

# *De-Stressing*

## *A Guided Breathing Session*

### **Accessing Your Most Resourceful States Activating Your Natural Innate Healing Abilities**

#### *Some Suggestions:*

*Record this document, or have some read it to you  
Clear at least one hour of uninterrupted (or supported) time.  
Wear loose, comfortable clothing. Make sure you are warm enough.  
Prepare a firm comfortable place to lie down and relax.  
Use a pillow if necessary. Keep a blanket nearby.  
This is the yoga of comfort and pleasure!*

Let's begin.

Turning inward...

We always start with present moment awareness.

We start by tuning into the feelings and sensations in the body.

Don't try to accomplish anything: you just want to bring your attention to what is.

This is really simple, and effortless, because we are not trying to accomplish anything.  
It's like taking an inner inventory... you are just scanning your body.... and noticing...

What is the most obvious sensation or feeling you notice as you turn attention inward?  
Start from there.

And then you just let your attention move through your body...

Visit and notice all the places in the body where sensations and feelings exist...

Where movements, sensations, or feelings occur...

And you are just lighting on them with your attention.

So it is really quite effortless.

And then you gently turn your awareness to the breath and breathing.

So "internal awareness" becomes "breath awareness."

You begin to focus on the feelings and sensation connected to the flow of breath—  
Still, not trying to do anything...Not trying to breathe in any particular way...

But just noticing the actual moment to moment physical sensations associated with the movement of breath. That's where you place your attention.

And since relaxation is such a big part of this process... With the attention, the awareness that you bring, include a quality of letting go, of relaxing, of releasing...

And automatically some quality connected to that intention will come into the breath.

Pay particular attention to loosening, releasing, and relaxing your spine, pelvis, hips, and neck... Make any adjustments to settle in more and to "puddle out." (Imagine your body is like ice cream melting in the sun... Imagine your body melting into a puddle on the floor!)

The first step in beginning to control or direct the breath is to "Engage the Exhale." That is, you just give yourself a sigh of relief. That's it: a simple natural enjoyable sigh of relief.

To give yourself a big sigh of relief, the inhale in front of it has to be part of the process. So the bigger the inhale is, the bigger the sigh of relief will be. It is a natural organic thing: to increase the release and relaxation on the exhale, you just put a bigger inhale in front of it.

And as you pull in that big inhale, you are focusing on the feelings of expansion... From side to side, front to back, top to bottom... Again, observing (meditating on) the details, the feelings and sensations.

So all we are doing is playing with awareness. We are focusing the awareness on the breathing. And along with this awareness, is the intention to relax, and allow, and surrender...

And trust. Trust your body. Trust yourself. Trust your higher power. Trust your Source. Trust life. Trust God.

The way you breathe becomes an expression of that willingness to trust yourself... And to trust whatever is happening in your body.

Then you begin to add a quality to the conscious breathing and relaxing that you could call "Embracing." It is a welcoming, an opening, an inviting... You begin to actively embrace the thoughts and feelings and sensations that you observe with your awareness.

With the exhale, give yourself the sense of snapping the breath loose, dumping it out... Not letting it out slowly or gradually... But release it quickly and completely.

Notice where the sound is coming from when you breathe, and exaggerate it. Listen to the noise, the wind noise of the breath, and notice where those sounds originate.

Bring attention to your throat, where the sound is taking place.

When you yawn, the sound changes. If you yawn, you can hear the difference.  
You can hear that something opened and softened back in the throat...

So you are playing with sound as a way to see where there is constriction or contraction.

*There is a trick question that I often ask at my seminars: "Who has ever heard the sound of the wind?"*

*And of course everyone raises his or her hand. But the fact is no one has ever heard the sound of the wind.*

*What we hear is when the wind hits something, when something is in the way of the wind. We hear sounds when the wind has to work its way thru something or around something.*

*Just like a balloon, when we squeeze the opening... forcing the air out... the smaller and tighter the opening, the more noise is created. The softer and more open it is, the less sound is created.*

So you are doing a little exploration... With the sound that is coming from your throat... You are looking at: "What can I open and soften?" "What can I relax so that the sound is not so loud or scratchy or so windy?"

