

# **Breathe for the Health of It Instructional Guide Book By Anna Coy**

## **Learn to Breathe, The Whole-Body Breathing™ Guided Sessions Series by Anna Coy**

For more information visit [www.inspiringyourlife.com](http://www.inspiringyourlife.com)

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All works created, recorded by Anna Coy

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### **Dedication**

To all of you who have allowed me to grow within your care and love, I thank you.

For those who taking time to investigate the power of breath, I honor your journey and hope you find this work is a blessing to your life.

# **Breathe for the Health of It**

## **Instructional Guidebook by Anna Coy**

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### **Chapter One**

#### **Some of Anna's Story**

When people ask how I got into breath work, I say it was an act of desperation and nothing less than a miracle. Breath work saved my life, my health and then it gave me a job. The real blessing was, I found my true self within this journey. With that, there came a great passion for sharing what I learned.

As a child I had been dealing with illness, which led to Chronic Fatigue Syndrome lasting for the majority of my young adult life. During those years my symptoms included severe earaches, food allergies, bouts of asthma, Candida and my nose was completely clogged with polyps due to a build up of histamines. I was in constant pain, had chronic sinus inflammation and headaches. At one point, I hadn't slept more than a few hours per night for seven months. Suicide tempted me during many hours alone on a floor crying, full of anger and hatred at what my life had become. The emotional and physical pain was killing me and I wanted it to end.

I continued to get worse though I tried every kind of pill, cleansing diet, allergy shot and inhaler. I spent thousands and thousands of dollars and no one had answers for me. I also had leaky gut syndrome where bits of everything I ate leaked through holes in my intestines filtering into my bloodstream. A blood cell analysis showed I was severely anemic and my white blood cells were deformed. I was living a miserable life.

A friend who knew what I was going through invited me to come to a workshop about breathing. Previously, all the meditations or breathing techniques I tried were instructing me to only use my nose, which was impossible. I went and felt hopeful for the first time in years.

I had been breathing incorrectly and this transferred into all areas of my daily life. I focused my limited energy into believing that I could possibly heal myself through breath work.

I had three private sessions with a trained facilitator, which opened my body to breathing more efficiently. I reconnected with a part of myself that had been lying dormant and I decided that I would get through this suffering and take my life back.

After my first session, I slept better than I had in years. By the third session, my body understood how to breathe correctly and how powerful of a tool this was. I couldn't afford more so I bought a

tape of relaxation music and practiced breathing for 20-60 minutes each day. Committing to practicing daily was difficult but experiencing good initial results was motivating.

In three weeks, my tight jaw relaxed and the long held tension was gone. I used the breathing technique every time I felt an asthma attack coming and instead of reaching for a pill or my inhaler, I stopped what I was doing and practiced my newfound breathing for a few minutes. I retrained my respiratory muscles to breathe fully when I felt the tension of an asthmatic attack. I also looked within at the emotions triggering the constriction around my heart. In three months my asthma disappeared.

Sometimes practicing breath work took me into my history and created opportunities to observe how I had been living my life (my biography) and how it was affecting my health (my biology).

I had to deal with repressed thoughts and feelings related to the many sexual abuses I had experienced. Beginning with a neighbor at age four, sexual abuse had filtered through my relationships into my mid-twenties. It was difficult to claim my actions during these abuses, but it was very freeing to release the toxic energy by breathing, crying and accepting my past. Deep breathing helped me observe and surrender stored emotions.

I had to forgive myself as well as those I held accountable for hurting me. This process was intense, yet I knew that the fears and feelings had to be changed. By crying, shaking it off like a cat or holding my hands over my heart, shame, fear and pain unanimously disappeared. During this type of session, I consistently refocused my attention on breathing and receiving my intention. Within minutes, feelings of peace and love filled me and the emotional work was done.

This showed me that the body does use language, such as pain, tension or a feeling that just won't leave. I repetitively asked myself, "Where do I feel bad and what wants to be revealed?" Often I didn't like what I heard, but I trusted myself, and this process enough to resolve or change almost any belief or unhealthy physical response.

By paying attention to my body's signals I knew when it was time to do breath work. In a relaxed state, I traveled inward to observe the feelings and emotions that were near the surface. I was scared diving into the pond of murky water where my dark secrets might pull me under. I assured myself, I wouldn't experience anything I didn't already know. I had to face myself courageously to regain total health.

The many beliefs and influences I'd received from others confused me and I did not know who I was separate from it all. This safe, effective process of breathing was my therapy and I continued to use this as a tool for cleaning out toxic beliefs. It expanded my mind and made me feel capable of managing my body and life. By surrendering my faults it gave me the opportunity to value my thoughts and create new beliefs that were more aligned with who I really was regardless of my past experiences.

During breath work, I asked my body parts (intestines, liver, heart etc.) what *they* needed in order to be healthy. I received explicit instructions and the more I followed them regarding what to take, eat and do, the healthier I became. I let go of control and listened to the wisdom of my body. I trusted and followed what I received in response to my questions.

Focusing on breathing took me beyond physical pain and emotional misery because it stimulated a chemical reaction causing deep relaxation. I knew my body was getting what it needed to repair. In two years my battle with Chronic Fatigue Syndrome was over.

I was thirty-eight years old before it was discovered that I had been born with a rare disease called Samter's Triad Syndrome. My immune system registered salicylic acid, (common aspirin in most fruits and vegetables) as poison. A strict diet didn't help but surgery for polyps and a process of desensitization to aspirin worked. My medicine was a small dose of aspirin for the rest of my life. I took one aspirin daily for about a year and much to my doctor's surprise, I am off it completely and I eat hot spicy foods regularly. In the past, those foods sent me into anaphylactic shock. Knowing how to breathe beyond an asthma attack or anaphylactic shock saved my life over and over. I am symptom free and feel I have earned my good health.

Had it not been for breath work I might be six feet under or worse, living an unhappy, resigned lifestyle stuck in misery plugging along with unrealized dreams.

When my asthma attacks stopped in 1998, I understood the power of practicing breathing. During one session, I bravely asked the big question, "What should I do with my life?" The answer came as a loud voice in my head. It said, "You love to teach, teach this breath work." I stopped my breath session right then called my old coach, which I hadn't seen in a year. Two days later I began a breath work facilitator 's training program. This proved to me when I direct a question within, and then listen I will receive priceless clarity and direction.

This program came as an insight from a breath session. I decided to play and record my music and share what I've learned. I believed I could make this dream come true. The more I breathed life into it, my confidence grew and my belief in myself expanded. I'd lye down and practice breath work before I would record the music. Listening over and over, the words for each session came to my mind and before I knew it I had a finished product for others to use. My healing led to my dreams unfolding beyond what I'd imagined. This program was my healing journey and I felt compelled to make it easy for everyone.

I experience life now as if it is moving with a gentle flow similar to my breathing. How I breathe is how I live and my actions are motivated by what makes me joyful. Working feels like time for my Spirit to play. Everyday brings unlimited choices and the most important one is to choose inner peace.

I know we have the ability to manage our lives to a large degree perhaps even more than you have considered. We can experience great love and joy. I know it requires bravery to embark on a journey of introspection and I congratulate you for being willing to expand your understanding of breath.

## **Chapter Two**

### **Benefits**

When you practice breathing your mind and body connect creating associations through awareness deepening your relationship to all of life.

### **Beating the Odds on Illness and Depression**

If you know illness long enough, depression is its companion. Life takes turns and many people end up ill from chronic overload. Often when we go to doctors, therapists and alternative healers in order to be healthier, we still end up feeling as though something is missing. Our internal and external environments have everything to do with our physical and mental health.

Depression is the number one killer of motivation. The best offer I have is to face what is depressed within and seek feverishly the demons that keep you in fear of being your best self. Some of those are our own thoughts like, "I am a loser." Thoughts can take hold and all of a sudden you are side swiped and left in the dumps. If depression haunts you, haunt it in return and if you win then you have earned your gracious, happy self back. Do what it takes.

Many people show vast improvement from symptoms of depression by engaging in consistent breathing practices. This is due to increased oxygen to the brain and the release of serotonin and endorphins that make you feel good. When you feel better you smile more and it's very beneficial.

How we breathe directly influences our immune system and boosts our ability to fend off diseases. I did a test one year when I got a terrible flu virus from a friend. Though it felt as if an elephant were standing on my chest, I practiced deep breathing. My flu lasted four days. Hers lasted four weeks. Most bacteria and parasites have little chance in a properly oxygenated body.

### **Stress Reduction**

Stress related illness is rampant in the United States. Our pace is extreme which leads many doctors I've worked with to agree that focused deep breathing helps reduce stress and increases energy for healing. Improving the respiratory system's ability to bring in this vital oxygen enhances your physiological and psychological well-being. When you are relaxed, it is hard to hold onto stress. When you walk through your day peacefully a little stress now and then is fine.

