

An Awakening Center™

Awaken Your Power, Your Beauty, Your Love and Your Gifts!
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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 FOR STRESS AND ANXIETY

Put a hand on your upper chest and belly.
As you breathe in, let your belly blow up like a balloon.
On the outbreath, pull the belly muscles in, gently
Breathe only with the belly, keeping the upper chest still.

CIRCULAR BREATHING

Focus in your belly - breathing in through your nose and breathing out, imagining a circle.
As you breathe in through your nose, imagine the breath moving down your body.
As you breathe out through your nose, imagine the breath moving out through the perineum and your breath moving upwards in a circle form coming in through your nose again.
Notice your heartbeat while you breathe. Synchronize your heartbeat with the breathing circle.
Now notice your body. Relax into it.