If you make yourself yawn, you'll have to trigger something that will create an opening. You can hear and you can feel it. If you can do something with the back of your jaw and in your throat, you can trigger a yawn.

Do that now. Make yourself yawn. Fake a yawn. Do what you do to bring on a yawn. Keep faking the yawn until a real yawn comes.

Then you can add some stretching to it. Make some adjustments in your body... Move your body in some comfortable, pleasurable, natural way. Keep playing with the yawn again and again. Play with it while moving, stretching, while enjoying the feelings.

Keep yawning until you trigger all the effects related to a yawn. At some point, you will make your eyes water... That's a good sign. Notice any urge to stretch, to maybe make noise... It's all part of the yawn. It's pleasure. Yawning is pleasure. Give yourself pleasure.

Now pull the breath in easily and gently... And let the exhale go out quickly and completely... Snap it loose. Dump it out. Set it free.

The breaths don't have to be too big... No forcing or straining...  
Just gently expanding and releasing...  
[.....]

Now begin to bring the breaths closer together...  
Smooth and easy, gentle steady connected rhythm

After some time, forget about the breathing. And let it come and go by itself.  
Just notice and feel. Let the breath come and go when it wants, where it wants, how it  
wants. And you are just the observer.  
[.....]

Focus on relaxing more. Relax your forehead. Keep your brow soft. Relax around your  
eyes. Relax your jaw, your tongue. Relax your neck.

Breathe in, and release. Breathe in, and let go. Expand, and relax. Again and again.

Play with different breathing rhythms. Make your breathing quicker than normal.  
Small gentle connected breaths...

The breath is turning like a wheel... A circular rhythm. Like a car, with the engine  
spinning in neutral. No gears engaged... Breath turning smooth and easy.

Stay with it... Little breaths, quick breaths, gentle breaths. In and out... One breath  
connected to the next... No pauses or gaps between the breaths. A circular rhythm...  
[.....]

After some time: Take a big breath in... Then give yourself a big sigh of relief...  
Let the exhale go completely... Take a couple of these big cleansing breaths...  
Then go back to a gentle connected, circular rhythm...  
[.....]

After some time, forget about the breath... Set it free. Let it come and go the way it  
wants... Just focus on relaxing. Don't do anything with your breath...

Get a sense of the quality of your inner experience. Notice what the breath wants to do by  
itself, and help it... Cooperate with it. Make room for it... allow it to be full and free and  
natural...

Create a little space between your teeth. Allowing the jaw to drop open more...  
Don't close off the opening in any way...

Don't exhale as if you are blowing out a candle. Don't "blow." Let the exhale have an  
"ahh" shape or sound... Just letting go. That's it... Find a gentle open steady breathing  
rhythm, and relax into that rhythm. Relax around that rhythm.

You can do something with your body, your posture... As if you are inviting, opening,  
surrendering, letting go... (Arms extended out by your sides... hands open... palms  
facing up...)

Welcoming any vibrations... Welcoming any tingling... Welcoming any energy sensations...

Every now and then, take a long inhale and a big sigh... and relax into all the energy feelings...

When you inhale, remember that you are pulling in life... You are pulling in energy... You are pulling in love... You are pulling in light...

Let your eyes open softly and continue to breathe consciously. Breathing into the most obvious feelings and sensations you are aware of in your body...

Pull the inhale slightly past what feels full... Pull the breath up thru what feels like a ceiling on the inhale. Then release it with a sigh...

You can even imagine pulling in energy in through your feet and up through your legs as you inhale... Breathing energy up through your body, and out the top of your head.