### **Stilling Your Monkey Mind**

Stilling the mind and body through meditation has been taught for thousands of years. Conscious breathing is the basis of many practices used for the prevention of disease. Deep focused breathing enhances the connection created in the mind/body system and can lead you into a state of altered awareness. This can be called a transpersonal state of being where the mind is at rest and all thoughts dissipate. Some call this an out of body experience or simply feeling as if you are one with all things. For most people who have trouble sitting in meditation breath work is the perfect way to create a spontaneous transpersonal experience. Directing and following the breath is a soft entrance to the subconscious. Breath meditation is a bridge to states of bliss.

Whether you practice regularly or simply remind yourself to take some deep breaths throughout the day, the benefits are still there. If you can include total relaxation of your body then you understand and actuate whole body breathing. It only takes a few seconds to use breath well.

### **Belief and Using Your Will Power**

Our thoughts, beliefs and feelings are forms of energy, which manifest in our physical bodies and life experiences. You have power to unlock the driving force behind illness, lack of vitality or lackluster living. Engaging your will to cure yourself goes beyond any drugs, vitamin or exercise program. All these things you do for your health are your body's regime when healthy.

Life is a dance that breathes. Discipline is simply a practice of time, patience and a little nothingness. Everything you need is within your reach. It is in your breath and your intentions.

### **Improve Mental Clarity and Increase Joy**

Your brain uses 20% of the oxygen you take in. Bringing in a proper amount supplies the brain with what it needs to function healthfully. You take in around 21% oxygen in each breath. It is absorbed into your lungs and moves through your heart to every cell that uses oxygen.

### **Improved Circulation and Metabolism**

As you breathe correctly your circulatory system goes to work carrying in pure oxygen and detoxifying the blood. The majority of bodily detoxification takes place within the respiratory system. If you compare how often you breathe to how often you eliminate or sweat, you understand how important it is to breathe fully. This stimulates overall improvement in digestion, metabolism and elimination.

### **Increase Energy**

You can go without food for days, perhaps a month or more, you can go without water for a few days if necessary but you can only go without oxygen for three to four minutes before you suffer brain damage.

You use energy to think, deal with your emotions, process food and move around. Many people complain about general fatigue. Over a lifetime of shallow breathing, the body has no choice but to deplete energy reserves and sacrifice health in order to function. Always practice and maintain good alignment and posture for breath to move easily in and out of your lungs.

When we feel weak or tired, we switch to shallow breathing depleting the body of energy. At those times, we have to work doubly hard to get the necessary oxygen. This perpetual cycle of energy loss may lead us to use stimulants such as caffeine, sugar and other types of addictive chemicals. We actually deny the body what it needs to feel extraordinary by unconsciously decreasing the amount of available oxygen we take in. When you actively improve the breathing process in your body, the benefits are consistent with increased vitality.

### **Managing Pain**

The body has its own medicine cabinet and can be trained to release enkephalins, and morphine-like substances to ameliorate pain. When the body is well oxygenated, the blood is detoxified and endorphins are released into the bloodstream. When you do any kind of deep breathing exercises, you tell your body to go into an aerobic state. Through breathing slowly and gently, you create an experience of mild euphoria. Stimulating the endocrine system releases chemicals that create a calming effect. This helps you have a better perspective by tuning you in to the cause of your pain. If you scan your body to find areas that feel pleasure and focus on spreading that sensation into every cell, you will relax and release tension immediately. You can make peace with your pain so that it does not control your whole life. Remember who you are beyond your pain.

### **Pain relief**

Many clients come to see me with various complaints and within moments of breathing deeply their pain is gone. This spans the gamut from headaches to backaches to heartaches.

I had back surgery for a herniated disc many years ago and do not take painkillers because I have trained my body to release its own endorphins. I take a few moments and stop whatever I am doing when I hurt. I breathe deeply, expanding my lower abdominal area relaxing and softening the muscles around my back, adjusting my posture and I focus on inhalation and exhalation. Within minutes the pain is gone. I also use that time to check in with myself to see what life situation may have caused me to create the tension, which led to the pain. It is imperative for me to consistently make peace with pain so that it does not control me or keep me as a victim. Pain is a signal to adjust my behaviors accordingly. I may have over done the dancing a bit. Who knows?

### **Keep Track of your experiences**

Write a detailed list of things you would like to change about your body and life. See if you can begin laughing about the things you let go of because then you are seeking and reaching into a more wonderful picture of yourself. Stay within reach of what is easy for you to accomplish.

You can change your life with your knowledge and experience and you can influence wonderful change in the lives of others. You will benefit beyond what is listed here. Remember. It's up to you to incorporate these tools as part of every day. The more you benefit, the more you'll want to continue with this exceptional new way of living. The more you put into it, the more you get.

## **Chapter Three**

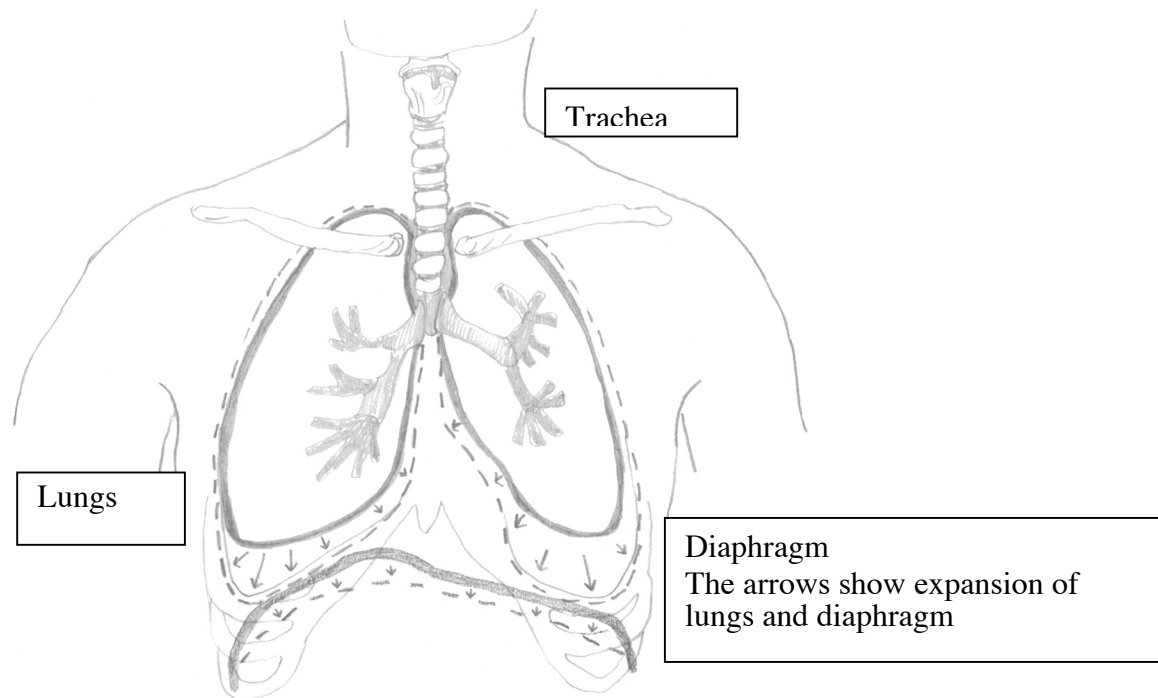
### **How the Body Breathes**

When we are babies born healthfully, we breathe correctly. Our bodies have innate knowledge about how to breathe. But over a lifetime of being scared, gasping, holding our breath, sighing, breathing shallowly, pausing between breaths, having the wind knocked out of us, and so on we form bad habits that constrict our breathing ability. We do all this as a coping response to our thoughts, fears and beliefs. Unfortunately, we end up with health problems, emotional instability, anxiety and excess stress.

Most people believe the movement in the body while inhaling and exhaling only involves the diaphragm, upper chest and shoulder areas. Our bodies are capable of muscular movement around the tailbone and lower spine throughout the pelvis and intestinal areas all the way up and around the diaphragm, utilizing the entire rib cage up to and beyond the shoulders into the throat and sinus cavities.

Your body is a miraculous organism that has musculature in place to support and allow the breath to flow easily through the respiratory and circulatory systems. When noticing your breathing patterns, it is easiest to locate where you feel breath moving your body and where you don't feel it. Take a moment now to breathe deeply. Where do you notice the breath originating? Do you pause between your inhale and exhale? While breathing deeply do your shoulders lift up and crowd your neck causing tension? These are simple signs of confused breathing habits.

Diagram 1 shows the trachea, lungs and diaphragm, which sit inside the rib cage. The arrows show how the lungs and diaphragm expand downward during inhalation. As the diaphragm moves up and down it influences the muscles around the lower abdomen and back. The diaphragm does most of the work when you breathe, though it can become atrophied in severe cases of emphysema, obesity and asthma. The good news is that it is a muscle and can become stronger and more flexible with proper use and the body naturally becomes more fit and healthy.



