

## **3 minute breathing and visualisation exercise.**

**You can do this discretely wherever you are,  
even while on the train or waiting for the bus to arrive.**

Close your eyes, focus at the point between your eyebrows, and start breathing in and out through the nose, each time watching the breath as it starts in the belly and rises up to the collar bones.

Make each breath long and deep and slow and bring your mind to a problem you need to resolve, a challenge you need to address. Shine a bright light on it in your mind's eye and then slowly dim the light down into darkness.

Now start to inhale through the mouth, rolling your tongue if you can, otherwise simply inhale across the tongue with your mouth open. Then close your mouth, exhale through your nose, continue like this for one minute.

Start breathing in and out through the nose, take a deep inhale and hold for 15 seconds, then exhale and do this two more times. Start to breathe normally and slowly open your eyes.

Some clients do this before important meetings, others do it on their way home – it's only 180 seconds. Both report increased levels of calm and positive energy that help them achieve what they set their minds to.  
Try it yourself several times and I'm sure you'll notice a positive change.

Conscious breathing combined with visualisation increases the flow of oxygen to the brain, supports the parasympathetic nervous system, reduces stress and imprints the problem in your mind for the subconscious to work on.

If you would like to receive another short exercise, [email me](#).

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