Heart Breathing

You can do this with your eyes open or closed, try both – do this for 1 – 2 minutes and about 5 times a day

Now, close your eyes (for beginners or starters) and try to be a quiet and peaceful place

- Concentrate and focus your mind/ brain to where your heart is
- Then breath slowly
- With every breath out
- And every breath in

- Continue to do this
- Sending as much focus as you can do
- Don't worry too much if your focus drifts
- You can always send your focus back to your breathing

- Focusing on your heart
- Breathing slowly
- With every breath in
- And every breath out

It's that simple

You can do this with your eyes open or closed – you mostly have your eyes open anyway

This will help you become calm, be calmer and gain control of your breathing

It's also good for your overall health because being calm, in-control and being able breath deeper and lower down in your body is great for your overall health

Just think if someone is anxious, angry, stressed or feeling negative – they are typically breathing from their chest or around the throat area – similar to when they are out-of-breath

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