

Deeper Breath Work Process

INTRODUCTION

The use of deep breathing is needed for fuelling and calming the physical system, clearing the emotional body, and focusing the mind. Only when your system is calmed, cleared, and focused can you establish communication with the Higher Self without interference. It is suggested that you to practice breath work prior to any kind of mental emotional working when you need to calm, clear and focus your Self.

STEPS

1. Begin by finding somewhere comfortable to sit or lay down
2. Place your hands flat against your abdomen, with your pinky fingers reaching the lower part, and your thumbs reaching your rib cage
3. As you start to bring attentions to your breath, focus on inhaling fully, completely filling up the lower abdomen, the stomach, solar plexus, chest, ribcage, and the lungs. Hold at the top of your breath then exhale fully, releasing all of the breath, the energy, and the toxics from the system
4. Again, allow yourself a moment to pause at the bottom
5. Begin counting to an 8 level equally on the inhale and exhale. Do your best to take deep full breaths.
6. Take a nice, full breath and count slowly - One, two, three, four, five, six, seven, eight - Pause
7. Exhale slowly - One, two, three, four, five, six, seven, eight - Pause
8. Inhale fully - One, two, three, four, five, six, seven, eight - Pause
9. Exhale slowly - One, two, three, four, five, six, seven, eight - Pause
10. Inhale - One, two, three, four, five, six, seven, eight - Pause
11. Exhale - One, two, three, four, five, six, seven, eight - Pause
12. Inhale - One, two, three, four, five, six, seven, eight - Pause
13. Exhale - One, two, three, four, five, six, seven, eight - Pause
14. Continue breathing to this count. Doing your best to stay nice and balanced on those inhale and exhale and pushing yourself to the highest level you can
15. As you take your final round of breath, start to bring your awareness back to where you are, what your intention is for the next few moments, and what you hope to achieve throughout your day

NOTES

- Breathing is a practice, a way of being and a way of life. Be patient with as your practice evolve and expands
- When you can, practice taking deeper and longer breaths, it allows a deeper sense of feeling, calming the mind, and restores balance at the spiritual level
- If you begin to get light headed take a break