

BREATHING RESOURCES

OCEAN BREATHING

[Creates a sense of calm, centred, soothing embodiment with the ability to attune the self fully into the present moment. Creates a felt-sense of inner balance and peace, and activates the relaxation response.]

Breathe in through the nose, out through the mouth to the count of 5 in, to the count of 5 out, without pause between the inhale and the exhale (counting silently). If you are feeling deeply relaxed you may pause at the end of the exhale until you naturally feel the urge to breathe in again.

Some people find it easier to follow their breathing while moving their hands at the same time, with palms facing down sliding along your thighs. As you breathe in you can slide your hands from your knees to hips, and as you breathe out you can slide your hands back to just above your knees.

BALANCE BREATHING

[Allows you to pinpoint the areas of your body where you feel disturbance – often where the trapped energy we take on from trauma is stored – and gently return to a balanced state]

Do a couple of ocean breaths, as described above, and notice where in your body your breathing is tight and constricted, or where you are sensing emotional pain or imbalance. Usually this will be felt around the heart, belly or throat, though you may also pick it up in your head area, pelvis, shoulders or anywhere else. Breathing in through your nose, imagine your breath coming in through the left of the area you are focusing on (for example your belly), and then breathe out through the right side of this area (on the opposite side of your body). Continue by taking a breath in through the right, then out through the left, and keep alternating like this 3 to 4 times, or until you calm down.

You can either keep repeating this for other 'stuck' areas, or you can end this exercise by taking a few ocean breaths. As you breathe into and around these areas of your body, allow them to soften, expand, swirl or open, as you curiously observe how your sensations shift. If thoughts, images or memories arise, gently make room for them as you return to the breathing sequence. You can also add in breaths to the front and back of the stuck area in addition to left and right.

EARTH BREATHING

[Connects us to nature and to the earth, preventing dissociation and allowing you to stay consciously aware of your experiences in the present moment.]

Receiving energy into the side of the body that your body knows you should receive energy into:

Imagine or feel the energy from deep in the earth coming up into the bottom of the receiving foot, travelling up the leg into the womb-space (women) or base of spine (men), holding there for 4 or 5 seconds then exhale down the other leg and foot back into the earth. As you hold you may squeeze the muscles around your pelvic floor, before releasing the breath deep into the earth.

Breathe from and to the centre of the earth, travelling through all its various layers, imagining all the different aspects of earth as you breathe in and out. Be aware of any tightness or any place the energy feels blocked or stuck. You may stop to breathe into these places. Continue the breath creating a cycle of energy between the earth and your womb-space or base of spine.

FIRE BREATHING

[Facilitates the release of anger, panic, freeze and numbness. Allows the access and release of emotion.]

Connecting with your own fire breathing animal or purely seeing yourself breathing fire:

See the flame, fire and the smoke and feel the heat as you breathe (flame, fire, heat, smoke):

Begin by inhaling through the nose and fully extending the belly... exhale contracting the belly to the spine with an explosion of breath from back of the throat through the mouth making a HAAA sound (made like fogging a mirror).

HEART BREATHING

[To give and receive love to self and others. For healing and for shifting.]

Breathing into the crown of the head from the sky, and into the feet from the ground – breathing in from above and below at the same time, bring both breaths into the heart. Fill all four chambers and every cell (every nook and cranny) and hold for 4 seconds in the heart. Exhale out the front and back of the heart at the same time, sending the exhale with intention to wherever it is needed.

As you focus on the heart area, you may open to feeling positive qualities like love, care, healing & harmony. To help focus on this area, it can sometimes help to put your left hand over your chest area and put your right hand over your left as you breathe (with thumbs touching).

A DAILY PERSONAL PRACTICE

A good routine is to start with a few ocean breaths and ask your body (not your mind) if you need to do any balanced breaths – especially if your mind is racy or you have been triggered in any way.

After this, a possible sequence could be 3 earth breaths, 3 fire breaths and then 3 heart breaths – repeating this sequence several times. It is best however to ask your body (or your intuition / Core Self) which sequence of breathing practices is best for you at this time, or if you would like to combine this with other practices such as visualisations.

It is also helpful to find as many brief moments as possible during your daily routine when you can practice these powerful breathing techniques. A good reminder is the word STOP:

Stop

Take 3 breaths (whatever type of breathing feels best for your body at that moment)

Observe (noticing how your body responds to the breathing and also noticing whatever comes up)

Proceed (get back to what you were doing from a new state of balance, or move on to another type of breathing if you have time)

Other powerful resources can be found on the following playlist:

https://www.youtube.com/playlist?list=PL_HPCr1GXui8Q7f0s8nJ2rDmBYCSaNpyz

A demonstration of how breathing and other practices can help facilitate trauma healing:

<https://comprehensiveresourcemodel.com/demonstrating-crm-complex-ptsd/>

Utilised within the Comprehensive Resource Model: <http://www.comprehensiveresourcemodel.com/>