



*Star Born Wellness*

## **Long Deep Breathing**

Breathing is the single most important action we engage in daily! It supports our cells, organs and body systems; sustains, energizes and harmonizes us while providing enhancement in a myriad of other ways, too. It's helpful to be mindful of your breath and practice techniques that will offer great benefit.

The benefits of breathing deeply and efficiently have been known and practiced for thousands of years. The intake of oxygen, air... Chi, Qi, Life Force Energy or Prana can be intentional and filled with purpose.

This practice of intentional, purposeful breathing through the use of a long and deep inhalations and exhalations is but one type of Pranayama (breath control or technique). You can do it at any time!

It's easy:

- Whether walking gently, reclining or in a seated position, create a place of comfort and ease.
- Allow your eyes to close (if appropriate).
- Slowly begin to breath in and out through your nose.
- Imagine, feel, listen to your breath moving in and out.
- Imagine there is a beautiful bubble inside ...right above your belly. As you inhale, gently inflate the bubble...let it move all the way up to your lungs (perhaps to the count of three... 1...2...3...).
- Hold your sweet breath for a moment.
- Then, exhale from the top of your lungs all the way back to your belly as the air moves out (perhaps to the count of three... 1...2...3...).
- With each inhalation, breathe in beautiful, calming, healing, peaceful, loving, healthy, thoughts.
- With each exhalation release anything that is the opposite. Let it go with your breath.
- Repeat this cycle of Pranayama for three minutes (or as long as you feel inspired to do so).
- Offer gratitude and recognition for your breath... it serves you well.
- Slowly, gently, notice your body... notice your thoughts ... gentle back and become fully aware.
- Open your eyes and return to a new moment



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## **Deep Breathing Benefits**

- Deep breathing can help relieve symptoms of stress, like heart palpitations. If you are feeling stressed, your breath often becomes shallow (fast and short). To overcome stress and relax, breathe deeply and slowly.
- Deep breathing releases endorphins. Endorphins are your personal “painkillers”. With practice, some have: reduced headaches, sleeplessness, physical discomfort and other stress related experiences.
- Deep breathing helps to keep better focus when you are feeling mentally and emotionally overwhelmed.
- Deep breathing helps to clear your mind.
- Deep breathing can facilitate an increase in your energy level.
- Deep breathing strengthens weak abdominal and intestinal muscles.
- Deep breathing improves blood circulation and its quality through oxygenation.
- Deep breathing helps to break down food.
- Deep breathing is an important factor when talking about the body's ability to break down and eliminate waste.
- Deep breathing helps to control weight by using the extra supply of oxygen to help burn stored fat.
- Deep breaths supports changing blood your Ph from acid base to alkaline.
- Deep breathing allows the brain waves to slow down, creating an "altered" consciousness, a quiet, serene state of being and thus facilitates meditation.