

BREATH BODY MIND HOME PRACTICE SUGGESTIONS

1- QI GONG Rubbing hands together vigorously for one minute, then holding hands apart, facing each other, sensing the energy between them.

2- COHERENT BREATHING

Laying down with legs up a chair OR sitting up in a relaxed position, progressively relax all the muscles of the face, throat and tongue, hands, belly, hips, legs and feet. Allow gravity to pull you downward with no resistance. Begin the TWO BELLS track from the Respire-1 CD or the SINGLE BELL track (Both are available from coherence.com. Respire-1 can be purchased as a CD or mp3 download from amazon.com.)

Allow your breath to gradually synchronize with the bells. Initially at each session, your mind may wander. Keep part of your awareness on the rhythm of the bells and your breath and slowly the thoughts will have less of a gravitational pull on your mind. After a few minutes, you may begin to imagine moving the breath between different places in the body.

Do this for 15-20 minutes. For chronic anxiety, it is recommended to do this twice daily for the first month, after which you may reduce to once daily.

I am indebted to Dr. Richard Brown, Robert Peng, and Stephen Elliot, whose work forms the basis of Breath-Body-Mind.

For more information on:

Qi Gong: Master Key, Qigong Secrets for Vitality, Love, and Wisdom by Robert Peng
Master Key Video Series with Robert Peng

Available from robertpeng.com or soundstrue.com
Healing Promise of Qi, Roger Jahnke

Coherent Breathing Healing Power of Breath by Dr. Richard Brown and Dr. Patricia Gerbarg
Breath-body-mind.com Drs. Brown and Gerbarg's website
Coherence.com Stephen Elliot's website containing many interesting articles on the science behind breath work
2 bells recording www.coherence.com/products_html_production.htm

Breath Body Mind Workshops in the lower Hudson Valley, contact Ron Hershey directly at emtnacupuncture@optimum.net to get on the mailing list