

Meditation Breathing for a Better Life

Breathing is the essence of life. It contains many mysteries. We enter into life with our first breath and on our final breath we depart. Breath is what connects our inner life with our outer life. Breath is the link which connects one person with another and space between people doesn't matter once connection with the breath is made.

Meditation breathing practices have the potential for healing and for fully connecting us to the gift of life. Breathing practices bring mind and body into harmony. Breathing is the foundation of meditation. In breathing we take in the new and expel the old. We receive and we give. This reflects the balance of life.

Generally we strive to breathe more deeply and slowly in meditation while giving our full concentration to this simple act. Focusing on the breath. This technique brings in more oxygen to the body which provides the best condition for the blood, and circulation. In this manner hypertension can be eased, the heartbeat slowed, and blood pressure lowered.

Breathe in and out through the nose and use the stomach to help you breathe. The belly expands on inhale and contracts during exhale. This is called stomach breathing or life breathing or Buddha breathing. It is very basic and beneficial. It is the way to attain a full breath.

Normal breathing tends to be shallow and uneven and also unconscious. It tends to be in the chest or throat instead of the stomach. This type of breathing has the result of affecting our emotions by making us nervous or stressed or angry. It may even lead us to sleep. We have low energy with this type of breathing.

Buddha breathing (or belly breathing) on the other hand gives us great energy and calms our emotions and our minds. The preferred meditation breathing is full and conscious and rhythmic. This leads to deep meditation and a feeling of harmony and peace.

Breath has the ability to awaken our greater self which is at the center of our being. It can take us on a journey of awakening or enlightenment which is full of possibilities. Meditation breathing can be used also to purify and allow the proper flow of energy throughout the body's energy centers. It connect us with subtle energies have great spiritual potential.

In heart meditation breathing practices we imagine the breath flowing in and out of our heart center. This centers us in our bodies which is healthful. This also softens and opens the heart. We strive not to transcend the body but to find the divinity and greatness which lies inside our own hearts.

By Curtis Simpson

<http://healthy-heart-meditation.com/meditation-breathing.html>