

Full Breathing Exercise Direction

Step 1: Lie prone on the floor. Loosen your belt and restrictive clothing.

Step 2: Relax and exhale as completely as possible. Begin to inhale slowly making your belly rise. Now move your rib cage. Now your chest. Hold it for a second. Now, exhale completely, all the air out of your lungs. Try it again. This is complete breathing. Breathe normally for a while, and in the next minute take at least one more complete breath. Pause one minute.

Step 3: You are still lying prone. As you lie there you will begin stretching muscles to achieve unblocked circulation. Bring your arms above your head and stretch them away from you fully. Now stretch your legs and feet downward, away from you, take a deep breath, let go and relax. Pause ten seconds. Feel the effects of the stretch on your body and on your breathing. Pause 15 seconds. Now sit up very slowly.

Step 4: Stand up for this part of the exercise. There are three very basic stretching postures to increase flexibility: backward bend; forward bend and side-to-side bend. As you do your backward bend pay attention to stretching your abdomen and back muscles. Important: Go only as far as you can. Don't push yourself. Bend slowly. As you do your forward bend, pay attention to the stretch of your back muscles and backs of legs; blood in head and arms. As you do your side stretch, pay attention to stretching in your chest, sides and neck.

Step 5: Assume a comfortable sitting posture, one you can hold for 15 to 20 minutes. This could be in a chair. Get comfortable and close your eyes when you are ready. Please note everything you are aware of such starting first with outside sounds, then your bodily awareness; and finally your thoughts. Note this awareness and do not change it. Then, notice shifting from outside sounds to thoughts of bodily awareness.

After approximately five minutes of this, notice that breathing is occurring; again, not to change it but only to notice it. One can enhance this noticing by attaching the words breathing out to the breath as it leaves the nostrils and breathing in as the breath reenters. As awareness shifts from breathing to thoughts of external sounds, allow that to happen and the return to breathing out-breathing in (following the breath).

Continue this for five to seven minutes. At this point, try to incorporate some visual imagery in the form of a golden light with the in-breath. See yourself breathing in this golden light and watching it fill the inside of your body. This could be in a particle, vapor, smoke, or mist-like form, whatever is comfortable for you. Visualize this light in your head, shoulders, chest and breath out any tensions in the form of a black color. Continue until you visually experience your whole body as being filled with this golden light. Experience that feeling.

Stay with this experience for another minute or two. Then, become aware of your breath again, with your body sitting on the floor or chair (feeling grounded). When ready, open your eyes.

Step 6: Try this breathing exercise for 15 to 20 minutes daily until you are able to achieve full breathing and stress reduction in a progressively shorter period of time.