

The Breath Reset

Breath is our life force. We need to have good airflow for our bodies to feel good. We also need to let the tension out on our exhale. It is very beneficial to let the breath out with a sound thereby letting the tension leave our bodies. This will also reset your mind and body to be calm.

Every morning upon waking or soon after:

1. Sit up straight or stand with shoulders back.
2. Steady your breathing.
3. Inhale for a count of three.
4. Hold your breath for a count of three.
5. Then exhale for a count of three.
6. With the exhale, let out a sound such as, "HA" to further let the tension and negative energy leave your body.

You have just let the tension out. You can do this a few more times if need be and throughout the day.