

# Deep Breathing



## Diaphragmatic Breathing/Belly Breathing

- Lie on the floor, comfortable position, loosen clothes around waist and neck. Place your hand over your abdomen/belly (that is so you can feel the rise and fall of abdomen).
- Concentrate-when beginning to learn to do this in a quiet space with little to no distraction.
- Clear your mind. When you notice competing thoughts, just allow them to come and go without giving them attention and refocus on your breathing
- To become more deeply aware, focus on your breath as it goes in and out of your body. Feel the air come into your nose (mouth), down into your lungs, and feel your stomach rise then descend as you exhale the air, feeling it leave your lungs, throat and nasal passage repeat this with each breathe.

Phase 1: Take air into your lungs through nose/  
mouth

Phase 2: Take a slight pause before exhaling

Phase 3: Exhale or release the air from your lungs through the passage it entered

Phase 4: Take another slight pause after exhaling before next inhalation

It helps to exaggerate your breath to help recognize each phase, but don't hold your breath at any point. Take slow, relaxed and as deep of a breath that feels comfortable.

Exhaling in Phase 3 is said to be the most relaxing phase because you can feel the relaxation not only in chest and abdomen but also in all areas of the body. Your body will become more relaxed as breathing continues.

Become aware of your breath. During normal breathing we tend to only use the upper lobes of our lungs. During the initial stages of relaxed breathing both upper and middle lobes are filled with air. In deep breathing all three lobes of the lungs are used.

## Deep Breathing with Visualization

Find a comfortable position, close eyes, focus on breathing. Visualize the air that you take into your lungs as being clean, fresh, pure, healing, energizing air. It has the power to cleanse, center, heal, energize your body. As you breathe visualize it as it enters your nose or mouth travel through sinus cavity to the top of your head and down your spinal column to circulate throughout your body. As you exhale, visualize that the air leaving your body is dirty air symbolizing all of your stress and toxins in your body and mind. With each breath, fresh, cleaning, healing, air enters your body and dirty air is released with each exhale. Breathing creates calmness and assists in reducing stress.

Repeat this breathing for 5-10 minutes.