

Breathing

A powerful and efficient tool

Used correctly, breathing promotes
our health and a long life

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Introduction

Without oxygen, human life is no longer possible after a short time. Our breathing is not only life sustaining, but it also even promotes health and thus a longer life.

In Eastern traditions, breathing is used to expand our consciousness. Even among the Greeks, breathing was far more than what we normally understand it to mean in our western world today.

There are many books on this subject and there are also many corresponding sites such as videos on the Internet and on YouTube. As everywhere, an application brings experience and thus an understanding of the content that cannot be achieved just by reading.

The duration of the exercise can be varied, from perhaps three minutes a day to perhaps an hour a day. Regular practice has a strong influence on everyday breathing, which means that it becomes deep and calm. For example, deep breathing moves the diaphragm downwards and positively activates all of our organs. Also, it is almost impossible to get into stress with calm deep breathing. The thoughts also come to rest with such breathing, which has a positive effect in all areas.

Many people only breathe superficially into the chest and not into the abdomen and so the actual size of the lungs is not used, which is only a third of the entire size in the upper chest area. The inhaled oxygen is transformed into energy four fingers below the navel; if you only breathe superficially, it is understandable that the life energy still has potential for optimization.

During the first exercise you fill the whole lungs properly with oxygen, during the second exercise blocked blockages are released and during the third exercise the breathing becomes deep and calm. The third exercise also activates the parasympathetic nervous system positively and relaxation can be felt. Over time, a feeling of inner peace also arises, which will greatly extend to our everyday experience. The fourth exercise while lying down activates the entire metabolism, which is very useful during the night, because then many countless functions take place.

I recommend doing the first three exercises one after the other; where we practice the introduction and the conclusion only once:

Introduction - The Great Eight - Purification - Holding - Closing

May all beings be healthy and happy

Breathing exercise "The Big Eight"

We sit as straight as possible without being stiff. Now we pay attention to the body and try to be relaxed everywhere - back, stomach, shoulders, hands and arms, neck and head. The face is also relaxed, our eyes are slightly closed. The lips touch lightly.

We hold the right open hand over the left hand and the thumbs lightly touch. We hold the thumbs at the level of the navel and the fingers about 4 fingers' widths below the navel.

We pay attention to the flow of air that comes and goes at the tip of the nose and take a few deep breaths. Our attention now turns to the breath, either around the nose or the abdomen.

When the mind becomes distracted or wandered, we simply take note of it and return to our breath. With an inner voice we can, if we want, also say thoughts or digress. Do this until the mind has calmed down a bit.

(Watch breath)

And our thoughts come and go, play in the past and the future. We just take note of this and our attention returns to the breath. We breathe in and out, our stomach fills and empties with breath.

Now we breathe in normally deeply and rather quickly through both nostrils and bring the breath down to the navel and stretch the stomach outwards. When the stretch stops, we breathe into the chest and stretch the chest outward ... as far as possible.

When exhaling, we first press the breath out of the mouth with our belly and pull the navel towards the spine and about halfway through we push the remaining air out with the chest.

We repeat this at least 5 times.

Then we continue as follows:

(Watch breath)

Our mind knows how to be distracted. And when we catch him doing it, we just return to our breath, let go of the distraction ... breathe in, breathe out

(Watch breath)

Now we return slowly, open our eyes and perceive the world around us again. We finish our meditation. We wish that all the good will shine out and bring happiness to all. Then we start the day fresh.

Breathing exercise "purification"

We sit as straight as possible without being stiff. Now we pay attention to the body and try to be relaxed everywhere - back, stomach, shoulders, hands and arms, neck and head. The face is also relaxed, our eyes are slightly closed. The lips touch lightly.

We hold the right open hand over the left hand and the thumbs lightly touch. We hold the thumbs at the level of the navel and the fingers about 4 fingers' widths below the navel.

We pay attention to the flow of air that comes and goes at the tip of the nose and take a few deep breaths. Our attention now turns to the breath, either around the nose or the abdomen.

