

Word Breathing (WB): WB Combines Strengthening, Meditation, Relaxation

WORD BREATHING (WB) COMBINES 3 HELPFUL EXERCISES

- 1. STRENGTHENING:** The most effective way to strengthen your mind is to move your attention back to nothing again and again. Once you are aware that your attention has wandered, you move it back again to meaningless words. The recommended meaningless words are “fir tree.” This works like lifting weights works: from practice.
- 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. WB 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 attention is calming when done in a safe environment. WB both relaxes and focuses your mind partially through repetition and attention-moving.

WHAT WB IS FOR: 3 PURPOSES

The best way to understand WB is to understand the purposes of the exercise. The WB exercise has three main purposes: (1) to increase your awareness that you are paying attention; (2) to increase your awareness that keeping your attention on something is your choice; (3) to strengthen and ease your moving your attention at will.

The exercise is simplicity itself. You merely move your attention back again and again to meaningless words just to prove you can. **DOING IT WRONG:** Do NOT try to stay on the words “fir tree.” If you force your attention to stay on the words “fir tree,” then you are practicing thought control and-or self-hypnosis. The WB exercise is designed to help you **control your attention NOT your thoughts.** The exercise works when your attention wanders from the words “fir tree” and NOT when you have it fixated, tranced, or hypnotized on the words “fir tree.” It is very natural for your attention to wander from meaninglessness. Do NOT be disappointed or discouraged as your attention should wander from meaninglessness. There is no goal to be able to stay on the words “fir tree” for any length of time. Do NOT try and control what your attention wanders to—just let it go whatever it was and move your attention back. For this exercise, your concern is with your attention and NOT with the content your attention wanders to. Let it be. Let it flow. Let it pass. Redirect your attention back. Control only your attention.

4 BASIC INSTRUCTIONS

1. On the in-breath: focus your attention on the meaningless words “fir tree.”
2. On the out-breath: focus your attention on the meaningless words “fir tree.”
3. Whenever your mind finds the words “fir tree” interesting or meaningful, then move your attention back to the words “fir tree” without any meaning or significance. Whenever your mind wanders to anything other than the meaningless words “fir tree,” then move your attention back to the pointless words “fir tree.”
4. 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

Be aware of only breathing and your meaningless words: fir tree. First start with 5 minutes three times a day. Gradually increase to 20 minutes three times a day. It is best if you choose the same times each day in order to help to remember to do the exercise. Continue the exercise for at least 30 days in order to notice the benefits. Continue the exercise for the rest of your life if want to keep your mind strong and nimble. 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's safe. If you have problems using “fir tree,” try substituting “waca waca” or another meaningless phrase.

OPTIONAL RELAXATION ENHANCEMENT

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.

BENEFITS

STRENGTHENED MIND: Strengthening your mind allows you to pay attention to what you want when you want. A strengthened mind exists when you can easily redirect your attention. A strengthened mind is a mind that can learn, study, focus, and attend to what is mundane, boring, uninspiring, or uninteresting in order to learn about it or from it for some purpose of your choosing such as passing some required course or reading bureaucratic reports.

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. Be silent, still, simple, single, secure.

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. Relaxation promotes forgiveness, tolerance, and understanding.

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.