

Relax Anywhere, Anytime

by *'Focusing on breathing'*

How can I do it?

Folding mode: Gently fold the little finger of one hand. Breathe in, feeling the coolness inside the nose. When breathing out, silently say the number 'one, one, one'. Breathe in second time. When breathing out, silently say 'two, two, two'. Breathe in third time. When breathing out, silently say 'three, three, three'. Repeat these steps at the next four fingers. Then switch to the other hand and repeat the same practice. Continue practicing switching the hands. You may repeat the number twice or say it only once, per your choice and also feel free to change it.

Tip mode: Touch the tip of the thumb to the tip of the little finger of one hand. Breathe three times as explained above. Repeat the same, 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. Then switch to the other hand and repeat all over. Continue practicing switching the hands.

Segment mode: Every finger has two cross lines, dividing it into three parts called segments. Place the tip of the thumb at the top segment of the little finger. Breathe three times as explained under the 'Folding mode'. Move the thumb to the middle segment and breathe three times. Move to the bottom segment and breathe three times. Repeat the same steps at the next three fingers. At the thumb, place the tip of the index finger on its segments and follow the same steps. Then switch to the other hand and repeat the same. Continue practicing switching the hands.

Counting mode: Don't use fingers. Breathe three times, counting them in the mind, as explained under the 'Folding mode'. When you breathe out next time, restart counting from 'one, one, one'. Every time, count the breaths only up to three. Continue practicing as long as you like. Every time your mind wanders and you lose track of the breaths, resume counting from 'one, one, one'.

Feeling mode: Don't use fingers. Don't count. When breathing in, feel the coolness inside the nose. When breathing out, feel the warm or neutral sensation. You can also place a hand on your abdomen and focus on its slight moving out, as you breathe in and moving in, as you breathe out.

Staring mode: Select a small but prominently visible spot, mark or object at eye your level or below, as a target. While continuously staring at the target, practice any of the above breathing modes.

911 mode: Breathe in through the nose or mouth quickly. Keep your lips almost closed with just a small opening like you are holding an imaginary straw between them. Blow through the lips. Focus on the sensation at the lips. The outgoing breath will be slow and long.

Practice the above modes other than the staring mode, eyes closed, for better impact.

Turn Over for page 2 "When Can I practice?"...

When Can I Practice?

Bedtime: When you lie down on the bed and wish to sleep, begin practicing 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 this simple technique. No more insomnia!

Waking up: When you wake up, continue lying on the bed, eyes still closed. Turn your body in four different positions, and breathe in the 'folding' or 'counting' mode for some time. Turn right, be still and breathe, turn left, and breathe, lie on your chest, and breathe, lie on your back, and breathe. Sit up cross legged if you can, on the edge of a pillow, hands in your lap and breathe. Leave the bed, stand on the floor and breathe. Walk out of your bedroom, feeling fresh. Build up your reserve of calmness every morning, by this practice. The day time stresses will not have much impact on you.

Home: Routine activities like walking, cooking, cleaning, gardening etc. do not require much thinking. These are great opportunities for focusing on breathing in your choice mode and be relaxed.

Walking: To develop this practice, 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 a normal pace. After a few weeks, you can practice even while running.

Waiting: Whenever you wait, like waiting for breakfast, lunch or dinner, computer program to load, standing in a line, sitting at the doctor's office etc., you may get bored and restless. You can use these opportunities for practicing one of the modes and be relaxed,

Traveling by Car /Bus /Train/Plane: Practice any mode. Enjoy a fatigue free journey.

Driving: Whenever you stop at the red light, keep staring at the red light and practice one of the modes. This is more relaxing than focusing on fast moving cars, trucks and signs on them!

Work Place: When you walk in the parking lot or the hallway, use the technique as explained above. When your mind wanders, any part of your body feels tight or you feel stressed, practice one of the modes for a few seconds. Combine the lunch break with the breathing break. Breathe out the stress!

Chronic pains: Lie down on the carpet on our back comfortably, spreading out the legs wide and keeping the hands by your side. Practice the 'segment mode' for 30 - 45 minutes. Follow up with gentle and comfortable stretching of the affected muscles, breathing in your choice mode. Breathe in while stretching and breathe out during the return movement. Repeat this practice daily, to reduce the dependence on the pain pills.

Playing games: Practice any mode when waiting for the ball to reach you, feeling frustrated or angry on losing. Get back your focus on the game.

Exercise: Practice on the tread mill using the 'folding' or 'counting' mode. When doing weights or resistance training, breath out through the mouth, with a 'haa' during the strenuous movements. Breathe in deeply, during the easy return movement.

Under stress: When angry, anxious, panicky or in pain, use the '911' mode, till you feel some relief. Alternate '911' with other modes till the stress eases.

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