

## **The Perfect Breath**

### **Purpose:**

A partial list of benefits to practicing the Perfect Breath Technique on a regular basis includes enhanced ability to effectively produce visualization and mental imagery; better oxygen circulation; improved digestion; increased energy; general relaxation; improved sleep; decreased physical and emotional pain; reduced fear and anger; a reduced effort of the heart; lengthening of life; and a pathway to feeling and using the Universal Energy.

### **Application:**

The Perfect Breath Technique is used to start the Basic Centering Technique (see below) and whenever you need to relax.

### **Procedure:**

Breathe deeply and slowly, preferably through your nose, from the diaphragm (just above the stomach), trying to expand this area first as you inhale. You want to imagine filling your stomach with air as if you were blowing up a balloon. After your diaphragm is full, begin filling your chest with a smooth rolling motion, remembering not to release the air in your diaphragm as your lungs fill. If it helps, place one hand on your stomach and the other of your chest while you breathe. As you breathe in, your bottom hand should rise first. When you fill your lungs by “rolling” more air into your chest, your other hand will rise as well. Fill both your diaphragm and your lungs before exhaling through your mouth.

### **How it works:**

Breathing deeply from the diaphragm first, allows you to take in much more air than breathing through the chest only. This allows you to relax more deeply than a breath into the lungs alone can. Extra air helps you remove stress and “bad” air while life-giving oxygen cleanses your entire body. Concentrating on breathing also helps block out distractions around you.

### **Additional comments:**

Whenever you think of it, take a “Perfect Breathe” during the day. It is one of the healthiest things you can do for yourself. Program some triggers, such as a ringing phone, to remind you to take this breath. And do it any time you feel the first signs of stress.

## **The Basic Centering Technique**

### **Purpose:**

To quickly get to a level where you are one with the Universal Energy, for any benefit you desire.

### **Application:**

Practice the Basic Centering Technique until you feel a very deep level of relaxation and a sense of oneness with the Universe (the concept of “oneness with the Universe” sounds like quite an accomplishment, but if it helps, think of it as an all-convincing sense of calm). After that, use the Basic Centering Technique to enter a centered state before doing any other meditation technique.

### **Procedure:**

While you are seated with your feet flat on the ground, touch the thumbs and the same forefingers of each hand together lightly, palms comfortably toward your face. If a position similar to this is more comfortable, feel free to use it. Take a full, deep breath through your mouth and exhale to release excess tension. Now breathe deeply through your nose (you can use your mouth if necessary), first filling your diaphragm with air (see the Perfect Breath Technique above) and then your upper lungs by “rolling” the air in to a silent count of three. Hold your breath for a count of one and release it through your mouth (or your nose, if you prefer) to a count of three. Repeat the process to a count of five, holding for a count of two and releasing to a count of five. Take a third slow deep breath to a count of seven, hold for a count of three and release it to a count of seven. After this (when you have practiced enough) you will be centered.

Whenever you desire to leave this centered state, tell yourself mentally that you will count from one to five and open your eyes at the count of five, feeling alive, alert, refreshed, and happy. Then count yourself out of this state from one to five.

### **How it works:**

By touching your fingers together and facing your palms up, you are creating a closed field of energy that recycles itself. Touching your fingers together also triggers your body and mind, reminding your entire system to relax and preparing you for what you are going to do. Three deep rolling breaths relaxes you enough that you’ll eventually be able to center yourself on command. Besides being a very relaxing technique by itself, taking three breaths also works as a trigger, conditioning your body and mind to immediately relax and enter your level of centeredness. You will be trained to naturally respond to the trigger of the deep breaths by “remembering” the feeling you get when centered. You will begin to reproduce that feeling as soon as you take the first breath.

### **Additional comments:**

If you still feel tension after the third breath, keep breathing deeply until you are relaxed. If you ever feel dizzy, stop, wait a few minutes, and try again. It is natural to feel a bit unusual when you start these techniques, but these feelings will subside with practice. After you get a feel for the counting, try not to count but to estimate the time instead. This may help you get centered more easily. After counting yourself out of the centered state from one to five, relax and enjoy what you feel for a few moments before moving around. – from “Relax, You’re Already Perfect” by Bruce Schneider