

Diaphragmatic Breathing

Breathe deeply with focus on the lowest/deepest 1/3 of lung. Breathe with Long, Slow, Steady, Rhythmic Breaths. Exhale fully (belly button presses to spine) to empty the lung and prepare for long steady inhale. Hand on Abdomen below ribcage helps to guide Diaphragm in breathing. *(Smart Phone Application of 4-7-8 available in Google Play: **Breathe**)*

Three Breathing Exercises - Andrew Weil, MD (www.drweil.com)

The 4 – 7 – 8 Breath (Relaxing Breath) - (4 Times)

- **Exhale** completely through your mouth with pursed lips, making a whoosh sound
- Close your mouth & **inhale** quietly through your nose to a mental count of **four (4)**
- **Hold** your breath for a mental count of **seven (7)**
- **Exhale** completely through your mouth, making a whoosh sound to a mental count of **eight (8)**
- **This is one breath.....**
- Now inhale again & repeat the cycle three more times for a **total of four breaths**

The Stimulating Breath (Bellows Breath)

- Inhale and exhale rapidly through your nose, keeping your mouth closed, but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This can be a little noisy. It is not an option when your sinuses are stuffed.
- Try for three in-and –out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

Breath Counting (Meditation Breath)

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count “one” to yourself as you exhale.
- The next time you exhale, count “two” and so on up to “five.”
- Then begin a new cycle, counting “one” on the next exhalation.
- Never count higher than “five” and count only when you exhale. You will know your attention has wandered when you find yourself up to “eight,” “12,” even “19” or higher.
- An ideal time for this form of meditation is 10 minutes.

Breathing Tool for Sleep

Four deep assertive cleansing Breaths followed by continuous deep and slow breathing (the slower the better). Breathing Signals the Parasympathetic, Autonomic Nervous System to be calm. Naming and Counting gives the busy, worried mind an alternative focus to grow, quiet and calm.

Breathing Deeply and Slowly *(One deep, slow breath between each Named thing)*

Name **five** things you can **See**
Name **five** things you can **Hear**
Name **five** things you can **Feel / Sense**

Breathing Deeply and Slowly

Name **four** things you can **See**
Name **four** things you can **Hear**
Name **four** things you can **Feel / Sense**

Breathing Deeply and Slowly

Name **three** things you can **See**
Name **three** things you can **Hear**
Name **three** things you can **Feel / Sense**

Breathing Deeply and Slowly

Name **two** things you can **See**
Name **two** things you can **Hear**
Name **two** thing you can **Feel / Sense**

Breathing Deeply and Slowly

Name **one** thing you can **See**
Name **one** thing you can **Hear**
Name **one** thing you can **Feel / Sense**

Repeat once or twice. May take 10 to 15 minutes each cycle. If still tense, get up and write a journal / list of thoughts, ideas, worries, plans to reassure & allow your mind to let go the obsessive thinking pattern.....Then return to bed and try again.

Ocean Breath (Nature's Rhythmic Flow)

Constrict the back of throat and breathe in and out in long steady flow.

Picture the surf and let yourself go into the natural rhythm.

Provides both visual and sound to aid focus and relaxation. *(Mouth can be open or closed).*

Three Part Breath (Yogic Meditation Breath)

Focuses on three levels of Breathing (up to 7 times more air volume)

Abdomen / Diaphragm - (Lower Lung)

Ribcage - (Middle Lung)

Chest / Bronchial - (Upper Lung)

"When the breath wanders the mind is also unsteady.

But when the breath is calmed the mind will be still, and the yogi achieves long life.

Therefore, one should learn to control the breath."

Hatha Yoga Pradipika, 14th Century CE