

free soul



Breathing

Here is a simple, but extraordinarily powerful way to use breathing to create presence, inner connection, expansion, balance, healing and ease in your life.

Most of us live in bodies that are chronically under-oxygenated. Our breathing is often so shallow that it restricts our experience of reality, and keeps our emotions suppressed. Under-breathing puts our brain under stress, and into emergency-survival mode. We are so used to it, we don't even notice.

If you think about how utterly essential breathing is to being alive, you start to get a sense of how much power is in our breath. And then you might begin to think about what's "in" a breath? What is it that we are pulling into our bodies when we breathe? Contemplating that a single breath could contain not just oxygen that was created by the plants in front of our house, but perhaps deep within the rainforest in South America, that it might contain particles of stardust from far out in our galaxy, as well as a molecule of air that was pushed by the wing of a butterfly in Asia, or swirled up by the hoof of a Zebra in Africa... contemplating that, you can begin to sense that our breath is our connection to the whole universe. Might it therefore impact our connection with - and experience of this universe? Try it out!

Most of all breathing more fully and with more awareness brings us into presence, and therefore allows us to live with more presence, aliveness and inner connection.

As you breathe more fully more often - as you withdraw your attention from all the stuff on the "outside" of you - your whole being begins to wake up. You bring your brain hemispheres back into balance and harmony as well as your nervous system. You move from fight or flight to calmness and safety. You first wake up the reptilian brain, and then the mammalian brain, allowing them to calm down and become more functional. Next you wake up the human brain, and after that perhaps even your extra senses that have been withering: your intuition, inspiration, interconnectedness, energy awareness, and non-physical sensing. In the end you might experience a greater awareness of a truth we all have heard of so often: that the source of all that is, really IS love and joy and peace...

How do you breathe more fully?

I recommend a cyclical, smooth and alternating breath:

- Breathing in through the nose, easily, just a little more deeply than you normally do.
 - And smoothly, without pause, breathing out through the mouth.
 - Then again smoothly, without pause, breathing in through the nose again.
 - Make the in breath and the out breath roughly the same length.
 - And, as much as you can, breathe in through your belly (by using your diaphragm) rather than through your chest.
- Finally, but super important: Smile!

Remember to smile!

Notice how different it feels when you smile.

Smiling instantly connects you to the enormous power of gratitude and appreciation.

That's it.

You can start breathing like this just once a day for about 7 minutes while you still lay in bed after waking up.

And... you can also breathe like this while you are in the shower.

While you do the dishes.

While you drive.

While you walk.

While you are out in nature.

While you wait at the cashier.

While you sit at the computer, or look at you smart phone.

And before you go to sleep.

You can play with noticing what happens when you deepen the breath.

When you feel stressed,

When you feel disconnected,

Or when you are in the midst of an emotional challenge, you can add a little extra something:

- Lay your hands on either side of your upper chest, interlacing the tips of your fingers, gently pulling your shoulders back and slightly leaning your head backwards as you breathe and smile.
- Remember to put a smile on your face, especially if you don't feel like it: Just move your facial muscles!

It might just be true that you are in fact able to breathe deeper than an old trauma or an old pain, and that every breath can replace a layer within the old emotions with new freedom.

When you wake up in the middle of the night and want to go back to sleep, it will be easier to just breathe in and out through your nose.

Please let me know how this is working for you.

With much love,

Tomma