

Counting the

Breath

as a path to stillness & calm

Try this deceptively simple technique when you feel stuck, overwhelmed, stressed or anxious.

Sit in a comfortable position with a straight spine. Gently close your eyes and take a few deep breaths, allowing the breath to come naturally without trying to influence it. Start by paying attention and beginning to gently calm, deepen and slow the breath.

Count "one" to yourself as you exhale. The next time you exhale, count "two," and so on up to "five."

Then begin a new cycle, counting "one" on the next exhalation. Count only to "five" and on the exhale.

If your mind wanders or you become distracted and find yourself counting higher or losing count, simply begin anew with "one."

Continue for up to 10 minutes of calm meditation.

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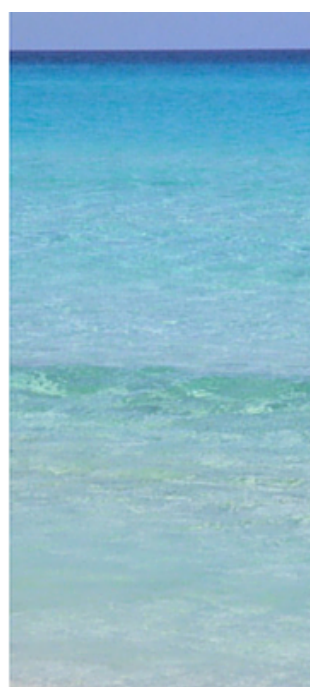
One of the most powerful ways to stay calm and centered to counteract the physical and emotional impacts of stress is to breathe optimally. Deep, relaxing breathing into the lower lungs balancing the nervous system and allows you to connect to the present moment, setting the stage for healing.

Breath

is the bridge which connects life to consciousness, which unites your body to your thoughts.

Thich Nhat Hanh

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If you find this helpful, you can access more guided relaxation exercises utilizing the power of the breath with **Breathe: Guided Relaxation & Breathing Exercises to Help You Find Your Whole Cure!**

<http://www.jenniferweinbergmd.com/product/breathe-meditation-cd/>