

BREATH IS THE FOUNDATION

to EXPRESS, SLEEP, LOVE, and **BREATHEEEEEEE**,
and add a bite of EXERCISE to **SUCCEED!!**

So let's just be honest here... How often during a day, week, month, year, do you... have you... actually paused from all the "to do's", clock deadlines, scheduled appointments, and unforeseen life events, to simply STOP, sit, close your eyes, and breathe?

Have you journeyed inside to focus on the steady rhythms within you? Have you listened for the heartbeat grounding, or the expression of length and quality in your inspiration in as well as your expiration out? Even if you have not, you can start today and by doing so improve your relationship with food, your health, and most importantly your relationship with YOURSELF!

No matter what we do, understanding these, our personal rhythms, inside and out, are vital to living a quality life and for tweaking behaviors that do not support us around food. Establishing and maintaining a regular rhythm of day works wonders. It promotes healthy digestion, sleep pattern, mood, and creative wellspring to draw upon inside you. Our eyes, ears, and sensitivity to notice the creative energy exists all around you!

Breathe In and **Express** Out!
Breathe Into Calm and **Sleep!** Breathe In to **LOVE!**
Breathe In and Out to Keep Up Your **Exercise!**

Awareness holds the key to answers! How might pausing and breathing in some relaxing breaths affect how much you eat? How fast you eat? How long you chew your food before swallowing it? How satisfying your food tastes?

Ask yourself... What might it be like to take a moment to check in with your breath each time you feel the urge to eat? It will help to confirm when you truly are hungry. If you find you are not really hungry, what else might you notice? ...perhaps a new path-LIGHT of Awareness!

Let's prepare:

Taping into your relaxing and energizing breaths can happen anywhere. Like exercising or eating, you'll want to create a regular practice. To gain skill, choose a setting in which you are not likely going to be disturbed. Have something soft to sit on. The less around you... the better.

In correct, simple natural breathing, the Navel Point moves: out on the inhale, in and up on the exhale. We use the inhale to make ourselves wider, and the exhale to make ourselves longer. A beautiful massage from the inside out! So please wear clothing that is loose around your belly and sit with your spine elongated, shoulders relaxed, and eyes closed. If you prefer, lay down with your head elevated and one hand on your belly and watch how your "belly" naturally rises with every inhale and falls with every complete exhale. This is the natural movement of your diaphragm, which happens automatically when we sleep and what we want to be creating throughout our day, no

matter how much stress comes at us. Our breath becomes a natural shield to protect our peace of mind and combat the foe of the unexpected and unwelcome Guest Stress!

The Lists of Benefits which follow these 4 Breaths:

are from **“The Aquarian Teacher” by Master Kundalini Yogi Bhajan,**

which show the healing and health impact upon our body’s bio/chemical system;

Breathing Changes Everything!

Long Deep Breathing is a 3 part breath, inhaling from the belly to the mid chest to the upper chest, and exhaling in the opposite direction from the upper chest to the mid-chest to the belly. Imagine filling and then drinking a glass of water... the water first goes to the bottom of the glass and fills to the top; when you drink the water it starts to empty from the top and on down to the bottom. Your body is like the glass: You fill it with air on the inhale and drink it on the exhale! ;)

Benefits of Long Deep Breathing:

- Relaxes and calms due to influence on the parasympathetic nervous system
- Increases the flow of prana (the life force of the atom)
- Reduces and prevents the build-up of toxins in the lungs by encouraging the cleaning of the small air sacs (alveoli)
- Stimulates the brain chemicals - endorphins - that helps fight depression
- Brings the brain to a new level of alertness
- Pumps the spinal fluid to the brain, giving greater energy
- Breathing long and deep, plus concentration stimulates the pituitary gland to secrete, enhancing the intuition
- Filling the lungs to capacity revitalizes and re-adjusts the magnetic field
- Cleanses the blood
- Regulates the bodies pH (acid/alkaline balance), which affects the ability to handle stressful situations
- Energizes and increases vitality
- Aids in releasing blockages in meridian energy flow
- Activates and clears the nerve channels
- Aids in speeding up emotional and physical healing
- Aids in breaking subconscious habit patterns such as insecurities and fears
- Aids in fighting addictions
- Re-channels previous mental conditioning on pain so as to eliminate pain, (for example in childbirth)
- Gives the capacity to manage negativity and emotions, supporting clarity, cool-headedness, and patience

Breath of Fire is rapid, rhythmic and continuous. It is an equal inhale and the exhale, with no pause in-between. It is practiced through the nostrils with the mouth closed. As you inhale the belly area seems to fill with air and goes out, and as you exhale the area contracts. The movement emanates from the solar plexus. Close your eyes and concentrate on your brow point. Listen to the sound of the breath and create a steady

rhythmic pace practicing for 1-3 minutes as you are able. If you become dizzy initially please take a break and slowly work up to 3 minutes, when you feel ready.

Benefits of Breath of Fire:

- Releases toxins and deposits from the lungs, mucous linings, blood vessels, and other cells
- Expands the lung capacity and increase vital strength
- Strengthens the nervous system to reduce stress
- Repairs the Balance between the sympathetic and parasympathetic nervous systems
- Strengthens the navel chakra
- Increases physical endurance and prepares you to act effectively
- Adjusts the subtle psycho-electromagnetic field of the aura so that the blood becomes energized
- Reduces addictive impulses for drugs, smoking, and bad foods
- Increases oxygen delivery to the brain facilitating a focused, intelligent, and neutral state of mind
- Boosts the immune system and may prevent many diseases
- Promotes synchronization of the biorhythms of the body's systems

Sitali Breath -Inhale through U-shaped tongue, exhale thru nose.

Benefits of Sitali Breath: Is known to have a powerful cooling, relaxing effect on the body while maintaining alertness, and known to reduce fevers and aid digestion.

Sitkari Breath - If you are unable to make a U-shaped tongue, inhale through the teeth, exhale thru nose. Both can be practiced for 3 minutes a day building up to 11 minutes per day

Benefits of Sitkari Breath: are the same as Sitali Breath and also used for cleansing and boosting glandular function.