



Homeopathy
with
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www.horsleyhomeopathy.co.uk

THE ART OF CONSCIOUS BREATHING

'Because our Breathing Mechanism is under our control, we have at our disposal one of the most powerful healing mechanisms known to man. If we were able to breathe naturally for even a small percentage of the 30,000 or so breaths we take each day we would be taking a huge step, not only in preventing the physical problems that have become endemic in modern life, but to support our own inner growth and the awareness of who and what we really are – of our essential being.' Alan Tyson MD

Breath Commitment

- At the beginning of every day make a firm commitment to yourself to be aware of how you are breathing throughout the day. Breathe in and out through your nose if possible and ensure that your diaphragm is moving with every breath. It is best to do your practice sitting up with your spine straight.
- Every morning and evening practice 20 conscious connected breaths ensuring that the diaphragm is moving with every breath. Allowing the breath to release softly on the outbreath, almost as if you were signing out the breath. Energy always follows attention and by focussing on the breath you are greatly increasing the amount of energy going into your body
- Focusing the breath into the spinal column is a gentle but powerful way of balancing the energies in the body. Imagine that your spine is breathing.
- Practice 3/5 Conscious Connected Breaths at least every hour throughout the day. Even your gentle resting breath should include the diaphragm. Upper Thoracic breathing is a stress breath.
- Every hour, pause and check your breathing. The pause is very important. Let go of what you were doing and take a few conscious, connected breaths. If possible, have a good stretch and move around - you will feel refreshed and have created space in your mind to allow new ideas - inspiration - to come in.
- Put post-it notes around your home to remind you to 'Breathe'. Create trigger points throughout the day that remind you to breathe consciously, e.g. before eating, taking a shower, whilst driving – indicate 'and breathe'
- Any upsets that occur during the day, notice how you are breathing. If the breath is shallow bring it down into the tummy which will move the diaphragm and release the stress. This will help you to regain your equilibrium. Try not to THINK about what has upset you – focus on the feeling itself.

