

## JUST BREATHE

Simply tap while breathing. Inhale at one point, exhale at the next, and continue for a few rounds.

Increase the effect of this by adding visualization:

- Visualize breathing in through your crown, and breathe the “air” into any area of the body that you wish—any area of pain or discomfort, in your abdomen, down your back, at the tips of your toes...

- Use colours. If your pain or discomfort had a colour, what would that be? What colour would help alleviate that discomfort? As you inhale, visualize bringing in the “remedy” colour and as you exhale, breathe out the “pain” colour, and allow the sensations and colours to change on their own...

- Use the “inner smile.” While you breathe in and out, simply keep your focus on an image or sensation that makes you feel *really good*, full of happiness, love, peace, calm, safety and security—whether that be an image of a puppy playing, a child, or for some people that might be the image of an angel. Whatever works for you, keep that inner smile with you as you breathe fully and deeply for a few minutes, tapping gently at each breath.

By all means, when watching the video, follow your own rhythm/rate of breathing rather than trying to conform to mine.