Script: Coherence Breathing

Introduction

In the practice of coherence breathing, we slow our breath rate to between five to seven breaths a minute, and the length of our inhalations and exhalations follow a set ratio that brings our heart rate, heart rate variability, blood pressure, and brainwave activity into the same coherence frequency. For example, we may inhale for four seconds, then exhale for six seconds (six breaths per minute).

Coherence breathing offers many healing benefits, including decreased anxiety and depression, improved sleep, strengthened immune function, reduced inflammation, and increased resilience.

Here is how to practice coherence breathing:

- Sit comfortably in a chair or on the floor. You can also lie on your back. You can close your eyes if you like, or practice with your eyes open.

- Place your hands on your belly if that feels comfortable for you. This will allow you to feel your belly move out a bit when you inhale, and in as you exhale. Relax your belly and let the breathing be effortless.

- Going at your own pace, you're going to inhale for a count of four, then exhale for a count of five.

- Inhale, letting the belly expand into your hands for a count of four . . . then exhale, letting the belly gently draw in to a count of five. Inhaling for four . . . exhaling for five, letting the breath be full and relaxed.

- Now continue on your own for another three or four breaths.

- *[Wait a few moments.]*

- Now put your hands on your knees, relax, and sit quietly for a few moments. Let the breath fall into its natural pattern.

Once you practice coherence breathing on a regular basis, you will find that simply taking a few coherence breaths will help you immediately calm your nervous system whenever you find yourself feeling stressed or anxious.