



## ***Heart-focused breathing, what exactly is that?***

You still breathe with your lungs. Heart-focused breathing is certainly about breathing, as the name implies, but it places great emphasis on the heart, and imagery of love and Joy. The breathing calms down your emotional centers and the imagery brings joy in raising your vibration.

Heart-focused breathing is about directing your attention to the heart area and breathing a little more deeply than normal. As you breathe in, imagine you are doing so through your heart, and bring in an image in your mind that brings joy/happiness, as you breathe out, imagine it is moving out through your heart. (*In the beginning, placing your hand over your heart as you breathe can help you in directing your focus to your heart.*)

Typically, we recommend that you breathe in about 5 to 6 seconds and breathe out 5 to 6 seconds. Be sure your breathing is smooth, unforced and comfortable. Although this is not difficult to do, it may take a little time to become used to it, but eventually you will establish your own natural rhythm.

**Step 1** Heart Focus – focus your attention on the area around your heart, the area in the centre of your chest. If you like, place your hand over the centre of your chest to help to keep your attention in the heart area.

**Step 2** Heart Breathing – breathe deeply but normally and feel as if your breath is coming in and going out through your heart area. As you inhale, feel as if your breath is flowing in through your heart, and as you exhale, feel it leaving through this area. Breathe slowly and casually, a little deeper than normal. Continue breathing with ease until you find a natural inner rhythm that feels good to you.

**Step 3** Heart Feeling – as you maintain your heart focus and heart breathing, activate a positive feeling. Recall a time when you have felt a feeling of love or appreciation. One of the easiest ways to generate a positive heart-based feeling is to remember a special place you've been to or the love you feel for a close friend or

Heart-focused breathing won't take a lot of time out of your day, but it can add lots of benefits to your life. Many people find that heart-focused breathing is an excellent way to start and finish their days, but there are times in between when it is especially beneficial. Try it during a break on the job, at school or while working around the house.

There is no more important time for a few minutes of heart-focused breathing than when you feel your stress buttons being pushed. These vary from one person to the next, but some you may be familiar with include a late bus, train or even plane commute to work; a presentation, important meeting or performance review in the workplace; a big test at school; or a dreaded encounter with someone you'd rather avoid.