

Power of the *Breath* during Reflexology

By Jane Vandrus RRP.



“The breath is essential to life and learning to breathe properly is essential to good health”

You breathe in and out more than a hundred million times over the course of your life, what if you paid even a little attention to something that you did that often. You would learn to breathe a little bit better and notice a big change in the way you feel.

When you notice an infant sleeping their breathing is unstressed. Their stomach rises with every breath, completely relaxed. As adults when we feel stressed our breathing patterns change to short shallow breathes and sometimes we even hold our breath, creating further stress to our bodies.

Proper breathing and Reflexology assists the lungs to increase the intake of oxygen and expel carbon dioxide and assists the Autonomic Nervous system in the process of homeostasis. The majority of the tension and stress in our bodies can be reduced, by simply learning to breathe properly. Controlled breathing can be a valuable complement in stress management and good health. Both the breath and Reflexology can work together in helping the mind and body return to a state of harmony and balance.

There are simple breathing techniques that can be applied during a Reflexology session that can enhance your relaxation experience.

- 1. The three-breath focus...** Breathing in slowly and deeply counting to three. Holding the breath for three, and then breathe out slowly for three. Repeating this process for repetitions of three.
- 2. Stillness pose...** While lying down hold your hands across your abdomen near your navel. As you inhale allow your stomach to push against your hands. Your hands should lift as you inhale, as you exhale allow the pressure of your hands to push your stomach in. Continue to exhale until you have expired the air in your stomach. Repeat for about 10 minutes, allowing this breathing to go slowly.
- 3. Directing your attention...** from everyday thoughts by using the focal point of your breath can assist you in being present while enjoying your Reflexology session.

During deep relaxation you may feel that you are not fully awake or asleep. Embracing this state of awareness during a treatment can increase your healing experience and assists in allowing the body to return to a natural healing state. Experiencing the power of your breath during Reflexology can assist you on your sole journey to inner peace and better health.

Jane is inspired to assist people in remembering their own true gifts of healing and creation. Visit Jane's website @ www.healingsoles.ca