

Calm Yourself Anywhere, Anytime

by *'Focusing on breathing'*

How can I do it?

(A) Tip mode: Touch the tip of the thumb to the tip of the little finger. Breathe in and out *three times*, counting in the mind, every time you breathe out. During the first out-breath, count 'one', second out-breath 'two', third out-breath 'three'. Repeat the 3 breaths, at each of the next 3 finger tips. When you are at the thumb, place the tip of the index finger at the base of the thumb and breathe 3 times. Now switch to the other hand and repeat the same practice. Continue practicing switching the hands.

(B) Segment mode: Every finger has 3 segments, separated by 2 cross lines. Place the tip of the thumb at the top segment of the little finger. Breathe in and out once, *without counting*. Shift the thumb to the middle segment and breathe in and out. Move to the bottom segment and breathe in and out. Now repeat the same steps at the next 3 fingers. At the thumb, place the tip of the index finger on its segments and follow the same steps. Now switch to the other hand and repeat the steps. Continue practicing, switching hands.

(C) Counting mode: While breathing in, feel the *faint coolness* inside the nose. While breathing out, count in the mind. First out-breath, count 'o-n-e', second out-breath, 't-w-o-o' and third out-breath, 'thre-e-e'. Now repeat the same steps: count 'o-n-e' during the first out-breath and so on. Continue the practice, as long as you need. Every time you lose track of breathing, restart counting 'o-n-e' during the next out-breath.

(D) Feeling mode: While breathing in, focus on the faint coolness inside the nose. While breathing out, feel the faint warm or no sensation inside the nose. You can also focus on the slight expansion and contraction of the stomach, as you breathe in and out. Don't use fingers. Don't count.

(E) Staring mode: Select a small but prominently visible spot, mark or object, right before you. While continuously staring at it this target, practice any of the above modes.

(911) Breathe in quickly through the nose or mouth. Breathe out gently through slightly open lips, blowing air, focusing on the sensation at the lips and the bulging cheeks.

Anywhere, Anytime

Bed time: Lie down in the bed and cover yourself. Close your eyes. Begin with the 'segment' mode. When you feel sleepy, switch to the 'counting' mode. When you feel more sleepy, switch to the 'feeling' mode. You will see the amazing power of 'focusing on breathing'. No more tossing and turning in the bed!

As soon as you wake up: Practice any mode, still lying in bed, eyes closed. Change the body position and breathe for some time, in each position – turning right, turning left, lying on the chest and lying on the back. Sit up cross legged on the edge of a pillow, back straight, hands in your lap and breathe for some time in the counting mode, like doing meditation. Slide off the bed, stand on the floor, hands a little away from the body, and breathe in the counting mode for some time. Walk out of your bedroom, feeling fresh. Spend some time, in this waking up routine. Begin your day feeling great.

Walking: To develop this habit, walk slowly, using the 'counting mode'. While breathing in, feel the coolness inside nose. While breathing out, every time a foot touches the ground, match it with the number being counted. Repeat that number, till the out-breath ends. (an example: during the first out- breath, - one-one-one so on)..After some practice, walk at the normal pace. In a few weeks, you can practice even while running!

Waiting: Whenever you wait, for breakfast, lunch or dinner, computer to load, standing in a line or waiting for your turn, you get bored and restless. Use this technique to relax.

Traveling in Car / Bus / Train/ Air plane: Practice any mode. You won't get bored.

School: Whenever you walk in the hallway, practice walking as described above. Whenever you lose focus, or feel stressed, practice one of the modes and feel better. Keep looking at the face of the teacher when she/he is speaking.

Pain: If you get hurt, immediately practice the (911) mode 5 to 10 times, You will not panic. Seek help as needed.

Playing games: Practice any mode when waiting for your turn, feel frustrated or upset. Quickly get back your focus on the game.

Exercise: When you need a burst of energy during the strenuous movements, breath out suddenly, through the mouth, with a 'haa' like in martial arts. Breathe in deeply, during the easy return movement.

Stress: When you feel angry, anxious, panicky or in pain, use the (911) mode, till you feel some relief. Alternate (911) with other modes, till the crisis eases.

This simple technique offers many benefits for mind and body. Visit the web site for the details.*

Suryanarayana Chennapragada (Short name – CS) offers training in simple and doable mindbody techniques
for Relaxation, Stress management and Meditation.

Contact; Ph# (W) 518-391-2889

E-Mail: csrao1003@gmail.com

* Web site: countingbreaths.com