According to Gay Hendricks, Ph.D., author of *Conscious Breathing*, “The human body is designed to discharge 70% of its toxins through breathing. Only a small percentage of toxins are discharged through sweat, defecation and urination.” (pg. 16-17).

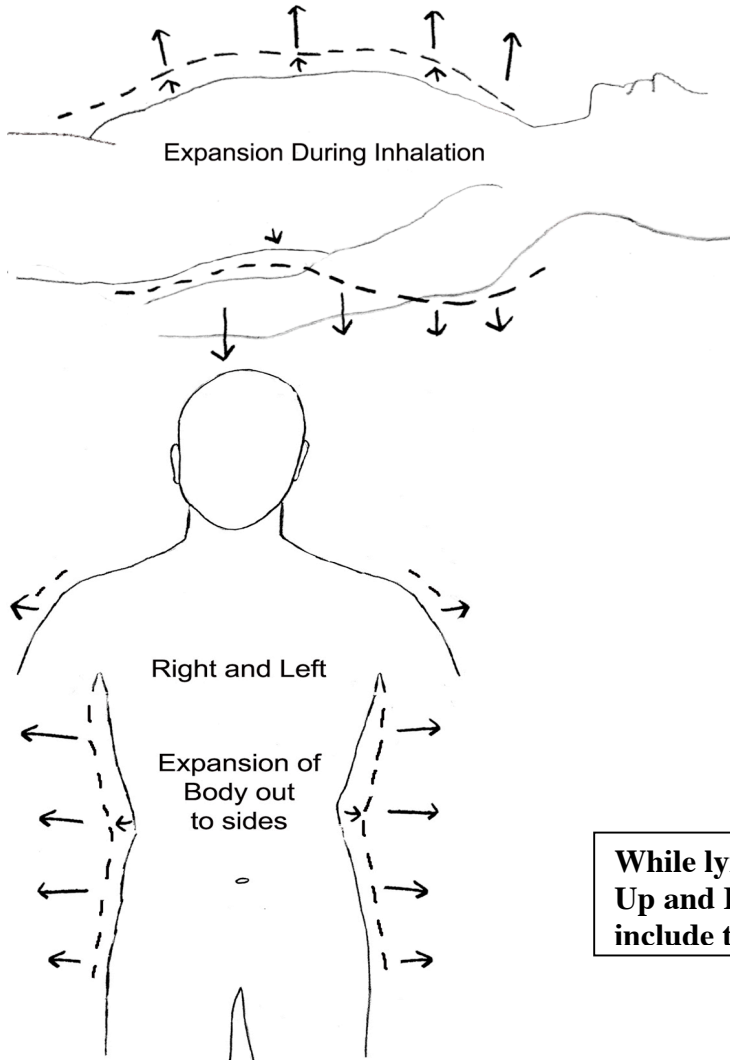
During my lectures, I ask audiences to count how many breaths they take in one minute. The numbers vary from 11-18 breaths. When multiplied over a twenty-four hour period this equals approximately 15,000 to 26,000 breaths per day. Improving how we take these breaths dramatically improves our total health. Therefore it is imperative to take deeper, slower breaths, which allow the lungs to fill properly.

Human lungs can hold nearly two gallons of air, yet most people breathe in as little as a few pints. How much energy we have depends on the quality of the breath. We use energy to metabolize foods, think and move. Shallow breathing saps us of what we need to perform these tasks and feel good at the same time.

When experiencing stress, illness or mental foginess, the first thing to look at is your breathing pattern. The implications are mind-boggling when we understand how much breathing affects every cell, cleans the blood and determines the amount of energy we have available.

Each breath should expand our bodies in six directions, downward, side-to-side, front and back and upward. When you are lying down, with each inhale your abdomen rises toward the ceiling. This indicates an upward direction and as your back muscles also expand you feel a slight opening backwards toward the floor. Most people forget to breathe into their back and as our lungs expand so should our back muscles from the tailbone all the way up to the nape of the neck. As you may guess, your hips, rib cage and shoulders expanding out to the sides equates right and left. Take a breath now and see how many directions you expand. Can you feel the expansion and breath moving within? Diagrams 2 and 3 show the directional expansion as the body breathes fully.





**While lying prone or standing,  
Up and Down directions also  
include toward your head and feet**

## Chapter Four

### The Biology and Anatomy of Breathing

When we are anxious, stressed and feeling negative, our bodies tend to breathe shallowly. This stimulates the fight-or-flight response and signals the autonomic nervous system to release chemicals such as cortisol and adrenaline. The body responds to this by shutting down the digestion process and certain brain functions. Both of these chemicals are necessary for the body to function but in excess, can have detrimental effects.

It is common to hear someone say, "I can't think straight," and this may be due to how the body responds when it lacks sufficient oxygen. Lack of oxygen can contribute to headaches, stomachaches, nausea, and general irritability as well as many other health problems.

When your heart circulates blood in order to supply your cells with needed oxygen and there is deficit in supply, your heart is over worked. If your body is not breathing properly, it re-circulates toxins. This impairs your immune system and puts you at risk.

If we lack the proper amount of oxygen for our many bodily operations, we make energy in an anaerobic way. This excess effort of creates a by-product called lactic acid leading to muscle soreness and acidic imbalance.

Long ago when humans lived in caves and had to flee in order to escape danger, the body shut down certain functions to pump energy into other areas. This is the fight or flight response. Today the same stress response occurs when some one beeps a car horn at us. Our bodies are used to responding to ever present stimuli be it life threatening or not. This constant flow of stress hormones eventually exhausts our adrenal glands.

In modern times of high stress, pollution and rampant ill health, it has never been more important to pay close attention to breathing correctly. We can change the adverse effects of stress by changing how we breathe.

### **Deep Diaphragmatic Breathing**

Breathing from the diaphragm improves ventilation and perfusion in the lungs bringing the blood-gas exchange into balance. By breathing slowly in a relaxed state, we allow the parasympathetic nervous system to dominate, which creates homeostasis in the body.

When our diaphragm moves our heart, stomach, intestines and liver receive a gentle massage. This improves elimination, digestion and circulation. Slow, gentle breathing enables the body to function properly and the benefits are relative to how the mind processes information and emotions.

Our lungs have millions of alveoli and capillaries. The lower lobes are where the actual oxygen and carbon dioxide exchange occurs. This is the body's main cleansing and detoxifying mechanism. Oxygen molecules pass through thin cell layers in the lungs and are carried to the heart then circulated into the body. These oxygen molecules pick up toxins such as ammonia, pollutants, methane, alcohol and other by-products created during metabolism and digestion of carbohydrates for energy. Then the oxygen traveling through the blood stream carries these by-products back to the lungs to be exhaled out. You also exhale water vapor, which is why your breath feels warm and moist. The body sweats and eliminates toxins via urination and defecation but we breathe many more times a day than we do these other activities.

### **Feelings, Emotions and the Biological Response System**

When you remember your first love, your favorite holiday or the smile of a newborn child, your body releases endorphins, serotonin, and enkephalin (a painkiller). These chemicals are calming and they affect your brain and your perceptions. Think of a good memory now and you will be feeling a similar effect. You have stimulated that same response.

Our memories can be used to create feelings, emotions and sensations. Think back on when your feelings were hurt and you can see this brings up emotions and creates chemical responses. Notice right now how your breathing may have been affected by these thoughts.

Now remember a time when you laughed so hard it hurt. What feelings, emotions or thoughts go with this memory of laughter? Again, you just made your body release more endorphins. If it is

that easy to change chemical responses in your body it is easy to see how breathing is also affected by your thoughts and memories. How many positive or negative thoughts rule your day?

When you have retrained your body to breathe properly especially while stressed, you can manage your emotions and physical responses. By taking one or two deep breaths, you stimulate your endocrine system to release endorphins creating a euphoric chemical chain reaction leading to a calm centered feeling.

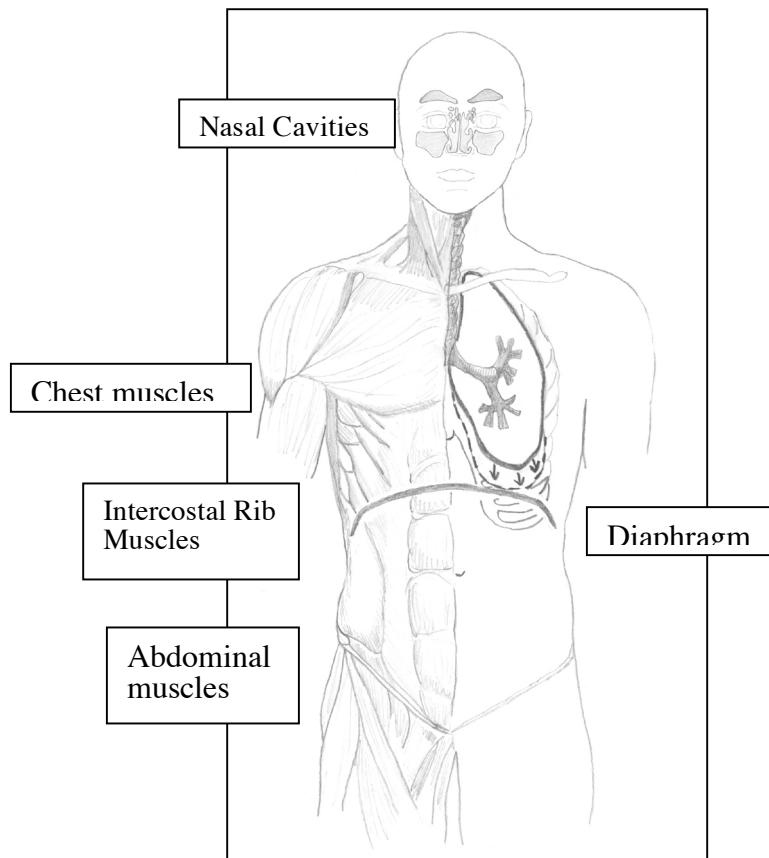
Can it be that easy? Yes it can. You become responsible for attaining and maintaining a peaceful state. The more you practice, the more your body will understand and respond. We are innately programmed to repeat what feels good. If you can teach your body that breathing deeply feels wonderful, then it will want to keep recreating that sensation and you will always have that choice.

