

Breathing Techniques



Paced Breathing by Rebecca McLean & Dr. Roger Jahnke

Begin to take deeper and longer breaths:

- First, exhale as fully and deeply as you can and then inhale as slowly and fully as you comfortably can.
- Next, exhale a little longer this time and deepen your inhalation as well.
- Repeat this step, while trying to lengthen the exhalation and inhalation.
- Try experimenting with this until you see how to take longer and fuller breaths.
- The goal is to continually lengthen the breath over a period of 2 to 3 minutes.
- The ultimate goal, if possible without any stress, is to try and stay around 5-6 breaths per minute, as less than 5 breaths may put your body into another kind of physiological stress.

A Powerful “5 for 5” Rejuvenating Practice

For 5 minutes, take 5-6 deep breaths per minute. If you do not have 5 minutes, even 2 minutes can shift your nervous system out of the “stress mode” and into a healing and “restorative” state.

8 Count Breathing

The breath is the most powerful tool for gathering life-force energy and mobilizes the body’s healing and revitalizing resources, plus it is the easiest to practice. Do the breathing practice below, repeating eight times.

- Inhale slowly through your nose, and hold your breath for a count of one, one thousand; two, one thousand; three, one thousand. Allow your breaths to be deep, slow and relaxed, but not urgent.
- Let your exhalation be slow and long, relaxing your body even more with each exhalation.

Essential Breathing (The Healer Within by Dr. Roger Jahnke)

Adjust your posture to allow your lungs and abdomen to expand freely. Start by breathing in through your nose filling the lower portion of your lungs, expanding your abdomen, allowing it to fill your upper lungs and expanding your ribs and chest cavity. Notice the satisfaction you will feel when your lungs are at capacity. Exhale through your nose and repeat 10 times.

4-7-8 Breathing (Dr. Andrew Weil)

This is a deep, abdominal breathing exercise that increases the oxygen and blood flow in your body and eliminates carbon dioxide through slow exhalation. Breathe in on the count of “4,” hold for a count of “7” and exhale on a count of “8.”