

BREATHING INTO BALANCE (COLLARBONE BREATHING)

(Adapted by Phil Mollon from Roger Callahan's Thought Field Therapy)



Purpose:

To reorganize scrambled energy and regain inner balance.

Use when:

- Feeling stuck or switched off
- Feeling confused or disorganized

Common experiences:

- Greater clarity
- Feeling more connected
- Feeling better left-right balance

Steps:

1. Cross arms across chest and place the tips of the fingers on the collarbone.
2. Keeping the fingers in place for the duration of the set:
 - Inhale and Exhale all the way
 - Inhale halfway and hold
 - Inhale all the way and hold
 - Exhale halfway and hold
 - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)
3. Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.
4. Keeping the fingers in place for the duration of the set:
 - Inhale and Exhale all the way
 - Inhale halfway and hold
 - Inhale all the way and hold
 - Exhale halfway and hold
 - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)



Follow along with the video:

https://youtu.be/31h1yS-ss_U