



Visualizing & Breathing in 4 Easy & Quick Steps

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Focus Your Breath in Four (4) Easy & Quick Steps:

STEP 1 = Breathe

STEP 2 = Clear Your Mind

STEP 3 = Find Your Favorite Place

STEP 4 = Be Present Now

To receive maximum results, please read all information before beginning & follow the STEPS in the given order.

Practicing this step-by-step visualization may have very positive outcomes!

DEFINE THIS VISUALIZATION & EXPERIENCE:

STEPS 1 – 4: This method is easy, quick, efficient & effective and is designed to be practiced for maximum effect. The process gets easier with practice & may be used at any given moment, having the opportunity to bring about a sense of well-being into one's life.

Benefit outcomes may increase:

- *Alertness & recall
- *Create a mindful space
- *Change one's outlook
- *Be in the present

Additional outcomes may decrease:

- *Stress
- *Anxiety
- *Depression

WHERE TO PRACTICE THIS VISUALIZATION:

- Before, during & after any stressful event in your life.
- Before & during participating in a sporting event.
- In the car at red lights [please keep your eyes open].
- While standing & waiting in lines.
- Before studying &/or while taking an exam [Potential for increased recall].
- When going to sleep [remain in **STEP 3** until it is time to get up].
- Practice anywhere & at anytime!

!!! Enjoy Visualizing & Breathing !!!

Step-By-Step Directions For 1 – 4 with ACTION Explaining Each Goal

STEP 1 = Breathe: With each exhale, breathe out anything not in your best interest. **EXPLANATION:**

Reminder to always exhale longer than inhaling to prevent hyperventilation. No need to control your breath, i.e. breathing in through the nose & exhaling out through the mouth. Allow your breath to be natural & easy. i.e. in for a count of 3, out for a count of 4 or in for 5, out for 7, etc.

Continue Breathing & Move Onto STEP 2:

STEP 2 = Clear Your Mind: Allow any thoughts to float in & then say or think to each thought, "This is my time to listen to my breathing & I will get back with you later."

EXPLANATION: Our minds are like kids who want cookies. When you share that they may have a cookie after dinner, they will go out to play. Allow all thoughts to float in & then ask those thoughts to float into the "to-do-later file". The more you practice this, the faster you can clear your mind. Our mind is like a computer desktop, with lots of open files. Once thoughts are put into the hard drive file, the desktop is cleared. This step is to create open space.

Continue Breathing & Move Onto STEP 3:

STEP 3 = Find Your Favorite Place: Once you have cleared your mind by creating space, think of a favorite

or special place. With each inhale, fill your body with that thought. Then with each exhale, surround the outside of your body with that same thought. Imagine a layer of protective covering surrounding you.

EXPLANATION: This place may be real, made up, a childhood favorite or a place you have never even been to, but can imagine. As you breathe in & out, think of every detail using all your senses about this special place. The mind is amazing in creating these images. **NOTE:** Choose nature scenes which are unconditional rather than using people. You may choose different places each time.

Continue Breathing & Move Onto STEP 4:

STEP 4 = Be Present Now: After creating your special place, return to the present refreshed or continue to be in your favorite place for as long as you are able.

EXPLANATION: The more this technique is practiced, the more effective the visualization becomes to create optimum outcome change. The length of time is determined by the ability to clear the mind & depends upon the number of breaths. Optimal visualization may be completed within 4 breaths or less than 1 minute.

If Seated, Keep Both Feet Flat On The Floor

ADD ANOTHER DIMENSION: Create rainbow bubbles & send to family & friends. **EXPLANATION:** While still in **STEP 3** continue seeing your special place. Imagine creating bubbles & filling them with your special thought. See these bubbles coming from your abdomen area allowing them to expand in size. The 1st one is for you, so make it to surround your body, you may experience a floating sensation. Then create additional ones to send to family & friends. You may also send them around the world to those in need. **NOTE:** When doing this visualization before going to bed, sometimes these beautiful bubbles will splash on the person(s) & they might call you in the morning or later the next day, saying, "I woke up thinking of you today!"

If an instructor is guiding you through the technique, know they will talk you through all the important information needed.

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