

# Diaphragmatic (Deep Abdominal) Breathing

*Breathing is the primary language of the subconscious. This exercise takes less than 3 minutes to do and is well worth the effort!*

**Take 10 Slow, Deep Breaths....** Make yourself as comfortable as possible, sitting or reclining with your arms and legs uncrossed. Close your eyes.

**Inhalation:** As you take your first breath, say silently, to yourself the number "One". Breathe in as deeply as comfortable for you.... Inhaling through your nostrils, filling and expanding your abdomen. Imagine you're inhaling radiant energy... fresh air... and fresh thoughts, ideas and energy.

**Exhalation:** Breathe out fully and completely... through your mouth.... Imagine you're exhaling negative or stale thoughts, ideas and energy.... Allow all the air to fully flow out of your body. Before you begin the next inhalation.... Say, silently... to yourself, "Relax." Repeat the above for each of the 10 breaths... (numbers 2, 3, 4, 5, 6, 7, 8, 9 & 10). Imagine that each inhalation is slowly filling a bright blue balloon in your belly or that you are inhaling positive thoughts and energy and exhaling the negative. Breathe rhythmically, slowly, and fully. After the tenth exhalation is complete, slowly open your eyes and notice how relaxed you are.