



3 Favorite Breathing & Healing Meditations

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1. Power Combo Breath

This breathing meditation combines a few different favorite breathing techniques:

- **The Buteyko Breathing Technique** was created way back in the 1950s by a Ukrainian doctor, Konstantin Buteyko. It is excellent in oxygenating the cells, expanding the lungs, and good for people with lung and chest issues and ailments such as asthma.
- **Humming Bee Breath (Bhramari):** this also oxygenates the cells and blood, opens up the sinuses and airways, and increases nitric oxide, which is a bronchodilator, further increasing the oxygen-absorbing capacity of the lungs. It is also very calming and just plain fun!
- **Nostril Breathing:** Breathing through the nostrils has several significant advantages to mouth breathing: filters the incoming air, humidifies the air, warms the air, pressurizes the air, and increases nitric oxide.

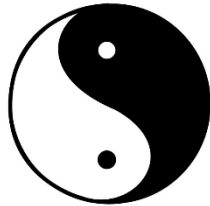
Method:

1. All breathing is in and out of the nostrils. No straining.
2. Make yourself comfortable. Sit in the Presence of Divine Love.
3. Breathe in long, slow and deep
4. Breathe out long, slow and deep using humming bee breath (making a soothing closed mouth, “hmmmmmmmm”)
5. Breathe in only 2 seconds, then breathe out completely using humming bee: “hmmmmmmmmmm”
6. Pause after exhale for 5 seconds, before starting cycle again with long deep inbreath
7. Feel free to lengthen inhale and exhale more and more as you expand the lung capacity, but do not strain.
8. Do as many breath rounds as you like, then relax and notice how you feel.

2. Breathe in and out

I breathe in body healing exhale (release) disease
I breathe in healthy cells and blood exhale toxins & impurities
I breathe in a pure, healed heart exhale hardened heart
I breathe in peace exhale fear
I breathe in God Presence exhale loneliness
I breathe in *Thy* will exhale egoic *my* will
I breathe in Divine align exhale disruption
I breathe in strength and courage exhale anxiety and angst
I breathe in humility exhale arrogance
I breathe in ability to bless and uplift exhale curses and criticism
I breathe in righteousness exhale unrighteousness
I breathe in balanced brain exhale damaged brain
I breathe in mind renewed exhale mind madness
I breathe in freedom exhale vices and addictions
I breathe in truth exhale untruth and lies
I breathe in clear vision exhale clouded sight
I breathe in wisdom exhale programing
I breathe in rest exhale exhaustion
I breathe in focus exhale distraction
I breathe in faith and trust exhale worry
I breathe in positivity exhale negativity
I breathe in acceptance exhale struggle

Alternate Nostril Breath



This balances the right & left brains, masculine and feminine energies, and is very calming and centering.

- Use the thumb and ring finger of your right hand to take turns blocking each nostril.
- Start by blocking the right nostril with your right thumb, and breathing in deeply through the left nostril for a 3 to 5 second count.
- Then, hold both nostrils closed for 1 second, then block only the left nostril with your ring finger, and exhale out the right nostril for 3 to 5 seconds.
- Then again hold both nostrils closed for 1 second, then inhale through the right for 3 to 5 seconds, hold both closed for 1 second,
- Exhale out the left for 3 to 5 seconds. You are welcome to increase length of inhale, exhale, and holds, but *no strain*. Continue for 10 rounds.
- **PLEASE RELAX and DO NOT STRAIN** ----- Roy Holman,

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