### **Anatomy of Breath**

Rib bones surround your lungs. In between each rib, there are internal and external intercostal muscles. As you inhale, the diaphragm moves downward allowing the lower lobes of the lungs to inflate and the external intercostal muscles to contract increasing the width of the rib cage.

As your mid-torso and chest expand *horizontally* with inhalation, there is also a slight lift upward in the shoulders. In most people that lift is usually exaggerated as an extra effort to take in more air. This is a learned habit. The rib cage naturally expands from the center opening outward.

When you exhale, the muscles of inhalation relax and the internal intercostal muscles take over pulling by the rib cage down and back in toward the spine. This is when the diaphragm also relaxes and becomes more dome-shaped which gently pushes the air out of the lungs.



Take two fingers and place them on the third rib from the bottom on one side. Take your other hand and place two fingers just above your clavicle bone on the same side. Breathing this way allows you to see just how big your lungs are when fully expanded.

Diagram 4 shows the entire respiratory system, including the nasal cavity, trachea, lungs, diaphragm and rib cage, and other muscles involved during breathing. All the abdominal and back muscles around the lower spine (sacral and lumbar) expand during inhalation as the diaphragm moves downward and the lungs fill.

As breath fills the lower abdomen and rises upward into the middle (thoracic) back, the chest and neck (cervical) muscles also expand. As the ribcage expands the shoulder blades widen to the sides rather than lift up.

The breath first comes in through the mouth or nose and during a correct breath, the lower abdomen distends and the lower lobes of the lungs fill. As this continues, air rises up to the shoulders and eventually into the sinus area. This is a gentle exaggeration of muscle use during breathing and typically we do not feel this much expansion unless we focus on opening our body this way. While you retrain your respiratory system, you add flexibility and strengthen your internal musculature. As you practice breathing you learn to balance how much expansion occurs in each area. When respiratory muscles are retrained to fully expand, they find a natural balance between too much and not enough. This is how your body will expand and relax most of the time while breathing.

## **Chapter Five**

### **What is Breath Work?**

Breath work is any type of breathing practice that leads to inner peace, creates awareness and helps establish a deep and loving connection to your body. While practicing you are exaggerating the expansion within your torso for a short period time by stretching muscles so they become more flexible. Your mind concentrates on telling what muscles to expand, where and how to expand and those muscles respond by engaging in each cycle of inhalation and exhalation. Taking time to simply breathe works wonders and brings instantaneous changes to your physical and emotional well being.

Imagine a day where you feel energetic from start to finish, your body's healthy, your mind is clear and your intuition is strong. You are honest with yourself, unafraid to live fully, and you're empowered to manage your emotions and stress level. How much could you accomplish? How much added quality time could be spent with family and friends? What if living this way was easy as changing how you breathe?

Your breathing habits determine how much energy and vitality you have and directly influence your body's ability to repair. Taking a deep breath now and then is not enough. Everyone differs in what they define as a deep breath. Many people are used to getting small volumes of air, which falls short of what they are capable of taking in. During our lifetime we gasp, hold our breath, sigh, yawn, go into hyperventilation and simply stop breathing. In this relationship with breath, we actually form habitual responses to situations and eventually these habits are the norm. Our bodies learn to breathe poorly.

There is a dramatic boost of energy and vitality when you improve how you breathe. Once you learn to breathe correctly you understand how to influence your physical and chemical responses

and manage emotions and feelings. Most importantly, you learn to resolve and clear stress or tension as it occurs.

The oxygen content of our air is severely compromised from the pollutants created over the last few hundred years. With a decrease in available oxygen, the only option is to increase the body's ability to bring in enough air to get the necessary supply of pure oxygen to live optimally.

**Four levels of experience:** emotional, mental, physical, spiritual. All are affected by *how* you breathe and you can use breathing as a tool for staying in a relaxed state. In yoga traditions, breath represents the passageway between the energetic body and the emotional body. Breath work can be practiced as a simple way to relax, a method of increasing your energy reserves and as a meditation leading to a deeper awareness and connection with your Spirit.

**Three simple components:** respiration, regeneration and re-creation. When you add consciousness, you use belief (intention), action (breathing), and feeling, which can bring instantaneous change. With each breath you become the authority of your life experience. You can easily change limiting belief patterns when you practice breathing.

Going into a deep state of relaxation allows you to access your unconscious and rewrite old belief patterns lovingly. When you allow the body to associate a new feeling to an old emotion you are actually choosing a new response pattern and giving yourself a new choice for the future. Once the body learns it can alter its responses just by taking a few breaths, you easily manage your energy in any situation.

Practicing total awareness of breath moving in and out of your body along with mental focus and spiritual investigation creates changes. You are the best one to decide how to experiment going within yourself to uncover, recreate and balance your perceptions. As you hone the skills of using breath during everyday situations, you're managing your energy, choosing your perceptions and improving your physical health.

If you fit breath work into your day as a time for meditation and rejuvenation, then choose a time that best suits you. Many people who already practice meditation find this method of breathing easy to incorporate. The more you put into it the more you receive.

You may have time in the car while driving to work and find it helps you stay relaxed and calm. I encourage everyone to breathe this way when in the shower, washing dishes, standing in line somewhere, while you eat and just after you wake up. Take a several whole body breaths regularly because the more you include it in your day, the faster it becomes natural for you to breathe correctly.

At first you'll observe your breathing patterns. Consciously remind your body to take a breath. This lasts a few months until it is something you no longer have to do. The ultimate goal is to breathe freely and properly all the time. Once trained, you'll notice your body will naturally take deep breaths when needed because it feels so wonderful.

Your many experiences with breath work will enrich your life and every session will be different from the last as you are always changing and growing. Your breath is a gift to yourself therefore enhancing it is the most nurturing life-giving thing you can do. You deserve to be connected to your life force. It is as simple as staying aware and open.

*Morning, when I wake may I have sunlight's first dance?  
And Day, fill all my senses. Don't let a moment pass me by.  
Night, hold your moon high and bright. Let it be a beacon,  
a reminder to be grateful that each day is a lifetime and every breath God's gift.*

Anna Coy

## Chapter Six

### Questions and Answers

#### **Does breathing deeply help get rid of headaches?**

The brain uses 20% of the oxygen we take in and if there is constriction from shallow breathing, this can cause the veins in the brain to expand as they try to obtain more oxygen from the blood. This increase in vascular size creates pressure in the head that can be unbearable. Getting more oxygen to the brain via the bloodstream is a simple remedy. When more oxygen flows to the brain the veins shrink, therefore the pressure eases. It is important to notice and recognize the signals of tension prior to a headache and use deep breathing before it sets in. I also suggest laughter and smiling because it changes the muscular tension around the jaw and neck. Turn your frown into a slight smile and it works wonders.

#### **Can deep breathing help a person manage stress, hyperventilation and panic attacks?**

Always work closely with your physician regarding asthma and panic attacks.

When we are under pressure or perceived stress, we habitually breathe shallow. If the body experiences an onslaught of stress many chemicals respond that perpetuate the mismanagement of energy. There is a snowball effect that may lead to panic attacks and shortness of breath. More than two million cases of panic attacks are reported each year in the USA.

When your brain doesn't get the required oxygen the tendency is to breathe in a rapid fashion. Hyperventilation impedes your ability to think clearly and make good choices. During hyperventilation, the body works extremely hard to get more air in a short period of time but it doesn't bring enough oxygen needed to normalize this gas balance in the blood. The body exerts too much effort decreasing carbon dioxide and increasing lactic acid.

Often people relate these types of impaired breathing attacks to old fears and this includes the fear of not being able to get breath. You must use your thoughts and slow the breathing down to bring yourself out of a stress attack. Breathing deeply when feeling tense or stressed is a quick way to stimulate another chemical response that leads to a calm, relaxed sensation and mental clarity.

