

An Awakening Center™
Awaken Your Power, Your Beauty, Your Love and Your Gifts!
Helaine Z. Harris, MA, MFT

P.O. Box 18722, Encino, CA 91316
Fax: (818) 994-9678

(818) 782-6869
healing@hzharris.com

BREATHING MEDITATION TECHNIQUES

ENERGIZING FIREBREATH

- 4 quick inhalations and exhalations as you pull belly in
- 1 long inhalation and pull breath up to the crown
- 1 slow out-breath
- This breath can be done breathing in through the nose for all parts, in through the mouth for all parts, or in through the nose and out through the mouth. The effect is different for each version

4 COUNT CALMING BREATH

- Breathe in
- Hold
- Breathe out
- Hold
- First use a count of 4 for each step until you get used to this breathing technique. Then you can increase each step to 5, 6, or more counts for each breath

SPACE BETWEEN THE BREATHS

- Breathe in through the nose and out through the mouth
- Or any way that is easy for you
- Breathe in
- Breathe out
- As you breathe out, focus on the space between the in and the out-breath
- As you breathe in, focus on the space between the out and the in-breath
- Do this for 5 minutes, increasing the time each week until you reach 20 minutes
- Write down what happens

BELLY BREATHING

- As you breathe in, let your belly blow up like a balloon
- Put a hand on your upper chest and belly
- Breathe only with the belly, keeping the upper chest still

CIRCLE BREATHING

- Focus in your belly - breathing in and breathing out in a circle, without a break between in and out breath and the out breath and in breath
- Notice your heartbeat while you breathe. Synchronize your heartbeat with the breathing circle
- Now notice your body. Relax into it.