

## The Meditation for stress

### The 8 -stroke breath Meditation for Energy and Stress Release.

The 8-Stroke Breath for Energy and Stress Release uses 8 equal strokes through the nose on the inhale and one long and powerful stroke through the nose on the exhale.

Of all the things, you can do for stress relief, the 8-Stroke Breath for Energy and Stress Release cuts right to the chase and relieves stress fast and naturally.

**Start with 3 minutes and if you love the results build to 5 and then 11 minutes.**

#### **This meditation works in several different ways.**

1. By strongly activating the mucosa of the nostrils we directly influence both sides of our nervous system. According to Yogic philosophy and now scientific studies, nerves from our sympathetic and parasympathetic nervous system are in the nostrils. When we activate the breath, we balance and build the nervous system. We tend to lead lives where the sympathetic nervous system is activated all day long and it can find it hard to take its foot off the gas when it's time to rest. The parasympathetic nervous system puts the foot on the brake. When we are constantly "doing" with the foot on the gas (sympathetic NS) the parasympathetic can forget the brake.
2. It expands the lungs, increases our intake of oxygen and slows down the breath. If you ever get tired or stressed, check in with your breathing. 90% chance you will be breathing very shallow. Slower breathing turns off the stress response.
3. The 8-stroke breathing requires the mind to focus on the breath and keep track of the number of "sniffs" you're inhaling. Then exhale out the nose in one long stroke. The mind thinks (that's its job) what we are doing is training the mind to focus on what we want it to focus on, so we use the breath as a focus point