Taking some slow correct breaths gives you a moment to reassess your situation. It opens your mind to asking the question, "What is my best response now to this situation?" Choosing a healthy response easily relieves stress and you can take control of your body and mind by creating this as a new habit. Assure your body that you can breathe deeply to the lowest points in your lungs. Expand the diaphragm downward and bypass the stress within the smooth muscle tissues. The constriction around the ribcage, heart and upper back can release. If you breathe while directing the lower abdomen to open and drop like Buddha belly, you are expanding the muscles beyond the constriction.

### **Why do we yawn?**

There are many reasons for yawning but typically it is to bring more oxygen into the body. When the body or mind tire we switch over to shallow breathing and there is a resultant lack of oxygen and a decrease in energy.

According to *Harrison's Principles of Internal Medicine*, (pg. 1208), "If uneven ventilation-perfusion ratios elevate the arterial carbon dioxide tension, this is brought back by the increased respiratory drive and the consequently higher overall ventilation." In lay terms, during abnormal gas exchange of oxygen and carbon dioxide, the body automatically yawns to increase the volume of air brought in, balancing these two gases. This lack in balance can also lead to hyperventilation, which stimulates a stress pattern in the body. The way to offset these patterns is to retrain the respiratory system to breathe properly to maintain a normal balance of gases in the blood at all times.

### **How long does it take for someone to learn to breathe right?**

Like any exercise, the more you practice, the faster the muscles in your body will adapt. The keys are patience, gentleness and practice. When using the Whole-Body Breathing Series regularly, it is likely that by the time you complete the program you will know how to breathe deeply and fully. The more you let it become normal for you to use all the areas of your respiratory system unanimously, the less you have to think about it. When you use this breath technique during your daily activities that is when you will have the most instantaneous and observable benefits.

### **Why do people sigh, gasp, hold their breath, or stop breathing for a few seconds?**

The answers differ for each person. For instance, when the teacher called on you to answer a question and you weren't prepared, you may have gasped or held your breath in response. This is normal when we experience fear. Some people feel life is too heavy and walk around sighing. It may be a cry for help or attention or just a simple expression that is easier to release than words. A sigh may be the tail end of a false deep breath.

We often stop breathing when we feel challenged or confronted. We may hold our breath while watching a tension-filled movie. There are many reasons for changes in breath patterns. The more we do these things the more habitual they become. Eventually we don't even notice we are doing them anymore. Our bodies respond by holding tension in our neck, shoulders stomach and back.

You may want to take notice of when you do these things and see what triggers this reaction in your body. Look at the emotions you feel at the time of a dramatic change in your breathing and stop yourself long enough to decide to take a deep breath. Change the pattern. *You always have a choice in your body's responses.*

It takes a strong-willed person to look at how they live, what they choose and what they want out of life. All of these reactionary breathing habits are something to look at.

### **Do I need to hold my breath in for a few seconds before I exhale?**

Typically when breathing, we want to avoid holding our breath at all. The guided Whole-Body Breathing sessions do not instruct you to hold your breath. I want you to program your body so that the breath is a continuous movement. Each inhale is connected to an exhale. There is no pause in between. Once you are able to manage a breath that is flowing and rhythmic, you can then try some experimentation with holding the breath in or out, so long as you stay relaxed.

Breathing techniques that tell you to hold your breath in for a certain length of time are trying to help you expand your lung capacity. This is exactly what you are learning with this program only there is no stopping the flow of breath unless you choose to.

The key to holding your breath in is that you do not strain your muscles or create tension. If you were to fill a balloon with air and keep the top of it open, that is similar to holding a breath in. Hold the throat open but keep the breath from escaping and allow the breath to stay in the body while the throat is relaxed and expanded. It will take some practice to do this as most of us are trained to breathe in, clamp down, tense up and hold it. While experimenting holding your breath, if it makes you feel lightheaded or dizzy don't do it. Once your body is used to more oxygen, try it again and see how you feel. You may find it takes you into a deep state of meditation. You have to be the judge. Monitor your experience and decide whether it is beneficial or not.

You may doze off for a few seconds and feel like you forgot to breathe and perhaps you did, but when your body needs more oxygen, it will naturally take a breath. If you fall asleep, you needed the rest.

### **Can breathing deeply bring up old emotions and feelings?**

Think about how much information we hold in our heads and compare it with how much space we have in our bodies for additional information. There is a great deal of space below our brains that holds memories, emotions and stored feelings.

Everything we think and feel is stored in our bodies as memory. Your body is a single organism made of many parts, each having the ability to communicate information via cells, nerves and chemical interactions. If we have emotions or feelings we don't want to acknowledge they easily get pushed or stuffed down in the body. Sometimes breathing deeply brings these issues to the surface. Always ask yourself questions and wait for information to come forward. If your mind is busy thinking about an issue you might miss how to resolve it.

When you have something rise to the surface you know you are on the right track, heading toward healing and resolving old stored feelings. As you work through some of this excess energy, you create space within and replace old emotional baggage with new feelings, thoughts and emotions.

Typically, this information arises from the body when you are ready to work it out. For example, one client of mine (a shallow breather suffering from asthma) discovered he chose to breathe shallow in his teens due to a girl telling him he had terrible breath as he went to give her a first kiss. From then on he was barely breathing.

We go through many kinds of therapy and never uncover deep emotional issues until we delve into the body and it reveals our inner truth. Beyond some of the old hurts and pains there is forgiveness and freedom.

Keep a journal nearby when you are practicing your breathing so you can write about what rises to the surface and then move on. If you choose to go deeper and deal with what you are feeling, know that you won't experience anything you haven't already experienced emotionally. Monitor yourself and trust that you can choose to come back to deep focused breathing and change your body's responses. If you feel like crying, laughing, screaming or pounding your hands and legs then do so. During your sessions, wisely and considerately do what you feel you need to do to release old emotional energy from your body. You deserve that freedom of expression. You will probably end up laughing at yourself feeling a great sense of relief.



### **Do I use my mouth or nose to breathe during my daily activities?**

When you breathe normally you use your nose. This is the goal of The Whole-Body Breathing program and we only use mouth breathing during the actual sessions. If you feel the need to take a deep breath and can do it better through your mouth go for it. When in an area that has healthy clean air and you want to breathe through your mouth for a while, no one will stop you.

I still begin my sessions with mouth breathing to connect my awareness with my body and then switch to nose breathing when I have an open and relaxed flow of air moving through my respiratory system. When I switch from mouth to nose breathing it is guided more by what I am feeling. Once you know what a complete deep breath feels like then you can alternate between the two when needed.

### **How should I breathe when I exercise?**

It is best to breathe in a way that feels right to you. At times you may use your mouth, other times your nose or perhaps a combination. Some styles of exercise have you breathing in your nose and out your mouth. When you exercise you may need to incorporate deeper breathing into your body to get the full benefits of your workout program. Deeper breathing during exercise increases energy, detoxifies you and improves your circulation. If you practice yoga or Pilate's exercises, use their style of breathing for that time period and when finished with your workout, return to normal breathing. Remember, whole-body breathing is how you want to be breathing most of the time.

### **Will breathing deeply help me lose weight?**

Some of my clients report weight loss ranging a few pounds to 74 pounds in under a year. This is without any conscious effort of dieting. They state they feel better about their bodies and make healthier food choices. When you breathe properly, you feel better and can be inspired to choose a healthier lifestyle altogether. Some people claim they lost inches from their waist and their stomachs have flattened as a result of deep abdominal breathing. Consciously using breath to oxygenate the body releases toxins, tones muscles and improves overall organ function.

When I can't fit physical exercise into the day, I take 20 to 30 minutes to practice the breath work. I know my breathing practice helps me stay toned and fit.

### **When is the best time to practice breath work?**

Anytime of the day or night is perfect. For the full benefits of breath work, give yourself 20 to 30 undisturbed minutes at least a few times per week. Try practicing at the same time each day if you can and see how that works.

Listen to the inner voice that says, "Now is good." Some people find it easy to practice early in the morning because it gives them increased energy for the day. Others do it when they have the afternoon blues and need a perk. Why not practice before you go to sleep at night?

It is very effective to practice before a test, presentation or speech. If you do any kind of creative project, I recommend breath work before you begin. Watch how it improves your abilities.

If you have a life choice to make and want clarity, lie down and breathe. Ask yourself all the questions on your mind and then wait for answers. Let the truth within come forth then make decisions.

If you have to stand there while someone rants and raves about something why not breathe deeply, ground your energy and body awareness so you don't end up feeling drained? Choose to

take that time to listen and also focus your attention on centering and recharging yourself. The energy in your body emanates outward via your heart and you may notice people around you relaxing in your company.

You can use this technique of breathing while you meditate, walk, or stand in a line somewhere. You have to breathe anyway, why not breathe fully as much as possible?

