

## **BASE BELLY BREATHING**

The breath can ground you deeply into your gut, right into the core of your being, which is why it is a vital part of daily practice. Breathing with awareness reminds us we are embodied; body, heart and gut – all are inextricably linked. There are many breathing techniques you can explore that can help stimulate your vagus nerve and link you deeply into your parasympathetic nervous system though my recommendation below is simple – and also portable when away from home – this powerful healing strategy works for general stressful problems, all inflammatory bowel conditions and many more tedious daily occurrences that, sadly, most of us encounter. Just set a ‘phone reminder – or any other option to slowly change the mindless habit of shallow breathing, so that you are deeply aware of being in your body and belly – three minutes of practice is all it takes; aim to take three such breaths each awakening hour or at a level which works for you.

### **Step one:**

Find a quiet place and set a three-minute timer

### **Step two:**

Sit upright comfortably with your back straight and your shoulders open. Place your dominant hand on your belly, palm flat and your non-dominant hand on your chest. Now

take a deep breath into your lungs and imagine you are breathing deep into your root chakra (right into the base of your bum).

### Step three:

You will start to feel your non-dominant hand move outward. As you naturally exhale your breath, imagine you are misting the glass of a mirror with your mouth slightly open. You can also make an 'ahh' sound.

### Step four:

Breathe in again and repeat. By focusing on drawing in your breath beyond your belly, down into your root chakra, you will naturally find you breathe more deeply. You will feel grounded and present.

Please note that if this is the first time you've tried abdominal breathing, you may feel blocked. If this is the case, be gentle and take time to practice. If you continue to breathe deeply into your root without forcing it but calmly and with focus, you will find your energy shifts. This may be accompanied by an emotional shift. If, earlier in your life you have received information about it not being OK to cry, you may notice a release in your diaphragm.