

Day 17

Chest breathing Relaxation exercise

1. Lie on your back. Place your feet shoulder width apart and your arms at a 45-degree angle, palms facing up. Close your eyes.
2. With your mind's eye, scan your face, neck, shoulders, arms, hands, fingers, chest, lower abdomen, back, hips, legs, feet, and toes, and let go of tension.
3. Breathe in deeply, fully expanding your lungs through your nose and out through your mouth.
4. Imagine a bright sun above your chest, sending you pure, healing energy every time you breathe in.
5. Imagine releasing stagnant energy through your arms, hands and fingers and toes every time you breathe out.
6. As you become more and more relaxed, your breathing will become slower and deeper

Variation: Instead of releasing stagnant energy through your arms (5), you can send the pure, healing energy that you received through inhaling down into your lower abdomen.