### **How should I breathe while sleeping?**

When you are asleep, you breathe shallowly. You are in a state of rest and do not require as much oxygen as when you are active. Once your muscles are trained to breathe correctly, you will still breathe shallowly during sleep but your body will be breathing fully from the lower abdomen into the chest. It will take time to retrain these muscles. Observe once in a while how you are breathing when you first wake up and watch for subtle changes.

## **Chapter Seven**

### **Preparation for Breath Work**

Always consult your doctor prior to beginning any new exercise or breathing program. The advice of your health professional can help you understand the improvements and changes you may experience.

### **How Breath Moves**

I describe breath flowing into the body as if it were water filling a glass. The water pours in and fills the bottom first, flows out to the sides and then rises upward. This same principle is applied when breathing in. Think of the breath as it fills the bottom of your lungs first and then rises up into the chest. The upper portion of your lungs will open and fill slightly but do not force your breath into the lower lobes of your lungs. Let the air fall downward as if your hipbones are the bottom of your inner space and then as breath fills you, expand gently upward toward and around the diaphragm. Then as your rib cage expands and you take in more air, it will naturally flow upward and fill your upper lungs. Remember to keep your shoulders down and relaxed.

### **Mouth Breathing**

You are guided to use your mouth in the beginning to relax your jaw, open your throat and become aware of bringing breath into your body. Typically you are able to bring in more air when you use your mouth and it directly forms a connection of awareness between the body and mind. Focus on creating a continuous, unbroken flow of air in and out of the body. Your mouth may become dry the first few times you do this but within 3-5 times after breathing this way it will change. Have some water nearby if you need it. A throat lozenge is always good after you finish.

### **Inhaling and Exhaling**

During your sessions, your inhale brings in what you desire. Your exhale surrenders your breath as the body effortlessly lets the air flow out. There is no need to control or blow your exhale away as this creates tension in your mouth and jaw. Stretch the jaw up and down regularly to keep it limber. You breathe in as much as you exhale out and a soft slow pace is your goal.

Remember you are retraining your respiratory muscles and it takes time and patience with your body. *Always connect your inhale to the exhale. There is no pause in between.* Each breath is a circular motion, think of your inhale as one half of the circle, the exhale immediately follows as the second half. They are one motion creating an unbroken flow of energy within the body.

### **Nose Breathing**

In Sessions Three and Four, you will initially use your mouth to breathe then be guided to use your nose. Your body will learn how to stay relaxed and breathe deeply through your nose. The ultimate goal is to breathe fully whether using your nose or mouth.

If you have a cold or stuffy nose, practice breath work through your mouth. Occasionally you will notice the deep breathing stimulates a purging of mucus or phlegm that is best to expel. You may also experience a clearing of the sinuses after a short time of deep breathing through your mouth. Switch to nose breathing when you are able to breath without straining.

### **Positioning your Body**

It is best to practice your sessions lying down. If you are sitting it may not be as easy to feel the breath move into your lower abdominal and back areas because you are working against gravity. When you lay down your body can rest fully and completely. If you practice this technique at work, I invite you to close your office door put up a sign saying, "Out to lunch or gone fishing, back in thirty minutes," and lay on your office floor. Give yourself permission to take care of yourself in a way that will make you feel rested and refreshed. You will have more energy to continue with a productive and efficient workday.

If you practice at home, use a bed, couch or simply lay on the floor. Include some simple stretches before or after you practice.

### **Loosening and Relaxing your Jaw**

As a culture, we have become pros at holding tension in our jaws and clenching our teeth. Sometimes this is habitual as we hold our thoughts and comments back or choke down part of our inner truth. When you begin, it may feel awkward to let the jaw hang open, but in time it will be comfortable. Your mouth should be open as if to fit two or three fingers in there.

The more you allow your jaw area to relax and open less tightness and tension will be held in your neck. Start by taking a few yawns and let your jaw open fully. Separate your teeth and let the chin hang loosely toward your chest. Take a few breaths in and out. Open the back of your throat. It is that simple. You might consider making sounds and letting the vibrations move through your bones. Again, you are retraining your body's muscles and you can control the mouth and jaw muscles with practice. I have seen this help many people who suffer from TMJ and teeth grinding at night.

### **Placement of the Tongue**

During Sessions One and Two, you are instructed to relax your tongue down in between your lower teeth. In Sessions Three and Four you close your mouth and breathe through your nose.

Some Yogic and Taoist breathing techniques have you touch the back of your upper teeth with the tip of your tongue. This creates an unbroken circuit of energy in the body. As you learn to keep the mouth and jaw relaxed, you may want to try placing your tongue at the back of your upper teeth while nose breathing. Experiment with what is most comfortable for you as each time you practice breath work it may be different.

### **Physical Responses**

Your body may have different responses while getting used to bringing in more oxygen. Some of the initial responses may include tingling in the arms, legs or face. There are many blood capillaries in these areas that become stimulated when more oxygen is moving through the bloodstream. You may notice hot or cold sensations, feel emotionally charged i.e., laugh or cry, feel tightness in different areas and get a little lightheaded or dizzy. Your mouth may get dry have a glass of water nearby.

**DO NOT OVEREXERT YOURSELF IN ANY WAY.** This breath practice is intended to be slow and gentle. If you should experience discomfort, stop immediately and bring your body and mind back to a calm state. This is how you learn to control your body through breathing. Allow yourself to be an observer, acknowledge what you feel and focus again on your breathing.

Your job is to monitor your experiences. If anything feels as though it is too much, simply resume a normal breathing pattern and your symptoms should dissipate. If you feel as though you can continue without strain or distraction, then breathe through what is going on. Focus on relaxing and calming yourself. You are your own guide during each unique breath sessions.

As you practice, your body adapts to the increase in available oxygen. Most if not all initial reactions of increased circulation will stop. For some of us who enjoy the tingling, it can be a bit disappointing. In time other enjoyable responses may occur such as warmth throughout your body and feelings of oneness with all things. You may even experience slight energetic vibrations and pulsations moving from head to toe. These sensations remind you that you are more than your body. You are energy in motion, active, breathing and full of creative life force. It will be easier for you if you keep *acceptance* in mind and *allow* your body to do whatever it needs to feel wonderful. In the end you are connected on every level and it is worth the effort.

At times you may even fall asleep. Trust that your body needed the rest. If you fall asleep often when practicing the breath technique, try sitting upright or investigate further. Ask yourself if it is an avoidance mechanism. There may be emotions or feelings you would rather not deal with. This may be a signal to go deeper within and ask questions such as, "What am I not wanting to see right now in my life?" If you are uncomfortable lying flat then use pillows to elevate yourself till you are at an angle and can breathe comfortably.

### **Increasing Air Capacity**

When most people attempt to take in more air they typically lift their shoulders which creates neck tension, upper back strain and excess shoulder tension. It looks like they are shrugging their shoulders. This only allows air to fill the upper lungs. When asked, they say they take a deep breath but still don't get enough air. I believe it is due to improper use of the rib cage during inhalation. This movement in itself draws the diaphragm inward and the lower abdomen gets sucked in. Often these people complain about chronic neck and shoulder tension but don't know what to do about it. Tilting the neck, you can try slow stretches to the left pointing the ear to the left shoulder elongating the throat and opening the vertebrae.

When you want to increase your air intake, it is much easier to expand horizontally rather than lifting the rib cage upward. It is better to open outward. This allows your neck; shoulders and back to stay relaxed while you breathe more fully. When you lie down, you will notice it is easier to feel the expansion and there is less inclination for lifting the shoulders.

I like to have people imagine their rib cage is like a pair of wings that open out to the sides rather than upward. Changing how you breathe retrains your muscles to stay relaxed and flexible.

## Chapter Eight

*“In understanding how to manifest our future,  
we must first learn to understand and manifest what is happening now.”* Anna Coy

### Creating Changes In Your Life

You can go within to find information, which will inspire you to be self-motivated and encouraged to live the life you want. When practicing this breath technique with an intention, you will notice it brings introspection and urges you to grow or change your ways.

There is an old onion metaphor used by many people in therapeutic terms. It is this, when looking at the self it is like peeling away the layers of an onion to get to the center. Layer by layer we peel away the old. I have a different slant on the onion metaphor. When we are creating changes the peeling can be too much work. If you leave an onion alone in the ground or in the refrigerator, you will find it sprouts a new onion from the center. There is no peeling away of anything instead it re-grows itself. If you focus on what you are growing from your center then there is no peeling to do, you simply hold onto all of the potential within and then let that part of yourself grow as you breathe life directly into the center of your body. Change can be an effortless event. You simply begin with new behaviors and stick to them or they stick to you. As you are different from each moment on so is the world around you. Follow through with the changes you make.

Consistently notice your posture and thoughts. If you observe your breathing and have a soft gentle flow, your life will mimic this flow of gentleness and ease simply because that is how you live internally. Every breath is a gift you receive. How you breathe directly affects how you respond to the external environment. It takes less than a millisecond to fine tune your awareness.

