

Visualization With Breath

By Laurel J. Freeman, B.A., L.M.T

With each step, breathe in 3 to 6 times. Once you learn this visualization, the whole process may be done in 3 to 5 Seconds or 12 to 15 breaths.

STEP 1 = Breathe: Take 2 to 3 deep breathes. With each exhale, breathe out anything you don't want in your body. **NOTE:** Always breathe out longer than you breath in so you will not hyperventilate.

STEP 2 = Clear Mind: Let any thoughts float in and then say/think to each thought. " This is my time to listen to my breathing, I will get back to you later." **NOTE:** Let these thoughts float in and then let them float out to be filed. Never push your thoughts out, because then they will keep coming back to "haunt" you. As you practice this, the faster you can clear your mind.

STEP 3 = Favorite Place: After you have cleared your mind, think of a favorite or special place you would really like to be at. With each inhale, fill your body with that thought. And with each exhale, surround the outside of your body with that same thought. Imagine a clear protective covering surrounding you. **NOTE:** This place can be real, made up, a childhood favorite or a place you have never been to but can imagine. As you breathe in and out think of everything you possibly can about this special place, i.e. the air, smells, feels, looks, tastes. Use all your senses as the mind is wonderful at recall.

STEP 4 = Come Back: Come back to where you are. You will feel quite refreshed.

NOTES: This technique can be done in the car at red lights [please keep your eyes open], while standing in shopping lines, before and during participation in a sporting event, before going to sleep, and/or before an exam. This is great before, during and after any stressful event in your life. These exercises leave you alert, relaxed and allow you to have a clear picture of what you need or more importantly what you already have. A little practice will give you very positive effects. Enjoy!

©1987 Laurel J. Freeman

Please copy and share without permission;
acknowledgement appreciated.

Tension Release Exercises

EYES: Because eyes are the closest to the brain, they can become very tense. Start these exercises slowly and then do rapidly. Do these as often as necessary.

Eyebrow Raise: Raise and lower eyebrows as far as you can. **NOTE:** DO NOT move your head, jaw or eyes. This is good for premature wrinkles, frown marks, frontal headaches and can also help with concentration.

Eye Squeeze: Open and close eyes as wide and as tight as you can. **NOTE:** This is good for releasing tension and relieving headaches. Because of the blood movement, this exercise is great for tired eyes.

NECK DROP: Sit or stand with your back straight and head erect. Suddenly let your head and neck drop freely forward. Rest a moment then slowly bring head up and repeat. Do this several times a day. **NOTE:** If you have a neck injury **do not** do this exercise.

SHOULDER DROP: As you inhale, raise your shoulders as high as you can. With the exhale, drop your shoulders as low as you can. Do this 10 to 15 times. **NOTE:** This exercise can be done several times a day. This is great for creeping tension in the neck, shoulders and upper back. It can be used for a warm-up exercise.

**The above exercises are taken from the book
Listen to Your Pain by Ben Benjamin**