

Soft Belly Breathing

PURPOSE

- Bring awareness to one's breath
- Release physical and mental tension and stress



STEP 1

Get comfortable in your chair, sitting straight up, with feet on the floor. Invite yourself to close your eyes...

STEP 2

Breathe deeply, in through the nose and out through the mouth... Imagine your belly is soft. This will deepen the breath and improve the exchange of oxygen, even as it relaxes your muscles.

STEP 3

Say to yourself "soft..." as you breathe in, and "belly..." as you breathe out. If thoughts come, let them come and let them go. Gently bring your awareness back to "soft (breathe in)... belly (breathe out)...."

STEP 4

If you feel tension anywhere, imagine the in-breath going there and the out breath taking the tensions away with it. As the tension leaves, bring your attention gently back to "soft... belly...."

STEP 5

Invite yourself to take a few more breaths... In and out... "Soft... Belly..." And when you are ready, come back to the room... And, again, when you are ready, open your eyes.

Contact us at

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Inner Guide



PURPOSE

- Helps access subconscious information and guidance
- Fosters trust in one's own inner wisdom

CAUTION

- Strong emotional memories may be provoked

To begin, lie or sit in a comfortable position. Feel your body against the floor or the chair... Allow your body to soften and just let yourself be...

And now, allow your awareness to move to your breath... Be aware of the in-breath... Aware of the out-breath... Breathing in, feeling calm... Breathing out, at peace and preparing to go on a mental journey...

Now, imagine yourself in a very special place... It could be a real place, a place you may actually have been, a beautiful spot in nature or a comforting place in your own home. Your special place may be an imaginary place, a place in fairy tales, indoors or outdoors, it doesn't really matter. Should more than one place come to mind, allow yourself to stay with one of them... The only thing that matters is that it is a place in which you are completely comfortable and safe. You feel comfortable and safe...

Appreciate this scene with all your senses... Hear the sounds, smell the aromas, feel the air as it caresses your skin, experience the ground securely under you... Touch and feel the whole environment that you are in...

Notice what you are wearing, what you have on your feet... What time of year it is, what time of day... How old you are...

Notice whether you are alone or with another person or people... What colors surround you... What is the temperature? Is it warm? Is it cold?...

Notice the qualities of the place that make it safe and comfortable... And look around you to see if there is anything else that would make this place safer for you... Perhaps something that you need to remove from the place or something you need to bring in...

And then notice how your body feels in this place...

And now, looking into the distance you see a wise and helpful being moving slowly towards you, coming to offer support and guidance... There is nothing threatening about the experience. You are feeling safe and comfortable...

Begin to picture this wise being who will greet you... It may be a man or a woman, a child, or an animal, a color or a presence or perhaps a feeling... See how old or young it is... See how large or how small it is, how it is dressed, if it is a person, and, especially, how its energy feels to you...

If this person or creature makes you feel warm, comfortable, and safe, you know it is your inner guide, your wiser self, your spirit guide, whatever feels right for you...

And, as the being or presence approaches, greet it as you feel appropriate... You can make contact with it in any way that feels right - by words, by thoughts, by touch.

Know that this wise being is here to help you and to serve you.

The wise being may have message for you. Listen to the message, accept the message and learn from it... Or, if you have something you want to ask it, you can. Perhaps asking for some advice you need, or a solution to a problem... Your wise being may have a gift for you... Accept it if it is offered... Now spend some important time with your wise being...

Now, give thanks, knowing that you can return...

And when you're ready, at your own pace, let your breathing deepen... Very gradually let the awareness of your body against the chair return... Bring yourself back slowly and comfortably...

And now when you are ready, and only when you are ready, gently open your eyes with a smile on your face.

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