

# Yarra Valley Body Balms

## Breathing With Sound Exercise

There are a variety of deep breathing practices, originating from traditions, religions or modern holistic practice.

Breathing correctly and for benefit during meditation, is of great importance, as how you breathe may affect the process and the outcome.

Meditation takes many forms in traditional religion and in modern Holistic healing. Breathing and visualisation are key aspects of meditation.

Controlled breathing in meditation, can take your mind and body to new heights. The breath is a powerful tool if you know how to use it. A famous yogi, Ramana Maharshi said, "Control the breath and you control the mind, like throwing a net over a wild parrot."

One breathing exercise that you may find useful and is relatively straight forward to complete, is the **Breathing with Sound Exercise**.

This exercise aims to focus your thoughts on creating sound, and the feeling it creates in your body.

This is how you would do it: –

- Find a quiet place where you will not be disturbed – this could be somewhere private indoors or a secluded area outside
- Sit in a comfortable position with your back straight
- Inhale through your nose
- Exhale through your mouth and make the sound of a hummmmm
- Just do what you can do comfortably – do not strain for deeper breath
- Next, inhale and exhale without a sound
- Repeat the process of inhaling through the nose, and exhaling with the hummmmm" sound
- Focus your attention on your diaphragm and note how the sound feels. Your diaphragm should expand when you inhale (taking in breath) and contract when you exhale (letting breath out) and hum
- Repeat the exercise for 5 minutes