

## **Mind Breathing (MB): MB Combines Balancing, Meditation, Relaxation**

### **MIND BREATHING (MB) COMBINES 3 HELPFUL EXERCISES**

- 1. BALANCING:** The most effective way to balance your mind is to move your mind around in your body. You move the right brain into the left side of your body and the left brain into the right side. You do this because the left brain controls the right side of the body and the right brain controls the left side of the body. Mind-moving is done best with opposite body parts.
- 2. MEDITATION:** The classic beginning meditation exercise is to follow your breaths. You simply either watch or count your breaths while letting your thoughts and emotions run free. MB combines following your breaths into its practice to quiet your mind and bring you peace.
- 3. RELAXATION:** Repetition, safety, and a focused attention allow one to relax. The repetition of your breathing and moving your mind is calming when done in a safe environment. MB both relaxes and focuses your mind partially through repetition and partially through mind-moving.

### **3 BASIC INSTRUCTIONS**

1. On the in-breath: hold your mind in your left hand (right brain).
2. On the out-breath: hold your mind in your right hand (left brain).
3. Breathe slowly, calmly, and-or normally. Breathe in through your nose and out through your mouth for best results, but only if it is NOT stressful or distracting to do so.

### **MORE INSTRUCTIONS**

Breathe your left hand in and breathe your right hand out. Be aware of only breathing and your hands. Continue the exercise for as long as you want. Do it as many times a day as is convenient. You can do it at home, school, or work. For best results: (1) sit in a comfortable position; (2) keep your eyes slightly open; (3) remove constricting items such as jewelry or a belt; (4) loosen your shoelaces; (5) wear loose fitting clothing; (6) find a quiet place to sit. However, you can also do it lying down, sitting, standing, walking, or any way that you want to that is safe. If you have problems using your hands for any reason, try substituting your feet for your hands in the directions.

### **OPTIONAL RELAXATION ENHANCEMENTS**

1. Combine with belly rather than chest breathing: belly, stomach, or diaphragm breathing has been shown to be calming all by itself. Learn to belly breathe by researching, studying, and practicing it.
2. Repeat "my hands are hot" or "I've got hot hands." Repeating "I've got hot hands" will help make it so. Having hot hands indicates relaxation by indicating blood flow into the hands. Tension, the opposite of relaxation, reduces blood flow to the extremities such as the hands. While hot hands do NOT always indicate relaxation, they do often enough to make it a good generalization.

### **OPTIONAL EXTENSIONS**

You can breathe in and out more than just your hands. Since most people have put their minds into their joints many times in their lives, your joints are a good place to move your mind to. Here is an extended sequence that you can use when you either have more time or more problems: breathe in left toes, breathe out right toes; breathe in left foot, breathe out right foot; breathe in left angle, breathe out right angle; breathe in left knee, breathe out right knee; breathe in left hip, breathe out right hip; breathe in left shoulder, breathe out right shoulder; breathe in left elbow, breathe out right elbow; breathe in left wrist, breathe out right wrist; breathe in left hand, breathe out right hand; breathe in left fingers, breathe out right fingers; breathe in left cheek, breathe out right cheek; breathe in left ear, breathe out right ear. Repeat as many times in a row as is helpful. You can skip joints or areas of your body that are painful or somehow problematic for you. One of the main points of the exercise is to relax, so avoid trying to move your mind either where you struggle or where it causes you distress or discomfort. Experiment!

### **BENEFITS**

**BALANCED MIND:** Balancing your mind frees your awareness. A balanced mind exists when the left and right brains freely communicate through the corpus callosum. A balanced mind is a healthy mind: NOT looping, stuck, fixated, racing, exaggerating, damning, avoiding, or closed.

**QUIET MIND:** A quiet mind is a receptive and open mind. A quiet mind is open to creativity, the new, and being useful. Only an empty vessel can be filled. You can be filled with self or God.

**RELAXATION:** Relaxation reduces negative stress. Negative or unproductive stress leads to social, physical, mental, and-or emotional conflicts. These disguised conflicts cause harm and hurt to health, self, others, relationships, peace, learning, productivity, creativity, and society.

**WARNING:** Do NOT do the exercise while operating or handling any dangerous equipment, machinery, or substances such as: power tools, tools, knives, scissors, sharp or pointed objects, exercise equipment, cars, trucks, motorized vehicles, poisons, acids, toxins, pollutants, etc.