

*The White Eagle Lodge  
Absent Healing  
Support Booklet*



# Breathing

As an aid to relaxation

## Breathing to Relax...

One of the very best ways to help you relax and let go of tension, is to spend a few moments beforehand focussing on gentle, rhythmic breathing.

If you are not used to the practice of focussing on your breathing, the following instructions might be of help to you ~

One of the most important things about conscious breathing exercises is that they are done with relaxation. Try to have the feeling at the outset that it doesn't matter what happens. This may sound strange to say, but so much of our tension is because things matter enormously to us, and we build up tension through needing to 'get in right'. Rather, see this time as one of homecoming, of kicking off your shoes at the end of a busy day and letting go—no one is making demands of you; you don't have to get things right or get things done; just let go, and the process will start to work.

It is good to make sure that you are sitting comfortably, so that you can forget your body, and with an upright spine if you can. (Instructions for lying down are given later).

As you focus consciously on your breathing you are helping to stimulate and direct subtle etheric forces around the body, and these travel up and down the spine. As the physical spine is straightened, so too is the etheric, and the channels are freed—a bit like, if one may say so, uncoiling a bent pipe!



Posture has a very powerful effect on the breathing and vice versa, so when you sit upright it is good to have the chest open and lifted. This can be done with cushions to support the back, and can actually feel quite comfortable if you get the cushions in the right place for you. It is worth experimenting with this until it feels OK.

One way to help the chest to lift, and the rest of the spine to be balanced in a relaxed rather than strained way, is to sit with the back of your buttocks on a small, soft cushion.

If the lower back and the chest are in the correct position then the head will be balanced well on the neck, and there will be no neck strain. Keep the chin level, but when you close your eyes, look down and inwards, as if you were looking underneath your cheekbones towards the centre of your chest. As you do this think of the eyes as being wide-set in your head. This will produce more of a feeling of relaxation, because we tend to narrow our brows with tension, but when we're relaxed our faces feel open, and the lines disappear.

By now you are probably wondering when the breathing instruction will start! However, you will find that it already has... when you sit in this way it is as if the breath can suddenly find a happier, more liberated home in your body; tensions automatically ease, and the breathing becomes more rhythmic and peaceful. The lungs can expand more easily, and therefore the conditions are right for the in-breath and the out-breath to gradually, almost imperceptibly, deepen and lengthen.

## **Breathing Lying Down...**

For some people it will be easier to practise gentle breathing exercises lying down. For this it is better to be on a firm surface, and on one's back. Lie with your arms away from your sides and palms upwards. If necessary put a pillow under the knees and back of the thighs. You can also have a small support under your head, so that you can still feel you are looking down to your heart.

As you become aware of your breathing simply have the thought in your mind that you can breathe easily and deeply. Don't feel you must do it right, or try to breathe deeply too quickly.

Allow the ribs to open out to the side, rather than pushing the belly out, and feel that the in-breath starts right down in the lowest part of the lungs, with the lower ribs opening out, and the out-breath starts there too. This will mean that your diaphragm will start working more strongly, and the lungs will inflate more easily.

Also, as you are aware of your breathing, imagine that it is not simply air you breathe in but healing light, and that the light you breathe in flows to every cell, not just the lungs themselves. That light stimulates the flow of pranic (spiritual) energy which is already in your body, so that it flows more easily and clearly through all the subtle energy channels. As you breathe out, imagine you breathe out life and light and healing.

White Eagle says: *'We often speak to you of 'breathing in the light'...what is the light? The light is harmony. When you try to breathe in the light you are breathing in harmony, healing, for in the white light are all the colours made perfect in one. . . notice the power there is in this breathing in of life. You breathe in, you say, automatically; do so now with thankfulness and peace, for then you breathe in the love of God, which is the life of the universe. You live and have your being in this universal life.'*

If you experience any tension, stop the deeper breathing and relax so that you can let things happen more gradually.

This practice of conscious light-breathing can become a relaxation in itself.

