves and revitalizes the body.