

# Diaphragmatic Breathing

1. It is simple to do, but not easy to master. It requires practice and attention until it comes naturally.
2. Lie down or stand in a relaxed manner, feet slightly apart, knees loose.
3. Rest hand on abdomen.
4. Visualize filling a water balloon with your breath.
5. Breathe in through the nose and out through the mouth - there are spiritual reasons for this, but also practical ones: no dry throat this way.
6. Count the way you count seconds (1-1 000, 2-1000) to get a measured, even breath.
7. Fill up evenly, no gulps or gasps, so you feel full of air just in time to release the breath with the same even, measured pace. Exhale as long as you inhaled: no sudden release. Count the breath out of your body. Try exhaling for two counts longer than inhaling or pause for two counts at the end of the breath. Do not release faster or hold on the intake.

Practice: 1-2 minutes at a time up to 15 times a day for the first week, using waiting times (and any other time you remember)

Keep a tally record for a few days about whether you are practicing. It will help you remember to do it.