

# Embrace the Calm

## The Art of Box Breathing



*Today, I'd like to invite you to experience a powerful yet simple technique called box breathing. This practice can easily bring calm, clarity, and balance to your life. Whether you need more energy, less tension, stress, and anxiety, or you are just wanting to feel like you are in the Flow - this practice can help!*



## What Is Box Breathing?

Box breathing, also known as square breathing, is a controlled breathing technique that follows a steady four-part rhythm: inhale, hold, exhale, hold. Each phase is practiced for an equal duration, forming the shape of a "box" in your mind.

Picture this: you breathe in deeply for four counts, hold your breath for four counts, exhale gently for four counts, and pause for four counts before the cycle begins again. Simple yet, its effects are profound.

## Why Practice Box Breathing?

This practice is not just about breathing; it's about creating space. It's a chance to pause, reset, and reconnect with yourself, even in the midst of life's chaos.

This is a breathing practice, a mindfulness exercise, and a form of Qi cultivation that can help in many ways!





# The Benefits of Box Breathing

***Why should you add this technique to your day? Here are some of the benefits:***

## 1 Calms the Nervous System

Box breathing activates your parasympathetic nervous system, helping to lower your heart rate and reduce stress. It's like a gentle 'reset' button for your body and mind.

## 2 Improves Focus and Clarity

By slowing down and controlling your breath, you create a mindful pause that improves concentration and mental clarity. It's especially useful before tackling a challenging task.

## 3 Supports Emotional Regulation

This technique helps you manage anxiety and overwhelm by grounding you in the present moment. It helps create mental and emotional resilience. It's a tool you can use anywhere, anytime.

## 4 Boosts Overall Health

Over time, consistent practice can improve lung capacity, oxygenation, and even strengthen your immune system.

## 5 Harmonizes Qi Circulation

Whether you have:

- Qi deficiency
- Qi Stagnation
- Excessive Qi
- An imbalance of Qi (Yang deficiency, Cold, Liver Qi imbalance, etc)

Box Breathing can help. The nice thing is that we don't have to think about 'how' to correct our imbalances - we just practice and our body's inner wisdom will lead you back to a state of balance!



## How to Practice Box Breathing

Here's a simple guide to practicing box breathing:

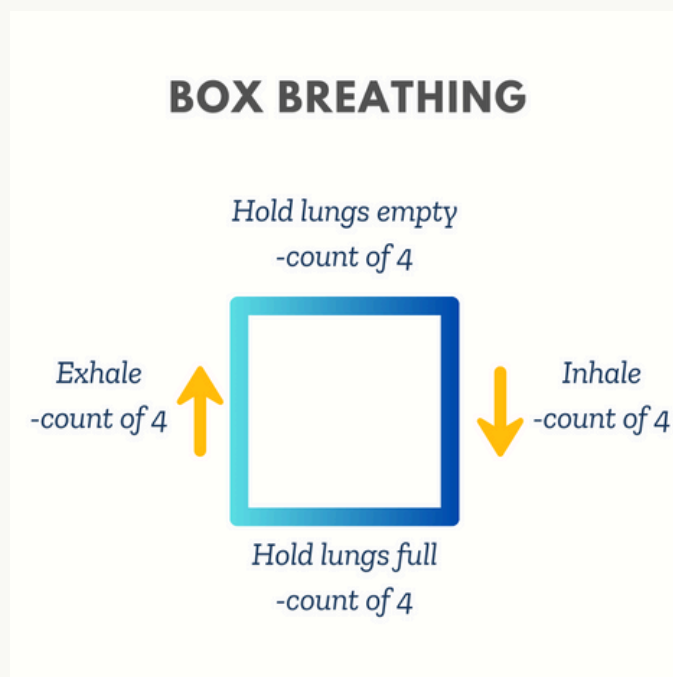
**Find a Comfortable Position:** Sit, stand, or lie down in a quiet space where you feel comfortable. Keep your back straight and shoulders relaxed.

**Close Your Eyes:** Gently close your eyes to help you focus inward. Take a moment to notice your natural breath without changing it.

### Begin Box Breathing:

- **Inhale:** Breathe in deeply through your nose for a count of four. Feel your lungs fill up completely.
- **Hold:** Hold your breath with your lungs full for a count of four. Notice the stillness.
- **Exhale:** Exhale slowly and completely through your mouth or nose for a count of four. Let all the air go.
- **Hold:** Hold your lungs empty for another count of four before starting the cycle again.

When holding your lungs empty or full, avoid using tension in the throat or abdomen, instead just relax the muscles as you hold.





**Repeat:** Continue this pattern for five minutes. If four counts feels too long, start with three or even two counts and gradually work your way up. The key is to keep the rhythm even and steady.

**Observe:** Notice how your body feels as you practice. Pay attention to any changes in your posture, relaxation of tension, or shifts in your mindset. Embrace the calm that begins to settle in.

## Keep Practicing 😊

Box breathing is a way to build resilience, embrace what is, and find peace in the moment. At first, it may feel unfamiliar, or your mind might wander. That's okay! Like any skill, it improves with practice.

Start small. Dedicate just a few minutes a day to box breathing. Perhaps during a lunch break, or before bed. Over time, you'll find it easier to enter a state of calm and Flow.

You can practice Box Breathing after your Qigong practice for maximum benefit. Start small, be kind to yourself and let your Qi Flow!

Wishing you calmness and peaceful moments!

~Jeff

