

ANATOMY OF BREATHING

Even though there are so many body parts involved in breathing, and I hold tension in a lot of them, somehow I can easily release all of it.

Even though so much of my anatomy is invested in the action of breathing, and there are a lot of tensions I'm not even aware of, somehow I can love and forgive myself

Even though I carry tensions throughout the entire anatomy of breathing, somehow everything's okay and I can choose now to relax and breathe and release those tensions.

Tension, congestion, constriction in my nostrils

Tension and congestion in my nose

Nasal congestion

Sinus congestion

Tensions throughout my mouth and throat

Constriction or congestion associated with my throat

Tightness and restriction in my neck

Tension in and around my neck

Constriction of my trachea

I want to be over all these tensions and restrictions associated with the anatomy of breathing

All of this tightness throughout my throat and neck

So much that I hold in my neck and throat area

How my neck and throat can constrict my breathing

Tension in the muscles of my neck

Tension in all of the connective tissues associated with my neck and throat

Constriction of my trachea and larynx

Constriction of my windpipe and voice box

All of these tensions affecting my trachea

Tensions in the muscles of my upper back and chest

I want to be completely, 100% over all these tensions that I carry which affect my breathing

This tension in my upper back

This tension in the muscles of my back and chest

Tension that I carry in my rib cage

Constriction of my thorax

Tensions affecting my thoracic cavity

Tension and constriction of my ribs

The muscles between my ribs

Tensions in my intercostals muscles

My constricted rib cage

Somehow I will be completely, 100% over all the tensions I carry in all these body parts

Tensions in my diaphragm
Restricted movement of my diaphragm
Tensions in muscles and connective tissues around my diaphragm
My restricted diaphragm
Abdominal muscles that affect my diaphragm
All of this tension I carry in my diaphragm
Tension and constriction of the diaphragm
Movement of the muscle of the diaphragm

Somehow, I can easily release all of the tensions I have been carrying that affect my breathing

Tensions that I carry in my lung tissue
Tensions in my respiratory tracts
Constricted bronchi
Constricted bronchioles
Restricted lung function
Constricted alveoli
All of the air sacs within my lungs
The volume of air that my lungs comfortably holds
Restricted surface area in my lungs

I can now easily release all of the tensions associated with my anatomy of breathing, enhancing the efficiency and ease with which I breathe

Increased flexibility
Elasticity
Organized, harmonious contraction of muscles
Deep and full relaxation of tissue
Co-ordinated movements
Effortless compression of the chest
Flowing, full expansion and release
Breathing involving all of these body parts
Breathing with ease and flow