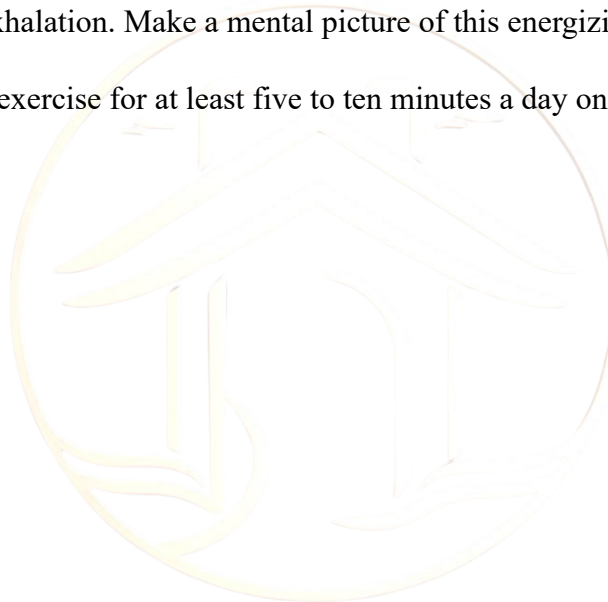


BREATHING FOR SYMPTOM CONTROL OR RELEASE

Abdominal Breathing and Imagination

The following exercise combines the relaxing benefits of diaphragmatic breathing with the curative value of positive autosuggestion.

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 breathe diaphragmatically for a few minutes.
2. Imagine that energy is rushing into your lungs with each incoming breath of air and being immediately stored in your solar plexus. 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 ten minutes a day on a daily basis.



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