

# Take a Breather

By Gayle North

Relaxation is beneficial for mind and body and spirit. This process will not only relax you physically, it usually brings about a profound feeling of inner peace. If you hang out in this relaxed state, it will take you into a powerful connected state where you will enjoy more fulfilling prayer or meditation or creativity as you contemplate any aspect of your life to discover new insights.

A colleague, Dr. Marvin Backer of Butte, Montana shared "Take a Breather" with me. I introduce all of my clients to it now. In the peaceful state that results from doing this exercise, you can visualize any positive changes you wish to make. As you make this exercise a part of your daily routine and "see your movie" of living just the way you want to, you are instructing your subconscious mind to assist you to think and behave in new ways and to bring about the things and the experiences you desire. From this state, you will find that your positive changes happen naturally.

## TAKE A BREATHER

### ***A Brief Stress Management Technique***

1. **Abdominal Breathing:** Exhale completely and begin taking a deep breath by first filling your stomach so it balloons out, which will fill the lower part of your lungs. Then continue the deep breath by filling your chest with air-raising your chest. As you breath in focus on relaxing your shoulders and neck muscles and keep them relaxed during the whole process. Then simply let the air out of your lungs at its own rate.

2. **Say "RE-LAX":** Next, as you breath in, say silently to yourself, "Ree.....", and as you breath out say "Laaaax...." It seems to be more effective if the last syllable is extended and pronounced in a lower and softer tone of voice than the first.

3. **Smile Inwardly:** As you begin to say the last syllable smile inwardly (an actual smile need not form on your face.) **Feel the smile in your chest.** Continue feeling the smile throughout the next steps.

4. **Positive Picture and/or Message:** As you begin to experience the inward smile, form a positive image in your mind. Visualize or feel yourself in a beautiful and relaxing setting. You may even want to visualize that the stressful situation you are confronted with has turned out positively, or see and feel yourself as you would like to be.

5. **Give Yourself a Positive Suggestion:** Now give yourself an affirmation such as "Good things are coming my way" or "I deserve to feel calm and happy" or, "I deserve to be healthy and slim (or free of tobacco, or \_\_\_\_\_.)" or write your own statement.

Many clients have told me that "Take a Breather" helps them to manage their stressful days and several have told me that they do it at bedtime to fall asleep smiling inside feeling soothed by the beautiful natural setting in their mind. It clears the energy system of static from the day and fosters a peaceful and very restful night's sleep.

At first this exercise is kind of like patting your head and rubbing your stomach. You are doing several things at once. Even so, you will experience a new level of relaxation from the first try. Although you will notice immediate benefits from this technique, its real value lies in repeated and consistent practice. It can be a lifelong tool for managing stress and for increasing joy and self awareness.

With the consistent practice of this simple little exercise comes poise, increased peace of mind, and calmness of thought which will bring you happiness."

I would love to hear about your experience.

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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