## **Relaxing Thoughts about Breathing...**

The first breath is the out-breath; the relaxed breath; the breath we breathe when we kick off our shoes at home after a busy day, and sink into bed. This is the trusting breath; the defenceless breath.

Then when the in-breath comes, it is not grabbed for, or held onto. It comes in naturally like the tide; the ocean of love in which we

move. It comes in gently and deeply because we are relaxed and accepting; because we have emptied ourselves to receive.

We float on that ocean of the breath in complete trust that we will be led deeper and deeper into the heart of peace. Floating on the breath, rather than seeking to control it, we let the waves of the breath take us.

Thus we do not breathe, but we let the breath breathe us; we let the spirit breathe within us and around us; we are part of the great ocean of God's life, and we 'do not hold the world up; God holds the world up'. We do not breathe alone, isolated in our body of flesh; we breathe with all life, with the whole earth and cosmos, and we are aware that God breathes in us and with us.

## **Into Relaxation...**

This idea of the ocean of God's love upholding us, is one which can lead you into relaxation, where you let go of your awareness of the breath, and just become still. If you have been sitting to breathe, then you could just lie down without disturbing your body too much.

Relaxation is as much to do with relaxing the mind, as the body. Focussing on the breath helps with this, as does visualising the ocean of peace on which you rest. Try to let your neck relax as much as possible, and feel your eyes are looking down, rather than up. Imagine the floor on which you lie is soft and your body can simply sink into it.

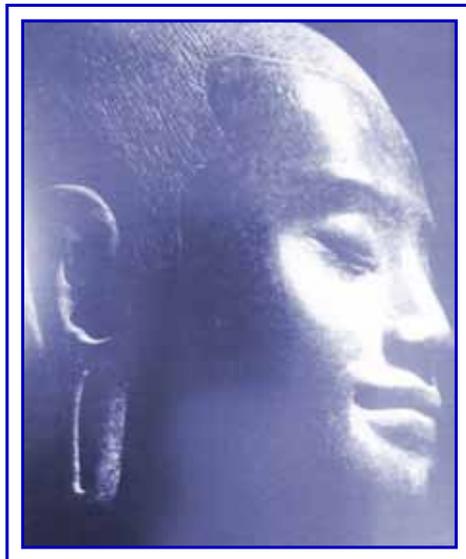
Some people find it helpful to have a thought in their minds which they can repeat, in order to focus on relaxing rather than any busy thoughts. One affirmation which we have found helpful is:

*I am safe; all is well.*

If you can truly feel this, and the in-pouring of the healing light into every cell as you breathe, your whole body will relax, and all the healing you are receiving, both spiritually and by any physical means can work more effectively.

## Completing

After conscious breathing and relaxation you need to give yourself time to readjust to the outer world. Imagine a symbol of an equal sided cross of light within a circle of light just in front of your throat and in front of your solar plexus (this is just above the navel and below the diaphragm). If you are lying down, then it is helpful to see yourself lying at the centre of this cross within the circle of light.



## **FURTHER SUPPORT**

Further support in the practice of breathing and relaxation is available from the White Eagle Publishing Trust:

### **All is Well**

On this CD, Anna Hayward gives simple instruction in breathing and relaxation, and leads the listener in three guided relaxations, fostering inner peace and healing.

*Cost: £9.95*

### **Seeking Serenity**

Book and double CD available

Seeking Serenity helps us find freedom from fear and ultimately true happiness. On the CD the text is read with sensitivity and understanding, and the timeless words of White Eagle empower and reassure, addressing the challenges of our lives. Seeking Serenity is for everyone—a chance to reconnect with an inner place of peace.

*Cost: Book £5.00 Double CD £10.00*

### **Prayer, Mindfulness and Inner Change**

In this pocket-sized book, White Eagle leads the reader in helpful ways to make inner changes, and to become still. The chapter on the breath is particularly useful.

*Cost: £7.95*

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