

The 3-6-9 Breathing Technique

Nikola Tesla, the great scientist and inventor once said that the number 3, 6 and 9 hold the key to our Universe.

These numbers were always very magical to me so I decided to come up with a breathing technique that is based on these numbers.

It might not get you to the secret of the Universe but it will definitely help you relax, release any tension or negative emotions, pull you out of a sudden panic or anxiety attack.

Use this technique when you want to give your mind a break or you want to wind down after a very busy or stressful day.

Sit down if you can, relax your arms, you can put your hands on your knees, make sure that your spine is straight if you are sitting up or it is supported. Close your eyes.

Breathe in for 3 counts then slowly breathe out for 6 counts and repeat this 9 times.

As you focus on your breathing and concentrate on keeping count, your mind will clear. You will not be able to think about anything you were thinking about before, hence it is a great distraction from anxiety or worry.

The slow breathing will calm your body and you will start to feel peace inside.

This breathing technique can also help you get ready for a good night sleep before going to bed.

Let me know how you feel during this exercise and after having done it 😊

Also, if you decide to practice this breathing technique daily, share with me what results you got 😊

