



Step One of Full Wave Breathing

Place one hand on the abdomen below the navel and the other on the chest. As you inhale, hold the chest still, allow the abdomen to expand as if you are filling a balloon. Stretch and extend the lower belly. Relax completely into an inhale at the point where the abdomen is distended fully and the lungs are filled. After exhaling, inhale immediately. The chest does not move at all.

Continue breathing with no pause between inhales and exhale. All of the emphasis is upon your Inhale. The exhale is a release of the tension created during your inhale. So you will Inhale and relax...Inhale...and Relax...Continue as you read this instruction to see how simple it is to perform. Breathe through your nose or mouth as you desire. You increase oxygenation by over 50% when you breathe through your mouth because of the normal restriction in nostril breathing.

Close your eyes as you are breathing and then relax for a few minutes when you are done. Allow your breathing to normalize before continuing with your activities. You may perform this exercise while sitting at the computer, riding in the car, or even watching television. Start practicing this exercise today and you'll be pleased with your result!

To help you stay focused on your breathing, place a book or weighted bag on your lower abdomen when lying down and performing the exercise. If you are sitting, to keep your spine erect, imagine that a rope is attached to the middle of your head. The rope rises into the air. In your imagination, allow the rope to gently lift you up until your spine is erect. Sit straight, be open, and breathe.

Step Two of Full Wave Breathing

Continue breathing with no pause between inhales and exhale. Inhale and Relax...Inhale...and Relax

Count 1 as you inhale and expand your lower abdomen in Step One. Count 2 as you lengthen your inhale and push out the middle of your torso at the solar plexus. Release tension and allow the body to exhale and repeat. Perform this exercise anytime to relax. Do not perform connected breathing when driving or operating machinery.

When lying down, place a pillow under your knees, not under your neck. When sitting allow yourself to stretch and open your spine as you sit and breathe.

Close your eyes as you breathe and then relax for a few minutes when you are done. Allow your breathing to normalize and return to your tasks.



Step Three of Full Wave Breathing

Continue breathing with no pause between inhales and exhale. Inhale and Relax...Inhale...and Relax.

Count 1 as you inhale and push out your lower abdomen. Count 2 as you raise the energetic focus to your solar plexus. Count 3 as you move your muscular focus up into your chest, stretching your intercostal muscles, shoulders and back of the neck. Relax completely when you exhale, allowing the muscles to soften. There is no effort or tension involved in your exhale.

Close your eyes as you breathe and then relax for a few minutes when you are done. Allow your breathing to normalize before continuing with your activities. Perform this exercise anytime you are sitting passively to provide a quick and effective energy boost and relaxation.

Keep your spine straight if sitting and allow to your body to move as you breathe and relax. Feel the wave of inhale as air enters your body and the wave of exhale as it leaves. Increase the volume of air and pace of breathing and feel how it affects your experience.

Since resolving stress at the cellular level is below our awareness, there are times when the breathing is accompanied by laughing or crying as old chemistry breaks up. Simply keep breathing! Allow your body any movement that arises and remember to relax fully when you exhale, softening all your muscles. Continue breathing at your own pace, deeply and fully.

Maintain your own pace and be willing to experiment. Your pace will normally change from day to day and during a session of Full Wave Breathing. Playing music to breathe by helps keep you focused in a gentle rhythm as you are learning it.