



## *Belly Breathing Technique*

### *Belly Breathing Technique Handout*

To do belly breathing properly you should allow your lungs to fill from the bottom up; this will assure you of maximum air penetration and absorption. The lungs lay just behind the rib cage and are attached to the ribs; they are therefore pulled open and closed by them. If you are breathing only with the top half of the chest, the top of your lungs will open first so that the air fills them only up at the very top. If on the other hand you push your belly out as you inhale you will expand your diaphragm first. The lower ribs will push out and open the lower portion of the lung first. The air will then rush down into them to fill the vacuum there and will fill your whole lung chamber from the bottom to the top. When you exhale, you are in effect reversing the process (pulling the belly in at the end of the exhalation). This last movement pushes the air completely out of the lower portion of your lungs and thereby pushes all the toxins of the used air out of your lungs.

Find a quiet, comfortable place outdoors to reach a tranquil state of mind. Close your eyes and relax. Start your breathing, inhale through the nose filling your abdominal region about three inches below your navel, then exhale through your nose. Focus your awareness on your breath and enjoy your breathing at a comfortable, slow pace. As you inhale slowly, visualize water lifting coolness from your abdominal region until you cannot inhale anymore. Then exhale only 20% of your exhalation through pursed lips as though you were whistling, wait a second or two then exhale the remaining 80%. Make sure as you exhale your stomach becomes smaller. Shortly after finishing this breathing, quickly rub your hands together (at least 20 seconds) until your palms feel warm. You should wait 10 minutes before you drink water or bathe because water will stop the energy you just gained.