If you are feeling emotions or thoughts coming up, that is the time to examine and create new perspectives. You always have the choice to take responsibility for your thoughts even when they are not something you had decided to believe in. Sometimes we find out that what we think or believe may simply be transferred information from others. You have to determine if those thoughts or beliefs are in harmony with your life. If they don't lead to a state of joy, you may determine it is better to create a new belief while doing breath work. Ask yourself, “What do I believe? Is that my truth?” Do I want to continue believing this or that?” The mind is willing to believe a lie just as easily as it will believe the truth. It is up to you to decide what is true for you.

If you feel fear coming up, then simply say to yourself, *“I am right here breathing and with this next breath, I give myself permission to observe what is going on. I focus on breathing therefore, I accept and see myself clearly.”* By doing this you change how your body responds to fear. This is an example of how you tell the body to remain open and relaxed when you feel fear. Instead of constricting, closing down and holding your breath, you choose calmness. You choose emotional autonomy.

When you feel fear come that is when you put knowledge into practice. You just take a deep breath and recall how to feel calm, relaxed and clear-headed. This helps you manage what is going on rather than being run by your emotions or fears. It is easier to feel peaceful and centered when you are breathing fully and deeply.

Your breathing is a precise self-monitoring system and it clearly indicates whether you are saying “yes” to life or “no.” How rapidly your heart races, depends on your breathing which is both voluntary and involuntary. When you increase the longevity of your breathing by slowing its pace you increase your own life expectancy.

### **Belief, Feeling and Passion Create Miracles**

Breathing deeply can be the most effective and empowering way to clean out the old toxic garbage within the body/mind/spirit system.

I have found that through breath work some old habits and beliefs easily and effortlessly left my body without having to analyze them. I like to describe this simply with an experiment. The next time you are finished with a beverage turn on the water faucet and let the water run into your cup. Watch what happens as the water fills the bottom of the container. As it rises to the top, you will notice the water lifts out the sediment at the bottom. If you keep the water running, eventually all that remains is easily cleansed out. I think healing and clearing some of our old issues and beliefs can be this simple too. Think about the breath as the water, and your body as the container. Let the breath lift out what is no longer needed and breathe in clear and pure love into that space within you, i.e. breathe in your intention. You learn to be a visionary, the director of your body and the actor of your own life story. *You* determine your happiness.

As William A. Ward said, “If you can imagine it, you can achieve it. If you can dream it, you can become it.” What we breathe life into we create. We are amazing beings made of trillions of cells that have the ability to create and reproduce constantly. If this body of ours has its own intelligence system then it’s most likely we are able to use this creative energy to manifest our reality. If you can feel what it is like to be your best self, then you have already made it so.

### **Your Emotional Intelligence System:**

#### **Reprogramming the Mind/Body While Practicing Breath Work**

Creating an intention focuses your mind and your thoughts and feelings are directly linked. Whatever you choose to magnify in thought, you experience in the body as emotions, feelings and ultimately hormonal releases. This is how reprogramming takes place. When you associate a thought with a new feeling you have created a change. You influenced your body’s chemical and neurological patterns. If that feeling is pleasant you can recall it any time.

**A Reminder:** When you have the will to change or improve your life, you may experience some discomfort in the process. If your intention is to be peaceful, you may begin to notice the areas in your life where there is no peace.

When you decide to change the quality of your life, your family, friends, job, thoughts and your behaviors are up for review. It will require your strength to create boundaries, move on or confront a situation. Know this is part of your journey and if you feel this discomfort, you are on the right track. It’s part of the process.

Using breath work as a tool helps us identify what we can change, direct how change occurs within and have awareness that opens new or alternate options. Often we’re clouded over by old patterns and beliefs.

Creating change is a life-long, day-by-day, moment-by-moment practice. You are here to know joy at its fullest and you are a miracle. Remember to be grateful. Each day is a blessing and this is your journey.

## **Chapter Nine**

***"Man will no longer have to imagine what infinity feels like when he has opened to love and finds there is no limit to the ever-expanding heart."*** Anna Coy

Intentions, prayers and goals are wonderful for the mind to focus on while practicing breath work. It gives your brain a job and as you think up your intention or use some of the ones listed below you will find it greatly enhances your sessions. Whatever you create in each session is going to carry out into your daily life. It is important to notice that as you go deeper into a state of relaxation you will forget about the intention you made as if it were a bird that you have set free to fly. That is when you have truly let go and can then practice presence.

In your life, begin to look for ways that your intentions can come back to you because you might already have everything within reach to accomplish or receive that which you asked for. It is up to you to seek out avenues and opportunities that are in alignment with your intentions.

### **Suggested Intentions and New Thoughts**

If you would like to feel free from pain create this intention, *I feel complete peace.*

When you feel anxiety or anger try repeating to yourself, *I am grateful.*

Dealing with fear, try sensing your inner Spirit and remember that, *"Spirit Is Fearless."*

If you are ill, let your body and mind recall or make up what it feels like to be in your healthiest most physically fit state. Hold in your imagination a picture of yourself so excited and energized about being alive that you can't help but instantly feel great. Somewhere inside you there is a place that knows nothing about illness. Consciously create your best self-image and then be it from the inside out.

When facing a difficult issue, confusion or conflict think this, *I am open to receive clarity.* And then focus back on your breathing and wait for information to arise during a breath session. When you set that intention free you give it wings then simply forget about it and move on to living it. When quitting an old habit, imagine what it will be like to have a new, healthier one. Create the feelings you desire. Ask yourself, *What is my potential?* Then let your imagination go wild for a few minutes. What other habits would you have instead?

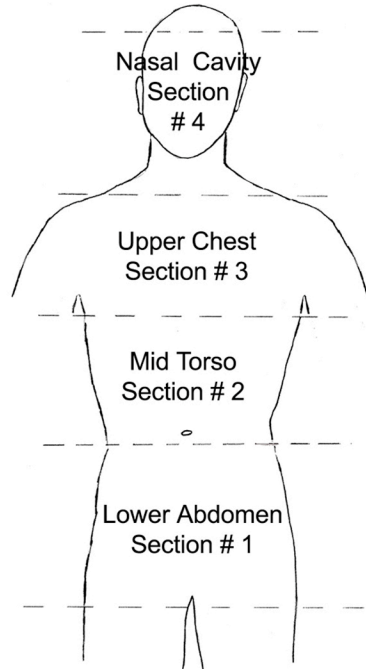
When you want to feel love it is in your best interest to be your own best Mother, Father, Sister, Brother, Best Friend and Cheerleader. You deserve to feel as much love as you can give to yourself. Intend to let your breath nurture you and become your companion. It is the most effective way to be aware of how much love is generated from within you. Breathe deeply as if it were pure love that is flowing in and out of you. How much love can you generate within?

If you feel lonely, use this *I am connected to all life, light, nature and grace.*

### **Whole-Body Breathing™ Guided Sessions**

Each guided session asks you to create an intention. In breath work, an intention is simply an idea, thought or feeling, such as peace, joy, health, clarity or relaxation that you would like to create or bring into your body and life. Breathe as if you can reach into the cosmos and as you inhale, draw your intention into your body. Your intention may be different every time you practice. You are bringing the essence of life into your physical form via your breath.

Take a moment to review Diagram 5. It shows section by section the areas you use during your guided breath sessions. These guided sessions are to be used in sequence.



### **Relax and Breathe (CD 1, section one)**

Session One: This is your foundation for deep breathing. Learn to feel the expansion of your lower abdomen, sacrum, back muscles, hips and pelvis. These areas should inflate like a balloon first when you inhale as the lower lobes of the lungs fill up.

Use **Relax and Breathe** three to five times before moving on to Session Two. Give your muscles time to understand what a deep breath should feel like.

You may become sensitive to the stimuli that make you feel tense. Each time you practice breathing deeply, your body relaxes and it will be programmed to release the chemicals that instantaneously make you feel peaceful. When combining belief, action (deep breathing) and feeling you create a new pattern. With practice, your body will turn this option of relaxing through breath into an automatic habit.

### **Breathe for Healing (CD 2 section #2)**

Session Two: Expand deep abdominal breathing and engage the lower rib cage. While focusing on health, your body learns that it has the ability to repair, rejuvenate and regenerate itself.

Millions of people take whatever is available such as stimulants, antidepressants, recreational drugs, painkillers, sleeping pills, etc. to feel better. How many of us actually stop to consider that low energy, illness and health problems may be the result of poor respiration?

Our cells are able to repair, regenerate and create new cells. We continue to grow and heal throughout our lives and there is intelligence within each cell to perform its work and join with other cells in order to fend off intruders. While healing myself I thought of my cells as an army standing at attention waiting for my instructions.



When we have a cut, antibody cells rush to the area to protect and heal it. In this session you use your imagination and a specific visualization to bring more creative cells into your body with breath as if you can breathe them in and send that healing energy to wherever you need it.

Doctors and scientists now realize the influence visualization has on health and wellness. We are more open to using many styles of mind/body communication. Visualization and imagery complement the natural healing process.

