

Relax and Breathe!

Our bodies are designed to function optimally when we use our abdominal muscles to breathe. Chest breathing is reserved for times of stress when we need our hearts to beat rapidly - when we need to defend ourselves. What do you think happens when your NORMAL breathing pattern is altered? So altered that you never breathe normally?

DID YOU KNOW

Normal relaxed breathing rate is about 7-10 breaths per minute?

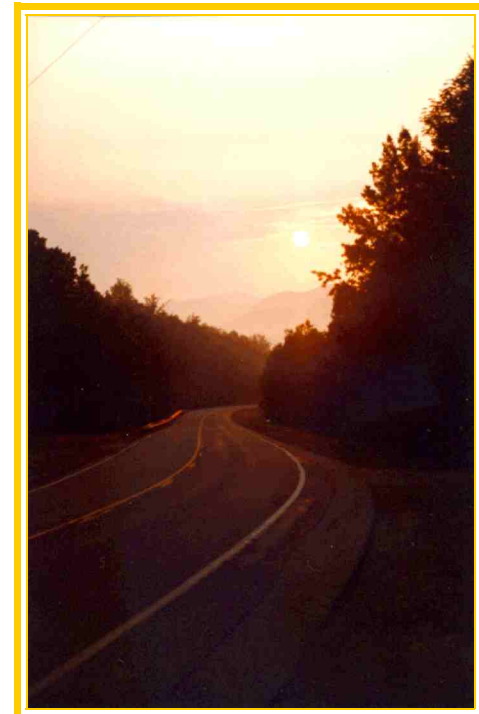
That one minute of over-breathing (over 30 breaths per minute) robs the brain of 40% of its oxygen?

When there is less oxygen in the brain, a person tends to be impulsive, confused or anxious?

People who change to slow, abdominal breathing often experience happier moods, clearer thoughts, and are able to “let go” of negative thoughts more easily?

When we breathe quickly, we feel we are “*running out of time*” - but when we breathe more slowly, we feel as if “*we have all the time in the world.*”

Personal Health Awareness Training Coach



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The Importance of Awareness Training

Our ideas are the result of flowing thoughts, feelings, and perceptions. Our thoughts may not even be accurate, but we generally believe them because we are thinking them. Notice that you can only have one thought at a time. Even though some of us have many thoughts occurring rapidly, we can still only think one thought at a time.

Each and every one of those thoughts are very powerful because you can't have any other thought that disagrees with it at the same time. Having thoughts is not the same thing as awareness.

Feelings happen in the body. These physical sensations arise as we respond to various experiences in our daily lives. Some feelings become pervasive mood states in our bodies, like anxiety, hostility, or sadness. Without awareness, we act impulsively because of the mood states we are experiencing. Without awareness, it is possible to believe every thought we have, including our negative thoughts.

Awareness is the ability to recognize an "Observer Self" or "Inner Witness" that notices what is happening but is not attached to any thought, feeling or perception at all. In this Personal Health Awareness Training Program, you will learn how to become an observer of your thoughts and feelings. Awareness Training involves using your mind-body-spirit connection to experience a wider range of possible thoughts, feelings and perceptions.

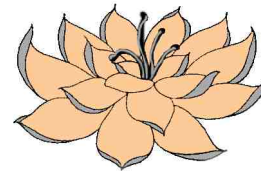
Learn to become more of who you truly are

Full Embracement Breathing

Where do you start?

....begin by breathing ...

When we have anxious thoughts or negative beliefs about ourselves, our bodies react automatically. If these thoughts persist, our bodies resign themselves to a narrower range of functions. Breathing is a good example. Most people breathe using their chest and shoulder muscles. This feels very natural to them. Do you breathe this way? Do you feel breathless sometimes? Anxious or panicky? Notice your breathing right now.



Chest breathing is DEFENSIVE BREATHING!

Abdominal Breathing is EMBRACEMENT BREATHING!

You can use either the MINDFUL AWARENESS or INNER REFUGE audio CD to develop your awareness practice. Practice breathing abdominally as you listen to the short training meditations. Sit quietly in a darkened room. Wear headphones for best results. Before you begin, check your stress levels with a Stress Thermometer or Mood Card. Listen to one meditation at a time. After you are finished, use the stress thermometer to check your stress level. If your finger raises the temperature above 85 degrees F -or you are in the blue/green zone on the mood card - you have been successful in shifting your bodymind into a more healthy state of being!

Continue practicing daily. Use the Breathwave Technique described on the Mood Card whenever you feel stressed or anxious.

Keep it in the blue-green color zone for optimum calmness!