



Release, Restore, and Rest Breathing Technique

Begin by simply being aware of your current breathing. Notice what is happening and what is not happening without judgment. Simply be aware.

Following the instructions below, in five short minutes you will release, restore and rest in your breath in a series of 3 sets with 3 breaths each.

Release: Begin by inhaling deeply through the nose. As you do, consciously gather all of your stress and tension on all levels. Include any tension about money, as well as any aches or pains, fears, doubts worries. As you exhale through your mouth, let go of all of these limitations. Really let them go. Choose to send them on their way so that you are cleansed, opened, and released. ***Do this three times.***

Restore: As you inhale through your nose, draw in the life giving vitality of the essence of earth below, the heavens above, and the natural elements of the harmony of nature: Fire, earth, water, air... the space all around us. Take time to sense each of these realms individually as you are learning this practice. Inhale vitality. As you exhale through the nose, allow these nectars to go to the areas of your life, health, finances, and self where they are most needed. It is not necessary to decide where they are needed. Simply trust that it will happen in accordance with Divine Intelligence and Love from the Universe. ***Do this three times.***

Rest: As you inhale and exhale through your nose, allow your breath to slow and deepen. Inhale peace, quite, stillness and silence. Exhale peace, quite, stillness and silence. ***Do this at least three times.*** The activities of the mind and emotions may seem to suspend and even stop. Your breathing may slow down and may actually come to a stop. Just rest there. Relax. Enjoy the spaciousness.

Now that you have released, restored, and rested, the next step is to witness what tends to arise in a clear open space. Do you return to a familiar sense of self, marked by worry, fear, and effort? If so, begin again. Choose to engage in conscious breathing. Or is it possible to be curious about who and what you are and what reality is? Simply notice. Be willing to sense, look and listen with renewed capacity to witness the truth of the moment.