

Record Your Own

Diaphragmatic/belly breathing

Softly close your eyes - or if you prefer to have your eyes open, soften your gaze.

And soften the muscles of your face, jaw and tongue. It is OK to have your eyes open or your eyes closed in all of these practices.

Bring your attention to your breath. Take three breaths in and three breaths out - noticing the sensations of your breath.

Now bring your awareness to your belly. As you breathe in, allow your belly to push forward towards the front of your body. As your breath releases out, let your belly relax as it draws back in.

If this feels right, place your hand on your belly. Feel the sensation of your belly moving out as you breathe in, relaxing back towards your spine as you breathe out. Allow your breath to remain long and calm. Relax your back, your neck and your chest.

Every breath out relax a little bit more. Breathe in calmness; breathe out tension. Breathe in peace; breathe out pain.

As you continue breathing in your belly, feel your spine straighten as you breathe in.

Each breath in your spine becomes longer, stretching up towards the sky.

As you breathe out your body relaxes as the breath lets go.

Your spine is becoming longer; your body is relaxing more; your belly is expanding towards the front as you breathe in.

Feel the energy of your breath rising up in your body as you inhale.

Feel the breath moving from your pelvis to the crown of your head as you inhale - so that with each breath you feel yourself becoming lighter. Each breath out you feel your spine becoming taller.

Continue with belly breathing. Long and calm; body relaxed.

When you feel ready take three big breaths and take your time opening your eyes.

Neil Pearson and Pain Care U