



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.

When the **para**sympathetic 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.

### **GUIDED MINDFUL BREATHING PRACTICE**

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

Excellent. Well done.

So, to recap,

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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!