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abc11. Rest & Relaxation Deep Breathing Exercise

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Breath control is one way to train yourself to relax. There are a great many different types of breath control practised by different meditative groups. Some teach holding the breath, some teach prolonging the expiration and some work on the inspiration. Some teach various systems of timing the length of inspiration to expiration. Learning a breathing technique, any technique at all, will help you learn relaxation. Start with a nice easy technique.

One secret is to force yourself to slow the inspirations and the expirations. Practising breath holding on either an inspiration or an expiration, will help slow the blow-off of carbon dioxide and prevent hyperventilation. It also forces the body to change the fast agitated state found in stress, to a more slow relaxed state found just before sleep. When you learn to do this at will, the next step will be to remember to set it in motion when you are stressed out.

When you practice breathing drills set the ambiance of the room. Darken the room, use candle light, get a special meditative audio tape if you want, wear comfortable clothing and arrange for no interruptions. You may also want to learn a mantra and practice that at the same time as the breathing. A mantra is a sound that is spoken or hummed at first then used silently later on.

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