



## **Breathing Script**

Please read the script below to practice your breathing techniques for relaxation. Alternatively, you can listen to a spoken version here: <https://soundcloud.com/kyoh-1/relaxation-1>

To begin with, make sure that you are lying or sitting in a comfortable position. Hands and legs uncrossed. When you are ready, allow your eyes to close if you want to so that you can focus on what you are doing.

Now just as a test, put your hand on the part of your body that's moving the most while you are breathing. There's no need to change anything, just being aware which part of your chest or abdomen is moving most while you breathe.

I just want you to be aware of your breathing now...notice that each time you breathe in, you breathe in cooler air ...  
and each time you breathe out you breathe out slightly warmer air...  
just being aware of that sensation. Noticing the cooler air passing over your nostrils and the back of your throat each time you breathe in...  
and then noticing the warmer air each time you breathe out.

If your mind wanders off, just gently bring it back to focusing on your breathing again.  
Allowing any thoughts ...to gather like clouds in the sky ...and drift on by.  
And, noticing now the lowest point that the air reaches when you breathe in.  
This will be at the bottom of your rib cage... the upper part of your abdomen.  
So ...as you breathe in, I want you to imagine that you have a balloon inside your abdomen...  
And with each in-breath, the balloon fills with air and your abdomen rises...  
and with each out-breath, the balloon collapses and your abdomen falls.  
With each in-breath, that balloon fills with air and your abdomen rises, and with each out breath, the balloon collapses and your abdomen falls

Now, placing your right hand on your upper chest and your left hand on your stomach, just below your rib cage...

We are going to imagine that we are in a fishing village and walking down towards the harbour. And standing by the harbour wall...see this as clearly as you can in your mind's eye. This can be a harbour in a place that you know well, or a place you are making up in your imagination. As you stand by the harbour wall now, noticing that the tide is in ...and the fishing boats are tied up, secure and still in the protection of the harbour.

Imagine that your right hand, the hand on your chest, is one of those boats in the harbour, nice and still. ... And as you look out beyond the harbour wall, you can see the sea gently rising and falling...in time with your breathing. And out on the water, there is a small fishing boat and the men in the boat are pulling in the nets... and that small fishing boat is gently rising... and falling... in time with your breathing... in time with the waves. Notice your left hand... on your abdomen, gently rising and falling... in time with the boat and... in time with the waves.

Your right hand... on your chest, is nice and still... like the boats tied up in the harbour... and your left hand, on your abdomen, is rising and falling gently... in time with the fishing boat... in time with the waves.

Now each time you breathe, each time you breathe out, notice the tension leaving your body with each out-breath. Notice that as you breathe in, your body feels slightly lighter, and.... as you breathe out, you feel slightly heavier.

as your breathing, notice that with each in-breath, each time you breathe in, you are feeling lighter, with each in breath... more alert... and more aware of your surroundings.

And now counting your next 5 in-breaths, with each in-breath feeling more alert.