

# BREATHING TECHNIQUES

## **Mind Stopping Breathing Technique**

The Mind Stopping Technique, is a safe and effective way of immediately managing the state of your mind, or quieting the “monkey mind.” During times of stress and anxiety, it can offer you an effective way of stopping the chain of thoughts that cause and sustain a stressful condition. The Mind Stopping Technique may be used at any time during the course of your day and/or when preparation for proper concentration is required.

**Step 1:** Close your eyes and, gently exhale through your nose, expel as much air from your lungs as you can. Please note it extremely important you first exhale through your nose (rather than inhale as you normally would). Hold your breath for a count of ten, (or until all thoughts almost stop or stop).

*- You may notice what takes place during that time. Notice how your thoughts decrease both in intensity and volume, eventually disappearing entirely.*

**Step 2:** Once your thoughts have slowed or stopped, begin a very slow inhalation. Do not rush that first inhalation, control it so there is no exertion. Fill your lungs to their normal capacity and hold your breath for a count of ten.

**Step 3:** Exhale through your nose very slowly and empty your lungs of air, holding for a count of ten, before making another slow controlled inhalation. *Repeat all three steps a few times.*

*- At this point, your thoughts should have slowed down a lot and/or stopped and your mind is very quiet.*