

The Calming Breath

If you want to feel calmer use the breath! It is simple, free, powerful and with you at all times.

The yogis say correct breathing is **the key** to balancing your emotions, being in control of your mind and good health.

Want a Calming Breath? Try Long Deep Breathing!

Use this any time during the day and as much as possible. Whenever it comes to your mind, while travelling, queuing, on the smartphone, laptop, or someone has just said something that triggers you.

Most people breathe in the top part of the lungs, which is barely enough to keep them alive. This shallow breathing actually creates anxiety and poor health. So try this breath for balancing a stressed out nervous system, to relax and let go of fear or pain, to stimulate your natural anti-depressants, energise, clear out toxins from the lungs, speed up healing (physical and emotional), and help break addictive habits.

- Sit or lie down with a straight spine.
- Breath in and out of the nose - as slowly as possible.
- As you inhale imagine a balloon expanding in your belly, then the chest expanding, then the collar bone area.
- To exhale, reverse this, relaxing the collar bone area, relaxing the chest, finally the belly pulls in towards the back of the spine to completely exhale.
- Continue for 26 breaths. Then notice how different you feel.

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