



# CONSCIOUS BREATHING

## Practice Details...

### The Key

Do these practices on a consistent basis so that it comes naturally in times of stress.

### Required

Focus. As you do this practice your focus should be on the breath as it moves in and out.

### When to practice

Everyday. Start your day with 3-5 rounds of either type of breathing. With the Deep Abdominal Breath you can do it anywhere - on the bus, as you drive the car, when you feel stress of any kind.

Increase the number of rounds as you get more comfortable with the breathing practice. Or lengthen the inhale, hold, and exhale of each breath.

Play with the two types of breathing to see what works best for you.

As a channel for good in your own life one of the first ways you do that is through your mind and thoughts. Conscious Breathing will help you in the process.

The yogis believe that if you can control your breath you can control your mind and that conscious breathing calms your mind, controls your emotions, and helps bring clarity.

The process of conscious breathing works on every level of your being.

- Physically – it releases toxins, which improves your health. Every time you do the exhalation to your maximum you push out the stale air at the bottom of your lungs. And when you pull in the fresh air it oxygenates your entire lung, deeply nourishing your cells that feed your organs and your body.
- Mentally – it improves concentration and clarity of thought. That will help you deal with more complex situations.
- Emotionally – it leads to better emotional control and a much calmer state overall.
- Spiritually – it can help you enter an expanded consciousness, more in tune with your intuition, creativity, love, and compassion.

These benefits are will lead to a deeper feeling of peace in your life, increasing your feelings of happiness and joy.



## Side Note

### Alternate Nostril Breathing

Sit up straight in your chair, feet flat on the floor, palms up in your lap.

Use your dominant hand leaving your other palm comfortably in your lap.

Bring your dominant hand just in front of your face and bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor.

Close your eyes and take a deep breath in and out through your nose.

Close your nostril with your thumb. Inhale through the other nostril slowly and steadily.

Close both nostrils; hold your breath at the top of the inhale for a brief pause.

Release your thumb and exhale slowly through that nostril. Inhale, close both nostrils. Hold.

Release your ring finger, exhale slowly through that nostril.

That is one round.

### Deep Abdominal Breath

A few pointers:

1. The deep abdominal breath can be done sitting up straight or lying down flat on your back.
2. You will breathe out through your mouth for a count of eight, in through your nose for a count of four, and hold your breath for a count of four.
3. Start with three to five rounds. As you get more comfortable you can increase the number of rounds and/or the length of time you inhale, hold and exhale. Remember, perfection is not required, just do the best you can.
4. When you count, count slowly, don't rush it!

### Alternate Nostril Breathing

A few pointers:

1. This type of breathing can only be done when you are sitting up.
2. You will start this practice with one deep breath in and out.
3. As the name suggests, you will close one side of your nose as you breathe in and out of the other side. Then you will alternate sides.
4. The fingers you'll be actively using are the thumb and ring finger.
5. One round is when you have closed each nostril in sequence.
6. If you're moving through the sequence slowly, one cycle should take you about 30-40 seconds.
7. Focus your mind on each inhale and exhale. No thinking about your next appointment please!
8. Start with 3 to 5 cycles, add more later.