With Session Two, you create a feeling of total health. By combining deep breathing with imagery you create a real sense of vitality and your body adapts. Use this session to influence your body whether you want to feel better physically, emotionally or even heal a broken heart.

You will see how your imagination and thoughts create feelings that correspond to a healthier you. It is a wonderful way to learn that you can question your internal organs and ask for answers to find out what could assist in total healing. This portion of the Whole-Body Breathing program helps you create a system of self-dialogue and imagination, which leads to communication between mind and body. Your body has incredible wisdom and sometimes knows more about what is best for you than you think. You simply ask questions and listen for the answers.

The follow-up required when you get an answer is to take action. If you ask your body, “What will help me feel better today?” and the reply is, “Don’t eat sugar,” then follow that direction. If you follow through with what you hear, the body steps up its willingness to heal more rapidly.

I have seen many people experience physical and emotional healing once they communicate with their body. It is not separate from the mind it is one system working together. Your body uses the only language it can and it signals through pain, illness and emotional chaos.

If you are willing to observe and clear out the old emotional toxins, you improve your immune system responses. For instance, I had to face the belief that if I am sick someone will take care of me. Did this belief unconsciously fuel my desire to stay sick? Once I acknowledged it was not serving me, I created a new healthy belief about taking care of myself.

You are the “authority” of what is going on in your body. Only you know the fullness of your experiences. You are the one to determine whether you will do everything in your power to foster your health whatever it takes. You make choices and take actions that add to or take away from your health. Breathing with the intention of true health regarding your situation, gives you the tools for recreating how you see yourself.

### **Breathe a Loving Heart (CD 3 section # 3)**

Session Three: You begin with deep breathing then expand the breath into your upper chest into your underarms and between your shoulder blades. As you feel breath moving, you associate life force circulating from your lungs into your heart and through your body. You can experience a stronger sense of love within. Taking a full breath, you will create a connected flow of energy and find your heart’s voice as an internal guide for having more love in your life.

The tips of your lungs come up just above your clavicle bones (commonly known as the collarbone) and that is the area where most of your residual air remains. If you have ever gotten the wind knocked out of you, you know what it feels like when all the air is exhaled from your lungs.

With use of **Breathe a Loving Heart**, your body will learn how to take a deep breath that originates in the lower abdominal area and as air fills the lower lungs and flows upward where the torso expands. This expansion allows the lungs to fully inflate and maintains flexibility within the back and shoulder muscles. As you inhale and inflate horizontally, you make space for air to flow through your lungs. When your neck muscles relax the oxygen can be more easily delivered to the brain with less vascular constriction. By staying relaxed while you breathe deeply, you improve blood circulation throughout your entire body.

When breath flows into the chest be certain that you do not attempt to get air into the upper lungs by raising your shoulders. Imagine your rib cage opening out to the sides rather than up. It is much easier to open horizontally rather than to lift the rib cage up.

The focus of this session is not only to open the breath into the chest but also to create a connection between your mind and heart. Become intimate with your heart and what it holds in terms of information and assistance for your life. It is up to you to see that you are a source, a creator and a magnet of love.

**Breathe a Loving Heart** has helped me realize that the love from the heart is limitless. Love knows no boundaries and can grow endlessly. I now understand what it is to know and feel the unlimited expansion of a loving heart.

I encourage you to get to know the sound of your heart beating within your body. You may try practicing breath work while in the bathtub with your ears below the water you will hear your heartbeat. You can regulate your breathing to slow it down or speed it up. Or simply plug your ears and play with this one. You might be amazed at what you can do.

#### **A Tip on Forgiveness**

When opening the heart area, you may find that you have people in your life to forgive. I suggest you take yourself through a forgiveness exercise at that time or after your breathing session.

On life's journey we all play certain roles in each other's lives and though actions may seem harsh, we can still make the best of a bad situation.

Forgiveness does not mean forgetting. It simply means releasing yourself from holding onto old emotions that impair your heart's ability to love. Know that it is not an action you are forgiving rather you are allowing yourself to see the innocence the person's heart. Holding old anger or pain is like holding onto a hot coal in preparation to throw it at your desired target. However, the only one getting burned is you. Clearing the heart of blame, disappointment and sorrow makes space for more love.

#### **Breathe Your Spirit (CD 4 section # 4)**

Session Four: You learn the complete internal movement of breathing from your tailbone area through your nasal cavities as a total breath connection. This guided journey is to reclaim your Spirit's gifts and inspires a perfect union of mind, body and spirit.

**Breathe Your Spirit** is the final step to the ultimate goal of breath work. This session guides you to an awareness that breath not only fills the lungs but at the top of the inhalation, the air can actually rise up back through your neck to fill your sinus cavities. This feels like a slight lifting in the skull and facial area and is very enjoyable. As the breath travels into these final spaces, the energy you feel is thrilling as the connection of mind, body and spirit is felt throughout the whole body. There is an alignment and unity of the breath as it touches all these areas. Also, when using

this complete technique, imagine the breath traveling up the spinal column as if it were a staircase and you might actually feel your back adjusting itself as the muscles around your spine loosen and relax. You receive an internal massage as the muscles gently expand and collapse with the movement of your breath.

You will create an image of your Spirit. During one session it may look like a tree, another time maybe an exact image of you in your healthiest and joyous state. It fluctuates which is exciting, for as you grow you will find there is so much to know about your self. As you grow, accept and take ownership of what is within you.

Many people have different associations with the word Spirit and in this case, I am use it to define your true self beyond just your body. It is the essence of your whole self. You can have an image of your Spirit and create a companionship and communication with this as an internal guide invested in your best interest. You can feel this part of yourself as it always supports your life journey. I find this part of each of us is so willing to come forth and aid us in any way that is for the good of all.

The term respiration takes on new meaning. It is to Re-Spirit-Oneself.

This session is designed to lead you into a greater sense of spirituality, whatever your beliefs are about your own Spirit, God or Creative life energy.

You are worthy and deserve of great love and joy. It is up to you to seek out the wisdom within. Learn to go within and find your truth. By allowing direct communication with your wise Spirit, you tap into a source of knowledge that is beyond simple mental comprehension. Seeing from this expanded viewpoint gives you vision and details for creating a more fulfilling life.

I find, through breath work my motto for living is, "Spirit Is Fearless." This gives me the inspiration and motivation to live each day fully and fearlessly. When you come to know the image and qualities that are innately you, it is much easier to make good choices leading to a more fulfilled life. You can determine for yourself that there is a part of you which is already healthy, full of joy and fearless. Everyday is full of possibilities and creative options.

If you can imagine your Spirit living just under your skin, then you are accountable for what you do and say every moment. It is a glorious experience to surrender your self to the truth of who you are and allow yourself to grow and flow out into the world. Living with the concept that you are more than your body and thoughts opens you to a new heightened state of existence. It is as though you have tapped into your own source of magic. No matter what your beliefs, you are reclaiming your true self, which connects to the divine in us all.

Observing what aligns with our highest good as it shows up experiences serendipity. It is that chance meeting, a wish come true, a call from a friend you were thinking about or the mentioning of an idea you had in mind. You may receive a gift or be led to do something out of the ordinary. This is a spiritual confirmation that you are on the right path. This may be the inner and outer working of Spirit itself.

Only you can open the channels for receiving what you desire. Trust that you are supported in every way. Watch how things come to you and be grateful when you feel the wonder of being in the flow.

Many have used the term “manifestation” in a way that signifies the ability to create and bring something into reality. I believe it is more easily understood as, “What You Think Is What You Get.” It is very important to realize that you have stepped onto a new path by learning to breathe life into yourself and your dreams.

If I can inspire you to do anything, it is to take breath work seriously and see how you change. The information and answers you seek are found by, following your breath, asking questions and waiting for results. You already have many tools to improve the quality of your life and using these tools becomes easier when you open your mind and believe. Choose what you think wisely because it IS what you become.

My wish is that this program brings many blessings to you.

You deserve to enjoy your life and have all the wonderful experiences of self-love and good health.

***Create, Dream, Believe, Become, Be and Enjoy!***

***AH...***

### **About the Author**

Anna Coy developed the Whole-Body Breathing™ method. Her extensive education in the fields of fitness, nutrition, herbs, vitamins, psychology, metaphysics, music and voice, yoga, and meditation provide the groundwork for her cutting-edge techniques. Anna spent a decade as a certified fitness trainer. Her additional professional experience encompasses a broad spectrum of sales and marketing in related health industries.

Anna’s earlier years led her to discover keys to the healing process for what she calls "Emotional Network Programming." Anna works closely with medical doctors and alternative specialists by providing their patients with an integrated approach to healing that aligns mind, body and spirit.

A featured guest of radio and television, Anna conducts lectures, seminars and workshops.

"Spirit Is Fearless Productions" is a company dedicated to distributing audio, video, and written materials for personal growth. As founder, Anna is able to fulfill her hearts desire to help people achieve self-integration, inner peace and consistent happiness.