

Breathe Work

1. Breathing affects the whole body

People who are anxious tend to breathe in their upper lungs (upper chest) with shallow, rapid breaths, instead of breathing into their lower lungs (lower chest). This is one contribution to hyperventilation: shallow, upper lung breathing. For normal breathing, you should breathe in and out of your stomach/lower lungs.

During times of panic or anxiety, use deep diaphragmatic breathing. Here's how:

For your first time, place one hand on your stomach and another on your chest

1. Take a long, slow breath in through your nose, first filling your stomach/lower lungs, then your upper lungs.

2. Hold your breath to the count of "three."

3. Exhale slowly through slightly parted or pursed lips, while you relax the muscles in your face, jaw, shoulders, and stomach

Breathing affects the nervous system, the heart, the digestive system, muscles, sleep, energy levels, concentration and memory and much more. Breathing is also our largest system for waste removal. 70% of the waste products produced in our body are supposed to be removed via breathing. 30% is removed via the skin and only 10% remains for the kidneys and the digestive system.

We not only breathe in oxygen but also life energy (Qi or Chi in China, Ki in Japan, and Mana in India).

Our way of breathing is actually one of the first affected by stress and emotions. People that use chest breathing take more breaths per minute and as a consequence receive less oxygen and get rid of less waste products.

Abdominal breathing has a calming and relaxing effect as we take fewer and but more effective breaths. We absorb more oxygen and release more waste products with each breath. As an added bonus we also add more life energy, Qi, to our system by using abdominal breathing.

Abdominal breathing not only makes us breathe like we did when we were children, it can also rejuvenate bodily functions and organs.

2. Another abdominal breathing exercise for a healthier life

Here is an easy way to learn again how to breathe with your abdomen and receive many health benefits on the way. If you are a Reiki practitioner, it is easy to combine with the use of Reiki use your imagination/intuition or follow my suggestions.

How to do it:

- You can either stand or lie down (suggest you stand). You can close your eyes if desired.
- Stand with your feet fairly close together
- Relax and free your mind from all thoughts (easier said than done but don't worry about it!)
- Rub your hands together briskly (if you have taken Reiki 2 add the symbols in each hand at this stage). Place one palm (the left for men and the right for women) about 2 fingers below your navel. Place the other palm on top of the first one.
- Open your mouth slightly & breath in under a count to six.
- Press gently and smoothly inward on your abdomen with your palms. Breathe out during a count to six.
- Hold for a count of two (holding is called a breathing unit)
- Release smoothly and breathe in under a count to six.
- Hold for a count of two. (This whole process of pressing, holding)
- Repeat this whole process until you have done ten whole breathing units.
- Drop your arms to your sides and close your eyes if not already closed.
- Let go of everything and enjoy the state of "nothingness" for about five minutes or the time that feels right for you.

- When ready rub your hands together and "wash" your face with them. Open your eyes and walk a few steps.
- Practice once in the morning and once in the evening for a couple of weeks and see how you feel!