

MEDITATION TRANSCRIPT

THE QUIETING BREATH



Okay, we're going to introduce you to the quieting breath. This is just taking five deep breaths in, and slowly exhaling the breath out. This is really helpful to calm you when you're feeling stressed. You can do this with your eyes open or closed, and you can do it in a way that most people wouldn't even know that you're doing it. It can be something you do on the spot when you're feeling stressed.

So what I'd like you to do- if you can, breathe through your nose, if not you can certainly breathe through your mouth, but I want you to inhale, and you'll know when it's deep when your shoulders start to rise just slightly and your body expands.

And then you'll exhale, and we're doing this just for a start, this is not one of the five breaths. At the end of the breath, I want you to pull your abdominal up towards your rib cage, and just pull out all the residual air, and we're starting with a fresh lung with no carbon dioxide or any waste gases in your lungs.

Okay, so let's start the quieting breath. So, inhale again, once again when you feel your shoulders rise you know you probably have a full breath, and then slowly exhale, we're going to extend the exhalation of the breath out, longer than the breath in, for about two to four seconds.

[breath in, breath out]

Excellent. Inhale...

[breath in]

Feeling your shoulders come up and your body expand, and then slowly exhale.

[breath out]

Okay, now the third breath. Inhale...

[breath in]

And slowly exhale.

[breath out]

Remember to extend the exhalation. Okay, the fourth breath. In...

[breath in]

And slowly exhale.

[breath out]

The fifth and final breath. Inhale...

[breath in]

And then slowly exhale.

[breath out]

Now just take a note of how you feel. This breathing pattern helps slow down the autonomic system, the system that controls your heart rate, your temperature, a whole bunch of automatic things that your body does, tensing and relaxing. This puts it back into homeostasis.

Don't be concerned if you didn't get a big response right now. The more you practice this, just like any technique, the more effective it becomes, as you have to train yourself in how to do it and the expectation that you'll be calm becomes integrated into the process.

Thank you for trying the quieting breath with me.



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