



PRACTICAL DREAMER BREATH TECHNIQUE

Here's a technique for conscious breathing that's amazingly simple, but has been a life-enhancer for thousands of folks; there are three parts.

- 1) Inhale – Draw your breath in through your nose the way you do normally, but focus on noticing how the air flows into your nose.
- 2) Exhale – Slowly and very gently blow the breath out through your mouth with your lips pursed a little, as if you're blowing bubbles. Make your exhale a bit longer than your inhale.
- 3) Soft Pause – Allow a brief pause or rest at the end of your exhale. At first this may feel strange, but as the breathing becomes more comfortable for you, the pause will feel natural and restful.

Practice by doing three conscious breaths, making each breath a little fuller and a little longer than the one before. (Don't inhale too big or you'll end up coughing!)

In the beginning, you'll probably want to stretch out somewhere or sit comfortably in a chair. Let your body relax and your eyes drift shut. After three conscious breaths, stay quiet for one to five minutes. Let your breath remain slow and steady. Set a kitchen timer if you're you'll fall asleep.

Practice the breaths throughout the day. If you only have time for one breath, make it gentle and slow. If want to take more breaths, and that's okay.

This breath technique can decrease muscular tension (a factor in chronic pain) and help you relax, decrease blood pressure, have a positive effect on anxiety or worry, and generally give you a sense of feeling rested.

Pay attention during the day to see if you are holding your breath. Breath-holding can give us an illusion of being in better control or more focused. In fact, it can lead to loss of focus, headaches, lightheadedness and muscular tension (especially in the neck and shoulders).

Once you're comfortable with the breath technique you can do one or more conscious breaths anywhere, anytime – eyes open or closed. Just be sure to keep your eyes open if you're driving a car!



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