

RELAXED BREATH 4 + 4 + 8

Do this meditation anywhere, eyes open or closed. Take a series of 3 breaths when you do this exercise. Do it as often as you want throughout your day.

with every IN breath: Allow yourself to think

“I'm aware of my body” you'll start to notice and become aware of any tensions or stresses being held in the body.

AND

on the out breath allow yourself to think

"I release all tension" relaxing more deeply with every out breath.

I hope you enjoy the meditation, with practice it becomes more effective and natural. Don't worry about the thoughts or the tensions, in time, you will become aware. Just focus on the breathing for now.....Good Luck

TO BEGIN

start with blowing out a big breath, through the mouth. When all the breath is blown out, pull in your belly and let the last bit of breath leave your lungs.

NOW INHALE,

through the nose, all the way into the belly button (for a count of four)

Hold that breath (for a count of four)

EXHALE

all the breath, blowing out all the chatter, worries and anxieties, (for a count of 8) - when it's all blown out, pull in your belly and blow out the last little breath.

And start the inhale again...

IN – “I'm aware of my body” (count 4)

HOLD (count 4)

BLOW OUT - "I release all tension" (count 8).

Now resume the normal breath, relaxed, calm, ready to face the next thing. Making no effort to control the breathe - just breathing in the normal usual way. This meditation can be done many times throughout the day, releasing tensions and stresses regularly, in order to avoid a build up of anxieties.