When the mind becomes distracted or wandered, we simply take note of it and return to our breath. With an inner voice we can, if we want, also say thoughts or digress.

We press the root of the ring finger with our thumbs and stretch the index finger. Who can press their arms and hands into the groin and stretch their arms.

Now we close the left nostril with the left index finger. We breathe in deeply with the right nostril. We imagine that we are breathing white light. We just breathe in deeply, of course, preferably below our navel, and hold our breath there briefly.

As we exhale, we imagine that everything negative, blocking, flows out of the right nostril as gray smoke.

We repeat this three times.

Then we close the right nostril with the right index finger and breathe through the left nostril three times as described above. Then do the same three times through both nostrils.

After this cleansing breathing, we continue to breathe calmly and concentrate on the breath that comes and goes at the tip of the nose.

(Watch breath)

And our thoughts come and go, play in the past and the future. We just take note of this and our attention returns to the breath. We breathe in and out, our stomach fills and empties with breath.

Our mind knows how to be distracted. And when we catch him doing it, we just return to our breath, let go of the distraction ... breathe in, breathe out

(Watch breath)

Now we return slowly, open our eyes and perceive the world around us again. We finish our meditation. We wish that all the good will shine out and bring happiness to all. Then we start the day fresh.

Breathing exercise "hold"

(This exercise also activates the parasympathetic nervous system to a large extent)

We sit as straight as possible without being stiff. Now we pay attention to the body and try to be relaxed everywhere - back, stomach, shoulders, hands and arms, neck and head. The face is also relaxed, our eyes are slightly closed. The lips touch lightly.

We hold the right open hand over the left hand and the thumbs lightly touch. We hold the thumbs at the level of the navel and the fingers about 4 fingers' widths below the navel.

We pay attention to the flow of air that comes and goes at the tip of the nose and take a few deep breaths. Our attention now turns to the breath, either around the nose or the abdomen.

When the mind becomes distracted or wandered, we simply take note of it and return to our breath. With an inner voice, if we want to, we can also say "thoughts" or "digress". Do this until the mind has calmed down a bit.

(Watch breath)

And our thoughts come and go, play in the past and the future. We just take note of this and our attention returns to the breath. We breathe in and out, our stomach fills and empties with breath.

Now we breathe in slowly and deeply through both nostrils (approx. 5 seconds) and bring the breath approx. 4 finger widths below the navel. At the same time, we pull up the pelvic floor and thus press the breath together slightly from above and below. Here we hold our breath for about 5 seconds. We can imagine how white light flows into us. Likewise, we imagine that the body is full of health and has all the energy we need.

We then exhale slowly again and relax the pelvic floor. The exhalation should be a little longer than the inhalation.

We repeat this exercise at least 5 to a maximum of 25 times.

Then we continue as follows:

(Watch breath)

Our mind knows how to be distracted. And when we catch him doing it, we just return to our breath, let go of the distraction ... breathe in, breathe out

(Watch breath)

Now we return slowly, open our eyes and perceive the world around us again. We finish our meditation. We wish that all the good will shine out and bring happiness to all. Then we start the day fresh.

Breathing exercise "deep breathing while lying down"

We do this breathing exercise lying down, preferably before going to sleep. This is where the greatest possible amount of oxygen is brought into our organism. This has a positive effect on many health issues, such as high blood pressure.

The habit of breathing normally deeply also develops in everyday life, which has a beneficial effect on inner relaxation.

You lie flat on your back, your legs are stretched out, your arms are against your body and you try to relax your body and mind.

You breathe in deeply through your nose and bring your breath into your belly by lifting your belly like a balloon is filling up. The stomach should go up and not the chest.

When the abdomen is fully expanded (without too much pressure), then you breathe out again, through your mouth. The stomach should now collapse like a balloon that is running out of air. You then pull your stomach towards the spine as far as possible.

Repeat this for about 5 to 10 minutes.

If it is difficult to fill your belly with breath, it can be useful to put your hand on your belly or place an object on your belly (1 - 2 kg) and then try to use your hand or the object with your belly to bring up.