



Deep Breathing Guide

1. Find a dedicated quiet place in your home, someplace that gives you a sense of peace, and set the intention of creating healing and cleansing energy in that space (this is a good time to ask for help from your higher power).
2. Make changes to the space to truly make it your own for pleasing appearance and comfort. The space should feel comfortable and reflect your goals for healing.
3. Sit quietly in a chair with feet on floor, upright posture, hands relaxed in lap, and eyes closed.
4. Picture a whiteboard that has been wiped clean in front of your closed eyes.
5. Begin to breathe with emphasis on moving your belly in and out (you may put your hand on your navel to make sure that belly breathing is occurring).
6. Breathe in slowly through the nose for a count of 4, hold the breath for a count of 2, then out through the mouth for a count of 6, breathe and count slowly (breath cycles can be longer, but the exhale should be longer than the inhale). Create a cycle that is natural and comfortable to your breathing pattern.
7. Do this for 10 minutes per session with the goal of 10 minutes in the morning and 10 minutes in the evening, but not right before bedtime. This activity can be used as needed to produce calm, but is most effective when scheduled twice a day in a preventative manner. This is a very powerful tool, do not underestimate!