

Elemental Breathing

CRM Breathing (excerpts from Comprehensive Resource Model manual, Lisa Schwarz, pgs. 37-40)

Heart breathing- breathing into the crown of the head from the sky, and into the feet from the ground, breathing in from above and below at the same time, bringing both breaths into the heart. Hold for 5 seconds in the heart, exhale out the front and back of the heart at the same time, sending the exhale with intention to wherever it is needed. You can pair this with a color that represents love and imagine filling the air around you with the color as you create a protective bubble.

Purpose: nurturing and energizing

Ocean breathing- breathe in through the nose, out through the mouth to the count of 5 in, to the count of 5 out, without pausing between the inhale and exhale. You can pair this with an intention of expansion on the inhale to make room for and bring in feelings of calm and intention on the exhale of letting go of feelings of stress.

Purpose: calming and centering

Earth breathing- ask yourself which side of the body you should receive energy from. Imagine or feel the energy from deep in the earth coming up into the bottom of the receiving foot, spiraling up the receiving leg to the base of the spine holding the breath there for 5 seconds, then exhale down the other leg and foot back into the earth.

Purpose: grounding

Fire breathing- inhale through the nose, fully extending the belly, exhale contracting the belly to the spine with an explosion of breath from the back of the throat through the mouth making as though you are breathing out smoke or fire.

Purpose: release, clarity