

## Lungs, Your Source for a Long Life

By Amanda Moxley

### **Breathe Deeply to Live a Long Healthy Life**

Do you practice deep breathing every day? A simple way to de-stress, feel grounded and connected to your body is to stop and take ten deep breaths.

I know you are thinking... "This is easy, duh I breathe." Well you may breathe but are you a conscious breather? Are you completely aware of your breath at all times? Are you aware of the times when you forget to breathe? Most of us breathe very shallowly with our mouth open, this upper respiratory breathing is a fight-flight precursor and not conducive to relaxation.

When you learn to breathe you will feel connected to your mind, body and soul!

I practice breathing every morning when I wake up. I sit outside in my beautiful backyard, close my eyes and BREATHE! I love this morning ritual. After I breathe, I set my intentions for the day and visualize all the good that I want to attract in my life.

You can try this too!

You can practice breathing in your car (with your eyes open) during traffic, before a meal, in your office, right when you get home from your hectic day, and/or before you go to sleep at night. Try deep breathing while you are exercising--yoga, running, walking and biking are all great times to focus on your breath.

The benefits of breathing deeply are numerous. Try it for yourself and notice the difference in your attitude, stress level, confidence, digestion, relationships and more.

Feeling overwhelmed stressed or tired?

I like to tell my clients, "you can live with out water, and food but you can not live with out air." Learning how to breathe is one of the very best things you can do for your health and mental clarity.

Sit in a comfortable place (chair, floor, bathtub, bed.) Turn off any distractions (books, TV, computer, newspapers, magazines.) Close your eyes and relax your whole body. Take a deep breath in through your nose and out through your nose. Inhale and fill your whole body up with white light, exhale and relax your belly, inhale and fill your body up with light, exhale and relax your chest, inhale and fill your whole body up with light, exhale and relax your neck and shoulders, inhale and fill your whole body up with light, exhale and relax your face, jaw and eyes, inhale and fill your whole body up with light, exhale and relax your whole body. AHHH!

How do you feel?

Calm, relaxed, quiet, centered, and connected to your body, mellow, awake, relaxed and happy?

I recommend that you practice this conscious breathing exercise at the very least once a day.

Write your intention here:

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I plan to practice deep breathing for \_\_\_\_\_ minutes every day at \_\_\_\_\_ time each day.

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