

Whole-Body Breathing

Imagine feeling as though your entire body is breathing, rather than merely your lungs this creates wholistic, more vibrant and complete breaths.

And it stimulates greater chi flow throughout your entire body. It unifies and integrates your whole being.

Try it now Imagine that instead of your breathing being isolated in your lungs, your entire body is a vessel for your breath.

Imagine your entire body is empty, or sponge-like, waiting to be filled by your next in-breath. Breathe into your entire body, feeling the rush of incoming breath. Feel it reaching the farthest points of your body.

Each inhalation saturating your tissues flooding each cell with this fresh, new breath.

As you exhale, feel as though the body empties completely. Like a bellows, your body as a whole, fills and empties with each in-breath and out-breath.

Imagine your very cells gently filling and emptying, expanding and contracting with each breath you take.

Feel your body as a whole expand slightly as you breathe in and settle back gently on the out-breath.

This has a cleansing, purging effect on your whole being. You will feel vibrantly refreshed and will be conscious of the stress leaving your body.

Start to relate to breathing as a global body-experience, not an isolated movement localized just in the lungs.

When you begin to breathe in this wholistic manner, you will experience each breath as a gentle and nurturing massage for the entire body. Each breath becomes a blessing of refreshment and release.

Whole-Body Breathing Technique

Sitting or standing, spine is long with shoulders relaxed down. Arms are

rounded in front of the body, as if holding a large beach-ball on the abdomen. Palms facing the navel. Rather than holding your arms up, have a sense your arms are resting on this ball, or sphere of energy, in front of the abdomen.

As you inhale, imagine and feel as though your entire body is filling with breath-energy or chi, expanding your arms further away from the torso and causing a slight rise of the body.

Breathing-out, feel as though your body as a whole is exhaling, clearing out the old, spent energy. The arms and body settle back slightly.

Feel as though there is no muscle work involved. Just the movement of your breath and intention is enough to cause the body movement. Your rising and sinking, expanding and retracing is as natural and effortless as a balloon filling and rising, then emptying and sinking.

Breathing in, draw in fresh breath-energy fresh chi into the entire body.

Breathing out, the old energy, stress and tension are released from the body as a whole.

The body itself is breathing. Feel the pulse of the breath reach throughout the entire body.

Repeat this process until you feel refreshed and invigorated.

You can do this anywhere at work, driving a car standing in line. You can modify the extent of the body movement in more discrete situations allowing you access to this powerfully cleansing and unifying breathing technique anywhere, anytime.

You will notice what a difference it makes to consciously feel as though you are breathing with and throughout the entire body. It will feel as if the breath is touching the very peripherals of your body, massaging you from the inside-out and charging you with life giving breath-energy.

Yours in Health & Harmony,

Brad