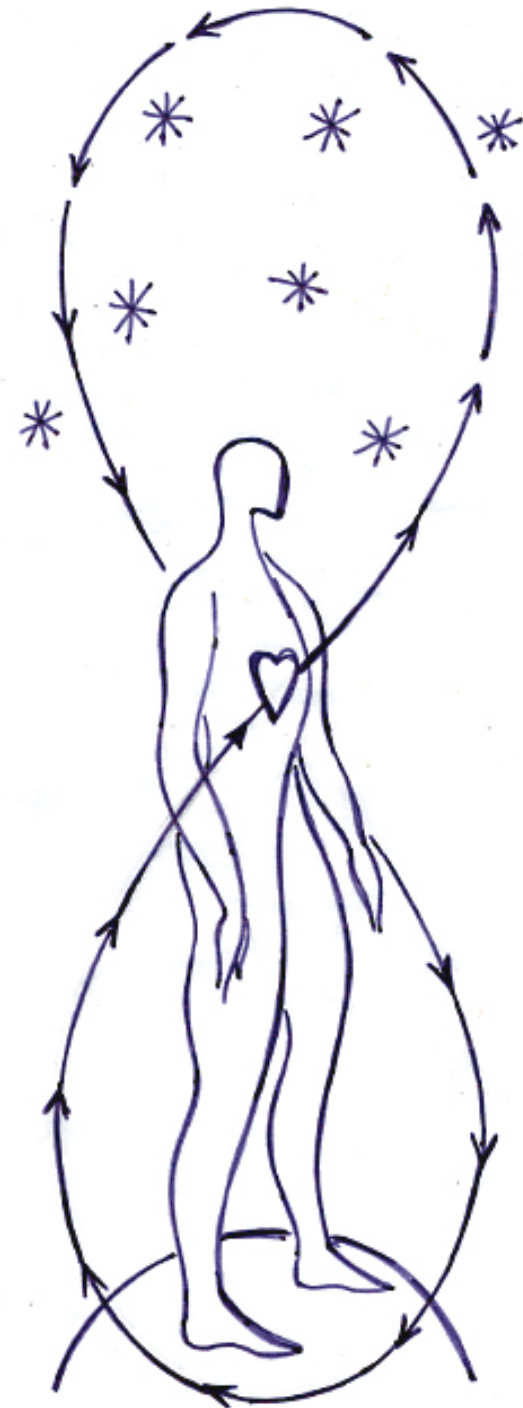


Figure of Eight Breathing

If you want to center deeply and quickly, try this exercise.

- a. Stand with your feet shoulder width apart, eyes closed, and your attention on your breath. Sitting or lying down works too, but standing is the easiest way to start.
- b. Inhale slowly and bring your awareness to your heart.
- c. Exhale slowly and imagine your breath is traveling down the front of your body and penetrating to the center of the Earth.
- d. Inhale slowly and imagine you are drawing energy up from the center of the Earth, up the back of your body, and into your heart.
- e. Exhale slowly and imagine that your breath is going from your heart up the front of your body as high as it can go – to the sky, the stars, heaven – whatever works for you.
- f. Inhale slowly and imagine you are drawing energy down from above, down the back of your body and into your heart.
- g. Repeat this “figure of eight” as long as feels right – perhaps 5-20 cycles at the beginning. When you are familiar with this practice, four or five cycles is enough to feel quite grounded.

To start, trace the figure of eight shape with one hand, as a way to help your awareness move.



Source:

[We Can Do This: 10 Tools to Unleash Our Collective Genius](#) (2017) by Kate Sutherland.