

# BREATHING PRACTICE

## ***Daily Centering and Grounding.***



**Sit in a comfortable position, where you feel supported for an extended length of time. Be fully aware of your ability to breathe easily in this position.**

**Inhale being fully aware of the sensation of your breath.**

**Exhale being fully aware of the sensation of your breath. Continue for three full breaths.**

**Inhale being fully aware of the sensation of your in breath filling your lungs all the way to the bottom.**

**Visualize your diaphragm moving down towards the earth as you inhale.**

**Exhale being fully aware of the sensation of your breath fully being released from your lungs.**

**Visualize your diaphragm moving up towards the sky as you exhale. Continue for three full breaths.**

### **Variations**

**As you inhale:**

**In your minds eye, see yourself with your mind in an alert state and your body calm.**

**Hear yourself say inside “mind alert, body calm”.**

**Feel your mind become alert, as your body is calm.**

**As you exhale:**

**In your minds eye, see yourself smile!**

**Hear yourself say, “I smile”! Feel yourself Smile!**