

Breathe Right

Facing each other or in a mirror, take a deep breathe.

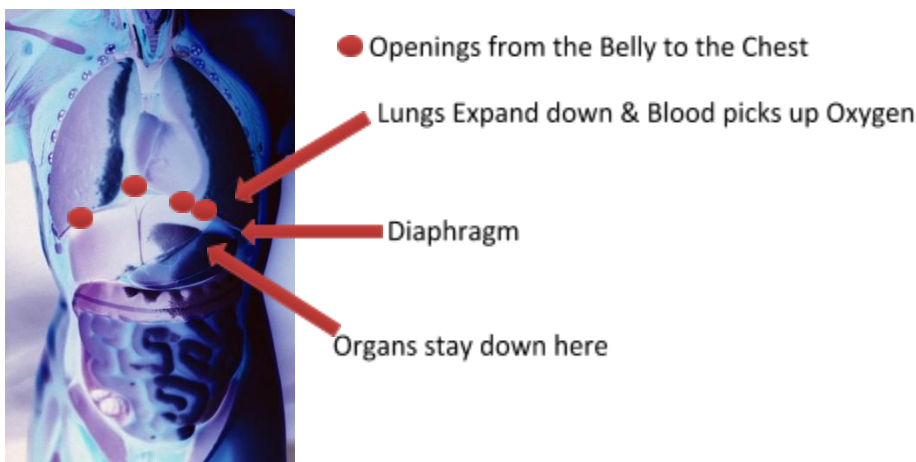
Did your shoulders raise, did your breathe primarily fill your chest, did your belly expand?

Most people breathe from their chest and suck in their belly.

We do this because we want to look skinny, we are not managing stress well, we have poor posture, we are out of shape, we have lung capacity issues, are challenged with PTSD history, chronic pain or we are overweight and breathing deeply becomes stressful on the body from overload.

We need to get good air into the depths of our lungs. This expands our diaphragm which keeps our tummy organs inside our gut instead of creeping up into our chest cavity i.e. hiatal hernia.

There are openings from the belly to the chest cavity that interconnect our organs. We have an amazing collaboration between spaces, organs and living pieces. The organs from our belly can get strangled in the openings if we are not breathing deeply to keep things where they belong.



Blood moves through the bottom of our lungs to pick up oxygen and if we are not breathing deeply we deprive ourselves of oxygen for our blood, muscles and our brain. In the Feelings Suck! work shop we just learned about emotions - they won't move if you don't breathe...if they don't move they get moldy and attract rodents.

We will not think clearly or quick on our feet if we don't have oxygen to think. When we are in a stressed moment we need our best brain functioning, it's a no brainer.



I have heard it said that 85% of all dis-ease would return to health if people drank more water and breathed correctly. We will die first from lack of oxygen, second from lack of water and third from lack of food.

Breathing in is an action with a deeper indication of where we are at in life. This is receiving from the outside: receiving love, receiving good air, good people, good news, knowing what to do with negative people or energy, confidence in discerning with a yes or no that is best for us (*download the yes or no meditation from my website*) and knowing how to respond. If you feel resistant to breathe deeply take a look at where you are not feeling safe and confident about being you in the world and keep breathing deeply.



Breathe on the way out! Sounds easy right?

Most people do not let go on the exhale. It takes no effort to let go, just open your mouth and ahhh. It is vitally important to exhale with an open mouth when you breathe deeply because this is the exit for the gunk in the lungs, the old breathe, the unfinished feelings, the old and moldy.



Exhaling is giving of yourself. If you feel resistant to releasing easily, take a look at what does not feel safe to share of yourself with the outside world. This is a great place of self-reflection that does not include blaming others for what we are afraid of. Compassionately look at your insecurities and take steps to strengthen who you are and remember.... we all feel this way.

Now, take a deep breathe without moving your shoulders and push that breathe deep into your lungs. Did your shoulders raise, did your breathe primarily fill your chest, did your belly expand?

Babies and puppies breathe correctly, watch them and learn.

It might feel tender in your ribs because they have not moved the way they are supposed to. The intercostal muscles between your lungs have not been moving so it may be tender. If your diaphragm has been pulled up into your chest it is not only squishing your lungs but that muscle gets tight and it may feel tender too.

You may get light headed because your poor little brain is not used to being fueled this well.

Get used to it, breathe un purpose, feed your brain, feed your body, move emotion easily.

It took me 2 years to retrain my body to breathe correctly and many more years of acquiring positive skills to feel safe in the world. I needed to notice and breathe un purpose every day.

Here are more tips that helped me:

Meditate in silence or listen to guided meditations i.e.: Rings of Light, Return to Wholeness, Yes or No and more that you can download on my website.

Do yoga, sit and breathe, create a safe place for holding yourself in peace, breathe in nature, breathe in the sun, sing beauty, see beauty, choose peace, chant, pray, attend an in power workshop like the ones at ASAPskills.com or a retreat anywhere else, just go!

Move emotion, surround yourself with people who have supportive skills and are working on improvement.

Breathe, Breathe And Breathe.