Trust that everything you feel is a perfect natural part of the healing process. Don't judge any of it. Say yes to everything that wants to happen in your body... Yes to whatever wants to happen on the feeling level. Yes to all your emotions.

Letting your body go thru whatever it wants to go thru. Letting whatever feelings or emotions come up, to be expressed...

Breathing and relaxing... Welcome any trembling... Welcome any shaking... Welcome any vibrations, and feelings of electricity...

You can always relax more. Notice any places where you might be holding or contracting... Keep relaxing on the exhale... Expanding and relaxing... Expanding and relaxing...

Notice what is right under the surface, wanting to happen, and let it happen. There's nothing you need to censor... Nothing you need to control... Nothing you need to be guarded about...

Notice what wants to bubble up to the surface... what wants to happen.. Say yes to whatever it is... Not judging it... Just allowing... Welcome all the feelings, sensations, emotions, movements, sounds... Let it happen... Enjoy it.

Actually begin to enjoy any unusual reactions or responses... Don't control how the breath comes out of you, just let it out... Let yourself be... alive! Without any censoring or trying to control... Without worrying about how you look, or how it comes out, or how it sounds...

Don't control the exhale. Just let it out. Snap it loose. Set it free.  
[.....]

Focus just on letting go now. Forget about the breath. Just focus on relaxing. Give yourself the feeling that all the work is done.

See where you can let go a little more... What you can open, what you can soften? Notice how the breath just comes and goes by itself... Enjoy any streaming energy feelings... You are beginning to heal yourself. Notice what it feels like. Let those feelings come. All your feelings are perfect.

What is happening inside of you right now? (*Shaking? Feelings of heaviness? Thoughts?*) Let those feelings come. You don't have to do anything about those feelings. Just breathe and relax. Just feel them. Allow them. Stay with it.

Breathe right into the feelings. Breathe into the strongest sensation... Pull the breath in and let it out. Watch for any places where you contract... Watch for any muscles that get tight...

It's a simple process: Just breathing and relaxing, and feeling your feelings, and breathing into them. Everything happens by itself. Don't censor anything. Don't control anything. Don't judge anything. Just breathing and relaxing... Letting yourself feel whatever feelings come.

And right in the middle of it all, you can pull in a long breath... And give yourself a big sigh of relief. All your feelings are perfectly safe. It's safe to feel whatever you feel.

Let some sound come out with the exhale. Expand and relax with in the middle of everything.

There are two very healing emotions: forgiveness and gratitude. Explore those feelings now. Bring to mind an issue or situation or person that could use it... Generate a feeling of forgiveness. What does it feel like to forgive someone?

Get on the other side of it. What does it feel like to be forgiven? To be released from something? What is that feeling?

*Here's a radical experiment: Generate a feeling of gratitude or appreciation toward what you believe must require forgiveness. Generate a feeling of appreciation toward what you think might need forgiveness. Very radical! How can you generate a feeling of gratitude for something that you think would deserve forgiving?*

*Generate a feeling of appreciation in the face of what normally you would generate a feeling of either resentment or fear or disapproval, or something that would warrant forgiveness. It's like casting a different kind of light on the issue. But you generate that feeling inside of you, and your cells will appreciate it.*

*Your feeling of gratitude--you can just conjure it up and generate it. Just like love itself: it doesn't need an object to receive it. It doesn't have to have a situation to deserve it. You just choose to generate an inner feeling of love, appreciation, gratitude...*

Pull in a long inhale and give yourself a big sigh.

Pull in more energy now...

Make the exhale more dramatic.

Exaggerate the release.

[....]

Welcome any shaking. Welcome any trembling. That's tension dissolving, releasing.

Help it with the breathing. Breathe in a way that strengthens and soothes you. Just breathe consciously in the most enjoyable way Breathe in a way that is most pleasurable way.

And when you are ready, sit up, stretch, move. Find some enjoyable way to move your body. Dance!

Then spend some time journaling: writing about your thoughts and feelings. Draw, paint, color...