

5 Anytime, Anywhere Breathing Tips

Live a Life You Love...Not Just One You Like!
(Audio Transcript)

Welcome to Vivid Living. I'm Julie Zeff, and I've been coaching people for over 10 years to live a life they love...not just one that they like. I do individual and group coaching, teach yoga, facilitate workshops, write life coaching articles and do motivational speaking. Most of the coaching I do is over the phone. So, I have clients who are living lives they love all over the country.

Today I want to share one of the most powerful tools that I use with my clients to help them get started on the road to living a life they love.

Breathing! Now of course we all breathe every second of our life. But, how many of your breaths each day are conscious breaths? Slowing down and breathing consciously will help you to navigate through life's distractions and will give you complete access to the language of your body – which is also your absolute truth. Your body doesn't lie.

I'm a busy, working mom with three kids. My days are jam packed and if you are anything like me, then you know that some times it feels like there is barely any time to slow down or to literally breathe. Well, right now I'm going to show you how to infuse your life with more balance, peace, calm or energy in less time than it takes to pack a lunch. I'm going to introduce you to (or in some cases, maybe just remind you of) 5 very simple breathing exercises that you can pull out of your back pocket anytime, anywhere you want a little pick me up slow me down.

I suggest if you are driving or multitasking right now that you pull over and give your full attention to yourself for the next 5 minutes. You'll definitely get more out of this if you do.

So, let's try a warm up here - as you are listening to me, you are probably so busy trying to make sense of the words I'm saying and the concepts and ideas here that you aren't very tuned into what is happening with your body or your breath. After you hear this sentence, I invite you to close your eyes, take 3 breaths and just notice whatever it is that you notice in your body. *(Close your eyes and breathe 3 breaths now.)* What did you notice? Did you notice, like I did, that with each breath you felt calmer and more quiet – maybe you were able to even notice some

sensations in your body – like heat, cold, tingling, pressure, tensions, relaxation, tightness, openness? Great!

And, even if you didn't notice much that's just fine, too. Simply slowing down to take a few conscious breaths and get your body a bit more delicious oxygen is fabulous in itself. Just keep up the conscious breathing and practicing. The noticing will become easier and easier over time.

So, with no further ado let me introduce you to my 5 favorite simple breathing exercises.

Let's begin.

If this is your first time practicing these exercises I encourage you to sit with your feet flat on the floor or lay in a comfortable position with legs and arms uncrossed and to close your eyes. This helps you block out distractions from the world around you and helps you to focus more deeply inside. And, once you are familiar with the exercises, you can do them while waiting in line at the store, while on hold, while walking, exercising, waiting at a red light or anytime you could use a pick-me-up or slow-me-down. We'll do each breath for 1 minute. Feel free to press pause to extend your breathing time.

- 1. The Slow Breath** - Close your eyes and take some slow breaths. Breathe in and out. Simply notice whatever it is that you notice – without any judgment.
- 2. 4-Count Breath** – On your inhale slowly count to four. On your exhale slowly count to four.
- 3. Breath Count** - Count your breaths from 1 to 10. Say each number to yourself throughout the inhale and exhale. When you get distracted or loose track of what number you are on, gently bring yourself back to number 1 and begin again.
- 4. Intention Breath** - Choose two words that are meaningful for you. It might be an intention, something you love, or just something that you like thinking about that brings you joy or something that you want more of in your life. Say one word as you inhale and one word as you exhale. Repeat for 5 minutes.

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5. Clear Mind/Don't Know Breath – Influenced by Zen teachings encouraging us all to have a clear and open mind. This is one of my favorites... As you inhale focus on these words and say to yourself three times, "Clear Mind, Clear Mind, Clear Mind". On your exhale focus on the words and say to yourself once, "Don't Know".

Notice how you feel after trying out these different breathing exercises.

What's different for you?

I invite you to come back to this recording or just these breathing exercises anytime you want and I encourage you to create some structures (reminders) for yourself to help you remember to infuse them into your daily living. My favorite structure is to write the word Breathe on 10 sticky notes and then post them up all over the place – every time you see a sticky note take 10 seconds – that's all it has to take - to do one of the exercises. Or practice one of the exercises at every red light you stop at. Or, set the alarm on your phone to go off once a day and use that as a reminder to stop and breathe no matter where you are.

Infusing conscious breathing into your life is just one of the many tools that can help you to live a life you love...not just one you like.

If you want more information about me and the work that I do visit my website, www.vividliving.net or email me Julie@vividliving.net with any questions or to **set up a 30-minute complimentary coaching consultation** to see if life coaching with me is right for you.

Meanwhile, enjoy breathing and I'll see you soon in next month's Vivid Living Tidbit. Welcome!