

IDEA sheet- Energy

Meditation and Breath

Get your lungs going with simple breathing exercises

Breathing Exercises:

This breathing exercise can be done ANYWHERE! It is simple, and follows a breath pattern that you can alter when you begin to practice. You will feel so gratified when you can inhale and hold a bit longer, it will come. Don't judge yourself when you get started, do what you can.

Breathe Work:

Step 1: Put your hands on your belly and push the belly out with your INHALE.

Step 2: Once you get the hang of that, take a deep breath for a minimum of count 4

Step 3: Hold the breath for a count of 8 (if you can, if not to a bit past comfort-- DO NOT feel like your head will explode)

Step 4: Exhale SLOWLY to a count of 4

Each repeat is to a count of 4-8-4

You may feel that you need a few exhalations to rid your lungs of trapped air every few breaths, go ahead and puff it out

Empty your lungs, breathe in. Play with your lungs and get to know your breathing!

This is FOR YOU! Play and have fun, be in a state of joy as you work with your body. Welcome yourself to YOU!

Meditation:

Your meditation will be approximately 20 minutes up to 60 minutes, when you are well practiced. You will want to choose a mantra or quiet thought you will repeat in your head when you are quieting your self. Your mantra is like your signature, get comfortable with it. You may try different ones until you find one that “fits” you. Again, no pressure, play!

Mantra suggestions are:

- I AM
- I am love
- I am all
- Love surrounds me
- om
- Peace surrounds me
- _____
- _____

You will need a quiet space, time and the intention to be still. Use the below checklist to get started.

There are many resources on the internet for meditation, pick a voice or music that suits you.

Checklist for Meditation

- Quiet space (where): _____
- Candle
- Meditative Music: _____
- Comfortable chair: _____
- Mantra _____
- Time to meditate- 10-30 minutes
- Timer, comfort that you won't fall asleep
- Resource for audio

<http://www.how-to-meditate.org> or other places

Next Steps are Action Steps:

I will begin meditating on: _____

The first meditation I will do will be at:

Supplies and set up ready _____

I can celebrate, I am doing something for me and my body!

Meditation:

SIT still in a chair with your feet on the ground.

Perform the breathing exercises as above.

Breathe for 5 minutes or so and repeat your mantra.

Repeat your mantra with love and white energy in your head.

As random thoughts come into your head, send them away and bless them, say mantra, refocus on your breath.

Now, send the white loving light around your body, by focusing on your feet, your ankles, your calves, your knees, you thighs, now stop and revisit your mantra and refocus your breathing.

Send white light through your pelvis and hips, it is still illuminating your feet and legs, it is now in your pelvis, radiating, warm, light, white.

Send the light to your abdomen as you belly breathe, swirling around to your back and shoulders, the white light washes over you sending the white light over your chest, it is swirling and pulsing and vibrating with love as you breathe.

Send the white light to your neck and lower jaw, love yourself, love the white light, it is here to make you feel better. Allow the light to lift up over your head and through your entire body. You are now awash in white light and from the top of your head there is white light shooting up and energizing you.

You are sitting in your chair, easy and breathing, and white light surrounds you, say your mantra over and over again! Sit calm and quiet as long as your timer goes!

Repeat and practice daily!

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