

How To relax – the calming breath

There are many breathing techniques and let's start with the simplest and the most powerful.

1. Time – Give yourself some time where there is nothing you must do or nothing immediately next; 30 minutes should do, however, I would recommend no appointments for at least an hour away, since they are effectively another possible distraction.
2. Paper – Get a pad of paper, your favorite pen – NO cellphones, NO tablets, and NO computers allowed.
3. Place – Find a comfortable place where there are no distractions – it's hard to find that at home or the office; so, you may want to try a few different places. Did I mention no cellphones, no laptops, no TVs, no other noise (if possible); "white-noise" is OK, if it doesn't distract.
4. Sit down – I recommend sitting, no specific posture at this point – although there are many benefits from sitting up straight.
5. Breathe – Just sit down and breathe slowly for a few breaths – in through the nose and out through the mouth. Don't worry about anything else right now. Just breathe slowly for the first few moments without any rush. Then:
 - For a count of 5, slowly inhale through the nose, filling your lungs from the bottom upwards.
 - Then for a count of 7, slowly exhale through the mouth.
 - Repeat for 20 cycles.
6. Write – If a thought comes to mind and loops, write it down. As much or as little as feels right. Then begin again, breathe.
7. Practice – repeat daily, if possible.

Give yourself about 5 to 10 minutes the 1st few times. Over the next 30-days try to work up to 5-minutes and then 15 or more.

For now, just learn to get stuff, junk, to-dos, list, thoughts, baggage, what-ever out of your mind onto the paper: the parking lot.

Remember you are training your brain: breathing is training; meditation is training. The benefits of meditation come through repetition and through practice.

Once you have mastered this practice over a minimum of a few weeks or a month, drop by the website for additional resources.