

## Abdominal Breathing and Imagination for Calming the Body



1. Place your hands gently on your solar plexus (the point where your ribs start to separate above your abdomen). Get comfortable, and begin to relax as you allow your belly to expand during inhalation.
2. Imagine that energy is rushing into your lungs with each incoming breath of air and being immediately stored in your solar plexus. Then imagine that this energy is flowing out to all parts of your body with each exhalation. Make a mental picture of this energizing process.
3. Continue doing this exercise for at least five to 10 minutes a day on a daily basis.