Balance

through breath by Alan Dolan

Human beings have been aware of the healing power of their Breath for millennia. Oriental and shamanic cultures in particular developed a vast array of practices designed to bring about physical and mental-emotional healing as well as providing a means of connecting with their deeper selves.

This powerful healing mechanism is literally right beneath our noses waiting to be explored and yet we rarely give it more than a passing thought. Breathwork is a powerful and safe way to infuse the body with much-needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing.

Imagine owning the most high-specification TV in existence, keeping it plugged in on standby and then living with it for years and years without ever actually turning it on. Sadly most of us live in "standby mode" most of the time... Until now.

Most of us are aware that we are not breathing to our full capacity. On average we use about 25% of our respiratory systems, sometimes even less. These facts become even more thought provoking when we consider that most of our energy comes from what we bring in through the breath and almost 70% of detoxification occurs via our breath.

Energetically speaking, most of us have an energetic overload going on in the top half of our bodies hence our minds become overstimulated. Conversely, we lack energy in the lower half of our bodies and become increasingly disassociated from the physical aspect of who we are. The less we feel and connect with our bodies, the less they seem to be an integral part us and the less attention and care we give them.

So if you have stress in your life then try some of the simple breathing excercises opposite and see a difference for yourself.

Stress-Inducing Personality Patterns

In my experience the common patterns that relate to Chronic Fatigue Syndrome are:

- over-achieving.
- co-dependency such as being over-controlling/compliant.
- perfectionism.
- chronic anxiety.

Each of these patterns lead you to expend more energy than is necessary which can be very draining. Don't wait til you crash!

Visit Keira's website **www.howtoheal.co.uk**

Did you know we run on electricity?

Its been called many names by different cultures across the globe... Chi, Prana, Electromagnetic Energy, all of which refer to our life force.

Exercise one - Pulse Breath

A soothing breath to calm the mind and elicit deep body relaxation.

- Sit comfortably either crossed legged/straight backed on the floor or on a straight backed chair. and close your eyes.
- Place three fingers of your right hand on the right side of your neck so that you can feel your pulse.
- Place the middle finger of the left hand in your navel.
- Inhale/exhale through the nose slowly and deeply in a continuous flow so there are no pauses at the end of each inhale and exhale.
- Spend a few minutes breathing deeply and easily.
- Place 3 fingers of your left hand at the pulse point on the left side of your neck and the middle finger of the right hand in the navel.
- Breathe slowly and deeply in a continuous flow.
- The amount of time spent on each side should be the same.
- This can be practiced for 2 - 5 minutes each side.
- The longer you do it the more relaxed you will feel.

Exercise two - We Will Rock You Breath

An energising and yet relaxing breath which can give a quick boost if we are feeling depleted or tired.

- Sit in a semi reclined position.
- Place both hands on the abdomen palms down and close your eyes.
- Imagine a balloon in the abdomen and every time you inhale... inflate the balloon.
- Exhale with a short gentle one beat sigh.
- The inhale will be 3x as long as the exhale.
- Breath in a continuous connected flow with no pauses inbetween the inhale and the exhale.
- Speed of inhale is unimportant so take your time and inhale as slowly as you like. Now add a second inhale on top of the first inhale again ending with the short soft sigh exhale.
- The rhythm is similar to the drum beat at the beginning of the queen song We Will Rock You.
- In / In / Out... In / In / Out...
- The main thing is to keep the pace very relaxed...don´t rush... make sure it feels comfortable and easy to do...
- Practice for 3 minutes and then relax for three minutes noticing what you´re experiencing.

www.breathguru.com