



6 DIRECTIONAL BREATHING

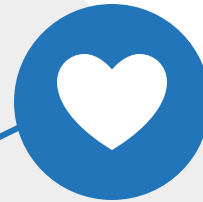
Also known as **NATURAL BREATHING**, is the way you were designed to breathe.
Give this method a try and see for yourself.

SIDE EFFECTS MAY INCLUDE:



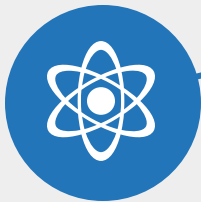
CLEAR MIND

Achieve a quiet, untroubled mind while maintaining strong, vital, mental acuity.



CALM HEART

Experience the full somatic experience of peace, order, and tranquility.



ENERGIZED

Allows the energy of the body to build and helps to restore our reserves.



GROUNDING

Centering and grounding vital energy, this stabilizes body, mind, and spirit.



HOW TO:

- 1 **Allow** the breath **ALL THE WAY** into the **LOWER ABDOMEN** (down to pelvic floor)...
- 2 Take **relaxed** and **measured breathes**. Don't force it... Relax.
- 3 With each inhalation, **allow** the abdomen to **expand** to the front, rear, sides, up, and down (**6 directions**).
- 4 With each exhalation, allow the abdomen to recede and **relax**.
- 5 **Repeat**, and continue **indefinitely**.