

Importance

Why Breath Properly?

Your body is designed to release 70% of its toxins through breathing. If you are not breathing effectively, you are not properly ridding your body of its toxins.

Think how your body feels when you are tense, angry, scared or stressed. It constricts. Your muscles get tight and your breathing becomes shallow. When your breathing is shallow you are not getting the amount of oxygen that your body needs.

During a proper breathing exercise the movement of the diaphragm massages the stomach, small intestine, liver and pancreas. The upper movement of the diaphragm also massages the heart. When you inhale air your diaphragm descends and your abdomen will expand. By this action you massage vital organs and improve circulation in them. Controlled breathing also strengthens and tones your abdominal muscles.



BREATHE IS FREE
Simple & Easy

**Be Positive and
Change your Attitude!**

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BREATHING MEDITATION SESSION

Deep breathing exercises are a simple
and effective way to reduce stress



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Breathing Meditation

Focus on the Breath

Meditation is a way to get quiet, calm, and focused. It trains your mind to slow down, relax, and stay positive. Meditating for just a few minutes a day can help you feel centered, balanced, and more in control — even during the times when you're not actually meditating.

Making meditation one of your daily routines (like brushing your teeth) can help you feel more grounded when it seems like you're being pulled in a million directions.

If you only do breathing meditations once every few weeks when it crosses your mind, you likely won't see the benefits. The key is to form the habit of doing this for a few minutes every day. Sitting quietly and reflecting on one's breath can do wonderful things in your life. Your mind will become clearer and more focused. Breathing meditation is something that everyone should pursue.

Breathing correctly is not only important for living longer but also to have a good mood and keep performing at your best.

Physical Body Benefits of Breathing Meditation

- Strengthens the Lungs.
- Massages the Organs.
- Improves Nervous System.
- Increases Digestion of Food.
- Helps release Muscle Tensions.



The Preliminary stage of Meditation

- We choose a quiet place to meditate and sit in a comfortable position. We can sit in the traditional cross-legged posture, in a chair or in any other position that is comfortable.

- We sit with our eyes partially closed and turn our attention to our breathing. We breathe naturally, preferably through the nostrils, without attempting to control our breath, and we try to become aware of the sensation of the breath as it enters and leaves the nostrils. This sensation is our object of meditation. We should try to concentrate on it to the exclusion of everything else.

- At first, our mind will be very busy, and we might even feel that the meditation is making our mind busier; but in reality we are just becoming more aware of how busy our mind actually is. There will be a great temptation to follow the different thoughts as they arise, but we should resist this and remain focused single-pointedly on the sensation of the breath. If we discover that our mind has wandered and is following our thoughts, we should immediately return it to the breath. We should repeat this as many times as necessary until the mind settles on the breath.

- If we practice patiently in this way, gradually our distracting thoughts will subside and we will experience a sense of inner peace and relaxation.

“SO MUCH OF THE STRESS AND TENSION WE NORMALLY EXPERIENCE COMES FROM OUR MIND”

Tips

Practice Patiently

When the turbulence of distracting thoughts subsides and our mind becomes still, a deep happiness and contentment naturally arises from within. This feeling of contentment and well-being helps us to cope with the business and difficulties of daily life. So much of the stress and tension we normally experience comes from our mind, and many of the problems we experience, including ill health, are caused or aggravated by this stress. Just by doing breathing meditation for ten or fifteen minutes each day, we will be able to reduce this stress. We will experience a calm, spacious feeling in the mind, and many of our usual problems will fall away. Difficult situations will become easier to deal with, we will naturally feel warm and well disposed towards other people, and our relationships with others will gradually improve

Overview

Even though breathing meditation is only a preliminary stage of meditation, it can be quite powerful. It is possible to experience inner peace and contentment just by controlling the mind, without having to depend at all upon external conditions