



At times, everyone is aware of the way in which they breathe. Breathing is not a function that is detached from your emotional and mental states, it's just the opposite; **the way in which you breathe reflects the state you are in.** When you are asleep your breathing becomes deep, slow and forceful. When under strain your breathing becomes shallow and rapid, when angry it can be quite irregular. Yet when you are relaxed your breathing is slow, rhythmic and quiet. Just as your emotional state alters your breathing, you can consciously change your emotional state.

By having knowledge of breathing exercises you can control panic or distress, steady yourself, reduce tension, lower blood pressure and even cholesterol. Breathing techniques can be "first aid", preventing both stress and tension from injuring your body. Regular breathing exercises, especially done early in the morning when the air is fresh, will clear the mind and invigorate the body.

The following exercises are drawn from Chinese knowledge.

Refreshing Breathing, To Clear Feelings Of Stagnation. Stand with feet shoulder width apart. Take a deep breath in through your nose. As you do, come up onto your toes, fingers out stretched above your head. In one quick puff, let out all the breath through your mouth, at the same time coming down off your toes, bending at the waist so you end up bent forward almost touching the ground. This exercise is for dispelling that sluggish stagnant feeling. Repeat 3 times.

The S Breath is a special exercise for the lungs. It also aids cold relief and blocked energy. Lie on your back, arms by your side, legs lying loosely out straight. Take a long breath in through your nose. As you do, bring your arms up and then down to rest on the floor above your head. Now make a very loud ESSS sound and continue slowly until you run out of breath. At the same time let your hands lift up and in a semi circular motion come down to your sides. Repeat 3 x.

You may have dismissed the Japanese exercising before work or the Chinese performing Tai Chi routines. But, when you have undertaken a few exercise disciplines yourself, you will admire their dedication and no doubt appreciate the power within the breath that most people take for granted.


Chanchal Cabrera MSc, MNIMH, AHG is a medical herbalist, 250-336-8767. Discover more breathing exercises at www.chanchalcabrera.com



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