

4 – 4 - 8 Breathing Exercise

Position yourself in your most comfortable posture. Notice the way you are breathing. As you can see, you are hardly inhaling or exhaling at all. Maybe the air is only going 2 or 3 inches down into your chest and only 2 or 3 inches out from your nose. Every cell in your body is nourished by oxygen and weak inhalations deny us the energy supplying air we need. Similarly, our shallow exhalations don't allow us to expel the poisonous gasses lying deep in our lungs. This is why we often feel run down, crabby, and sleepy. The purpose of this technique is to cleanse your body, mind, emotions, and spirit by taking in a healthy, therapeutic dose of oxygen and ridding yourself of impurities. You are going to achieve this purification by totally filling and completely emptying your lungs. The 4 - 4 - 8 Breathing Technique will achieve a tremendous cleansing and revitalization throughout your entire body. Enhanced clarity of thought and uplifted emotions are always byproducts of this classic method.

Inhale deeply for 4 units of time. Fill your lungs completely, so you can see and feel your abdomen distend. Retain your breath for the count of 4 and then exhale for the count of 8. Any rhythm that you naturally establish is the right one for you, so if your units are 4 one second units of time for inhaling, 4 of retention and 8 seconds for exhaling, that's fine. You can't do this wrong.