

Deep Breathing

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Deep Breathing

In this exercise,
I'll share how deep breathing practices
Can influence your autonomic nervous system
and relax your body, improve your immune system,

When was the last time you really thought about your breath?
Your breath is the only thing that you control which enables you
to pro-actively affect your own "involuntary nervous system"
also known as the 'autonomic' nervous system.

So it's pretty cool that you can use specific techniques of breathing
to decrease the sympathetic nervous system
and increase the parasympathetic nervous system.

Why is this important?
Because when the sympathetic nervous system is dominant,
your breathing is fast, short and shallow
And believed to be the major contributor to migraines,
And chronic pain of all kinds.

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When the parasympathetic nervous system is activated, you breathe slower, deeper and longer, restoring balance to your system and optimizing your health. Your goal in breathwork is to change your breathing qualities.

The goal of this exercise is to focus on making your breath deeper, longer, quieter, regular and slower as often as possible. The more often you do this, the more often you put the parasympathetic nervous system in the driver seat and calm down the sympathetic nervous system.

In the depths of mindfulness, there is less of a distinction between the breather and the breath, the feeler and the feeling, the experiencer and the experience — they start to blend and become one in the same.

Deep breathing exercises have a variety of benefits physically, emotionally and spiritually as well, so using the breath as the focal point doubles the physical, emotional and spiritual benefits that you can feel on a daily basis.

So let's do a guided mindful breathing practice to emphasize these techniques.

(making your breath deeper, longer, quieter, regular and slower)

Excellent. Well done.

So, to recap,

So it's pretty cool that you can use specific techniques of breathing to decrease the sympathetic nervous system and increase the parasympathetic nervous system.

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Why is this important?

Because when the sympathetic nervous system is dominant,
your breathing is fast, short and shallow
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The goal of this exercise is to focus on making your breath deeper,
longer, quieter, regular and slower as often as possible.

The more often you do this,
the more often you put the parasympathetic nervous system in the driver seat
and calm down the sympathetic nervous system.

I hope some of this has been useful for you.

Thank you for your mindfulness!

