

Benefits of Long Deep Breathing

What It Will Do For You

1. Relax and calm you.
2. This relaxation is of an active rather than a passive kind. It will re-tune and re-set your brain so that correct decisions will flow automatically in a crisis situation.
3. Filling of the lungs to capacity will feed your electro-magnetic field. Revitalizing and re-adjusting your magnetic field will make you less liable to fall victim to accidents, sickness and negativity.
4. Pump the spinal fluid to the brain, giving greater energy.
5. Regulate the body's pH (acid/alkalinity), which affects your ability to handle a stressful situation.
6. Reduce and prevent toxic buildup caused by not clearing the mucus linings of the small air sacs (alveoli) of the lungs.
7. Stimulate the production of chemicals (endorphins) in the brain, which eliminate the tendency to depression.
8. Cleanse the blood.
9. Energize, give greater alertness and awareness due to the life force (prana) in oxygen.
10. Give clarity, cool headedness, and positivity.
11. Aid in releasing blockages in meridian energy flow.
12. Activate and cleanse nerve channels.
13. Aid in healing, emotional and physical.
14. Aid in breaking subconscious undesirable habit patterns and addictions.
15. Reduce insecurity and fear.

How To Do It

The lack of relaxation and peace of mind in the personal and collective consciousness of present day society inhibits proper breathing. Poor breathing increases susceptibility to stress, with all its attendant illnesses. (The American Medical Association report that 80% of diseases are stress-related.) The body's physiological response to stress, whether physical or psychological, is (among



other things) to increase the breath rate. Shallow upper chest breathing with a faster breath rate leads to chronic tension and weak nerves, which set the scene for illnesses and fatal breakdown in one or another of the body systems.

Long deep breathing is simply complete efficient breathing using the body as it was made to be used. Try watching relaxed babies, animals or people in less complex societies. It is

not difficult: the lungs fill up and empty very completely. Hold your two hands

with fingertips touching on your abdomen. As you inhale, the abdomen should expand so that the fingers separate, and as you exhale, they should come together again.

To learn exactly how it is done, start by inhaling while relaxing the abdomen (the navel area) and even pushing it out. The muscles of the abdomen draw the diaphragm down (the diaphragm is a circular barrier of muscular tissue separating the lung cavity from the abdominal cavity.) The downward movement of the diaphragm creates a vacuum in the lung cavity, so air automatically flows into the lungs. The lowest portion of the lungs fills first. On the exhale, the abdomen should shrink back – try pulling it back. This pushes up on the diaphragm creating a pressure in the lung cavity which causes the air to be expelled.

Long deep breathing is also called diaphragmatic breathing or abdominal breathing. Practice it as often as possible for as long as you can.

Reference: Survival kit, Meditations and Exercise for Stress and Pressure of the Times by Yogi BhaJan, compiled by S.S. Vekram Kaur Khalsa