



The Breathing into Stress

The Breathing into Stress Detox practice is about bringing your body back into balance, and as such its purpose is to help discharge and release tension and stress that builds up in the body. (This practice is not intended as a substitute for getting proper medical care for even a moderate, serious, or persistent condition). That is not to minimize this practice, because coming into balance and harmony is critical for daily functioning and entering the moment with full presence. Even a mild headache could be a sign of being out of balance that disrupts your ability to focus and savor the moment.

For practice, you will use your imagination to visualize that you could breathe past the lungs and into any part of the body.

Instructions:

This is a simple practice once you get the hang of it. Find a nice quiet place where you can sit or lie down. You can do this for up to five minutes or longer if you want.

- Close your eyes and bring awareness to the body. Notice where you feel tightness, tension, or even pain.
- Once you've located the place where you want to relieve tension, you will take in a long breath. As you inhale, imagine a healing or soothing white or golden light coming in through the crown of your head— you could just see this light coming in with your breath through the normal breathing pathways. Picture this light traveling to the location where you are experiencing tightness or tension.
- Let the soothing light fill up the affected area. Let it seep all the way down to the cells of that part of the body.
- Take a long, slow exhalation. As you do this, visualize your breath carrying any tightness, tension, and any impurities down the body. The breath carries these impurities down the legs and finally, out of the bottom of your feet—where they are deposited harmlessly back into the Earth for recycling (or composting).
- Repeat the above process as many times as necessary until the tightness or tension is reduced or all remaining impurities are drained away. Optionally, you can add the following healing or balancing intention: “May this part of my body attain full balance and harmony as it is intended to be.”

