

A Breathing Exercise

Use this technique whenever you are experiencing worry, frustration, anxiousness or any type of fear-based or uncomfortable thinking.

Breathe IN the fear (whatever form is presenting in the moment).

Breathe the feeling IN as deeply and fully as you can without the storyline that goes with it.

Breathe totally in from your hips to your shoulders, FILL your body with your inhalation.

This does 2 things:

1. It oxygenates the body - takes it from shallow, rapid, flight or fight breaths to deep and slow. Your physical body shifts from fear response to relaxation. It also calms the mind.
2. As you fully breathe in, it sends a powerful message to the body that, "I can handle this. I am bigger than this fear. I have taken it in and it has not overtaken me." It is very empowering!

Then totally Breathe OUT what you desire to experience: love, peace of mind, guidance, etc.

Repeat this as many times as you wish.

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Follow this by Breathing IN the same fear-based, uncomfortable feeling for those around the world who are experiencing it: parents worried about kids, depressed veterans, those with a serious diagnosis, in financial crisis, afraid, in danger, divorcing, bullied kids, homeless, abused, exhausted...

Breathe the feeling all the way IN, then...

Breathe OUT fully what you desire for them: peace of mind, strength, love, guidance, joy, etc.

The second part helps put things in perspective - that I am not the only one feeling these things. And that others have pain, too.

Remembering THAT helps to uplift everyone, and in my mind, reminds me we are all one.