

# You can **Relax** – Any Time, Anywhere By '**Counting Breaths**'

Simply engage your wandering mind in counting your breaths. It will then have less free time for stressful thoughts. **This easy technique quickly cools the mind and releases the locked up stress in Mind and Body!** See the remarkable benefits reported for Mind, Body and Relationships in the web site [www.countingbreaths.com](http://www.countingbreaths.com)

Here are the basics - **How, When, and 'How long to practice'**.

## How?

1. As your breath goes in, you can feel a slight coolness of air inside your nose.

Close your eyes. Focus your mind on the coolness inside the nose as air passes through. Feel a few breaths. **Don't you feel a little relaxed?**

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2. As the breath goes out, count silently and slowly -

During the First out-breath : Count 'one, one...' so on.

Second out-breath : 'two, two ...'

Third out-breath : 'three, three..'

**Could any thoughts bother you during this process? No way!**

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3. Your Mind gets totally engaged with this relaxing practice.

First In-breath : Just **feel the coolness** inside the nose

Out-breath : **Count 'one, one ...'** so on till it ends

Second In-breath : **Feel the coolness**

Out-breath : **Count 'two, two ...'** so on

Continue this practice of feeling the coolness and counting upwards.

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4. After counting some breaths, your mind wanders. You will forget about counting the breaths. Whenever you realize this, start immediately from the first count.

Just repeat step 3. It does not matter how far you count.

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Try this method for a few seconds or minutes and enjoy the relaxation.

**Start now.**

## When to Practice?

Every day you lie down in bed, tired and needing to sleep. But many thoughts keep buzzing in your mind, not allowing you to sleep peacefully. Practice this simple and easy technique at this very time.

**Result:** You will fall asleep in a shorter time!  
have a better quality of sleep.  
feel fresher upon waking up

When you wake up mid sleep for any reason, practice this again to fall asleep with less effort. When you wake up in the morning and but continue in the bed, count some breaths for a few minutes to become fresh and energized to face the busy day.

## What Next?

After about 2 months of practice, you will develop the habit of feeling and counting your breaths. Then extend this practice into other times and activities of daily life.

During these active periods, you **may** only feel the coolness while breathing in and stop counting during the out-breaths. Experiment and decide when to count and when not to count. You can then practice at any time, doing anything!

During boring commercial breaks on the TV, Cleaning, Cooking, Waiting in line, Walking, Exercising, Traveling, ...so on.

When you feel bored, Tired, Frustrated, Impatient, Angry, Mad, Depressed, Bothered by disturbing thoughts ...so on.

**Use this technique frequently throughout the day, to disrupt the chains of bothering thoughts. Avoid accumulation of stress. Be Relaxed.**

## How long to practice?

Do not worry about any rules for length of practice, counts of breath or regularity of practice. What matters most is how you feel after the practice periods. You are like a parent who has adopted a baby habit. This baby habit needs to be nurtured by you to grow into a self supporting adult habit. Recollect the coolness of the in-breath and the feeling of relaxation. Practice happily whenever you remember about it.

*Practice before sleep, while walking etc. for a few months. Then feeling and counting your breaths happens by itself – ‘ becomes spontaneous!’*

**‘Count Your Breaths’ any place, any time. Be relaxed. See the remarkable feedback from children and adults on the benefits for Mind, Body and Relationships in the web page**

**[www.countingbreaths.com](http://www.countingbreaths.com)**

**Good Luck!**

“A simple, no-expense, meditation oriented approach to stress reduction which we recommend to our patients (and ourselves!) is nicely presented at the web site [www.countingbreaths.com](http://www.countingbreaths.com). Try it and you will be glad you did!” Dr. Peter Horwath M.D. in his web site [www.albanyivf.com](http://www.albanyivf.com)