

# REGULATE YOUR NEUROLOGY

Deep breathing relieves stress by stimulating the vagus nerve to shift the body, mind and spirit from fight-flight to a feeling of grounded calm. — *Yale School of Medicine*

ROOT



## 1. Breathe in and out of your nose (5 times)\*

**Root.** This is your **EARTH** breath – which opens the root center, base of the spine, sacrum, tail bone, pelvic floor, legs and feet. It brings a sense of security, safety, and courage. **FEAR** is released with this breath. It helps with manifesting abundance, money, car, home and a balanced healthier physical body.

SACRAL



## 2. Breathe in your nose and out of your mouth (5 times)\*

**Sacral.** This is your **WATER** breath – which opens the belly, right below the navel, creating a sense of belonging, community, adaptability, and a flow of creativity, sexuality and emotional balance. **ATTACHMENT** is released with this breath. It creates an emotional container for all of you, feelings to flow, and move through challenges more fluidly, with ease.

SOLAR PLEXUS



## 3. Breathe in and out of your mouth (5 times)\*

**Solar Plexus.** This is your **FIRE** breath – which opens the solar plexus (soft middle center right below the diaphragm), creating vision, motivation, self-confidence, self-worth, stimulation and good digestion. **ANGER, RESENTMENT** and **FRUSTRATION** are released with this breath. It helps make room for the experience of excitement.

HEART



## 4. Breathe in your mouth and out of your nose (5 times)\*

**Heart.** This is your **AIR** breath which opens the heart, bringing in laughter, buoyancy, compassion, love, understanding and connection. **DISCONNECT** is released with this breath. It creates more light-heartedness.

THROAT



## 5. Breathe in your mouth and out of your nose (5 times)\*

**Throat.** This is also your **AIR** breath – giving yourself permission to speak up, truly express yourself and stand in your truth. As long as you don't violate another person or the environment, *'Honesty always creates right reality.'* **GRIEF** is released with this breath. It makes room for more Joy!

THIRD-EYE



## 6. Breathe in your mouth and out of your nose (5 times)\*

**Third Eye.** This is your **ETHER** breath – space, nothingness, room to be! This is where your Mental Body lives, thoughts and consciousness, bringing in clarity and focus, knowledge and wisdom. **DECEPTION, ILLUSION** and **FANTASY** is released with this breath. By releasing old patterns of thinking, it clears the way for new thought, guided by new experiences – Life without Trauma!

CROWN



## 7. Breathe in your mouth and out of your nose (5 times)\*

**Crown.** This is also your **ETHER** breath – unity consciousness, wholeness, oneness. Bliss and happiness is the highest frequency of beingness. You deserve to feel them, just by being you! This breath allows the pain of **NEVER FITTING IN, FEELING SEPARATE** from God, Divine Spirit, Nature, and with others to be released. The knowledge that you, as you are, is **ENOUGH**.

\* Breathe normally, no need to take huge breaths.