

ESSENTIAL BREATHING GUIDE



- First, silence your phone and remove any distractions from your meditative space.
- Find a nice comfortable position. It could be lying down, or seated.
- To begin, close your eyes, take a breath and hold it for just a moment.
- Repeat.
- Now place one hand on your belly, and the other on your chest.
- Breathe in through your nose and let your belly fill with air. Notice how your belly expands.
- Breathe out through your nose and feel your belly deflate.
- Focus on breathing deep and even, ensuring that the hand on your belly is rising more than the one on your chest.
- For some, visualization can help you practice intentional breathing. You might imagine yourself floating, enveloped in soothing, healing light. You might even envision yourself breathing the light in.
- As you breathe in, say to yourself mentally, “I breathe in tranquility.”
- As you exhale say, “I breathe out worry and tension.”
- Continue for 10-20 minutes.