

Relax – Any Time, Anywhere

by 'Counting Breaths'

Engage your wandering mind, in counting your breaths. It will have less time for stressful thoughts. **This easy technique instantly releases built up stress and calms your Mind and Body.** It works remarkably for all ages - 8 to 93 years. See the benefits reported for Mind, Body and Relationships in the web site www.countingbreaths.com. Here are the basics - **How, When, and 'How long'**.

How?

1. As the breath goes in, you can feel slight coolness inside your nose.

Close your eyes now. Feel your breaths for about a minute, focusing your mind on the coolness inside the nose, as air enters.
Don't you feel a bit relaxed?

2. As the breath goes out, count slowly and silently -

During the First out-breath : Count 'one, one...' so on.
Second out-breath : 'two, two ...'
Third out-breath : 'three, three..'

Could any thoughts bother you during this time? No way!

3. Your mind gets continuously engaged during this practice.

First In-breath : **Feeling the coolness** inside the nose
Out-breath : **Counting 'one, one ...'** so on till it ends

Second In-breath : **Feeling the coolness**
Out-breath : **Counting 'two, two ...'** so on

Continue this practice of feeling the coolness and counting upwards.

4. After counting some breaths, your mind wanders, forgetting to count the breaths. Whenever you realize this, start immediately from 'one, one ...'.

Repeat step 3.

Try this method, for a minute or two. You will feel Relaxed!

When to Practice?

Every night you lie in bed, tired and needing to sleep. Many thoughts buzz in your mind, not letting you sleep. Practice this simple and easy technique tonight. See the result -

You will sleep in a shorter time,
have a better quality of sleep and
feel fresher when you wake up.

If you wake up mid sleep for any reason, practice this method again, to get back to sleep with less effort. When you wake up in the morning, but continue lying in the bed, count your breaths for a few minutes, to become fresh and energized. You will be calmer during the busy day.

What Next?

In a month or two, you will develop the habit of counting your breaths. Then, extend this practice into the other periods of daily life.

During the active periods, you may, if you like, feel only the coolness during the in-breaths and stop counting during the out-breaths. You can thus practice at any time, doing anything!

During boring commercial breaks on the TV, Cleaning, Cooking, Waiting in line, Walking, Exercising, Traveling, ...so on.

Whenever you feel bored, Tired, Frustrated, Impatient, Angry, Mad, Depressed, Bothered by disturbing thoughts ...so on.

Use this technique as needed, throughout the day, to calm yourself. You will not accumulate stress. You will become a naturally 'Relaxed Person'!

How long to practice?

Do not adopt any rules for - length of practice, counts of breath or regularity of practice. What matters most, is the slight relaxed feeling during the momentary practice periods. You are now like a parent, who has adopted a baby habit. You will nurture this baby and grow it, into a self supporting adult habit. Practice happily, whenever you remember the coolness of the in-breath and the feeling of relaxation that you felt.

In a few months, feeling and counting your breaths becomes spontaneous!'. This is the experience of people of all ages 8 to 93 years.

See the remarkable feedback, on the benefits for Mind, Body and Relationships in the web page www.countingbreaths.com

“A simple, no-expense, meditation oriented approach to stress reduction, which we recommend to our patients (and ourselves!) is nicely presented at the web site www.countingbreaths.com. Try it and you will be glad you did!” **Dr. Peter Horwath M.D.** in his web site www.albanyivf.com