



## **The Serenity Breath**

This simple (but powerful) process helps you re-connect with your Essence. It takes just a few minutes to do and you can do it anywhere, anytime. The beauty of this process is it helps you release old energies and emotions that no longer serve you and feel the Light of your Presence.

The Serenity breath activates the hypothalamus and pituitary gland.  
**The hypothalamus is the bridge between the mind and the body**

### **The Serenity Breath**

1. Close your eyes and take several deep calming breaths...
2. Touch the tip of your tongue to your inside of your palate
3. Now, imagine that it's just before sunrise. As you continue to breathe, you feel the Sun as it begins to rise gently...
4. Place your hand on your Heart and just breathe into the Light of the Sun
5. Let this warm loving Light and Presence relax your mind and body

Take all the time you need and allow yourself to let go and feel...

Breathe in the Love and the Light of that Presence...

Taking all the time you need to feel this Divine Love within you.

This is your core, your Essence

Blessings,

Paul Bauer

Note: See page 2 for breath pacing (the KEY to the Serenity Breath)

## Breath Pacing

The basic breath pacing and your intent is the key to this process. Slow paced breathing supports your heart and increases your resilience. Your focus is to breathe at a rate of ***six breaths per minute***.

There are many methods to relax the mind and body but the fastest way (oh and the one that creates longer-term results) is slow paced breathing.

### **NOTE:**

It will take approximately 2 to 3 days for your system to become rebalanced using the Serenity Breath. Once you "reset" your breathing pattern back to normal, all it takes is several minutes a day to stay balanced.

The Serenity Breath is only effective when you make it a daily ritual, like brushing your teeth. Because once you've made a ritual, it becomes a habit. And there is no better habit to have than gentle balance breathing from your belly.

Here's the general format of the Serenity Breath.

1. Six breaths per minute
2. Three times a day
3. Approximately 3 to 5 minutes each time

### **Let's practice a simple version now...**

Find a comfortable place to sit or lay down. Set your intent. For example, "*This is my time to rest and relax*" or "*My intent is to connect with my inner self, relax my mind and body and let go into the beauty of this present moment*".

Begin by breathing in through your nose to count to five, hold for a moment, and breathe out to count of five...

It might help if you make this sound "ahhhhh" on the out breath. Some prefer listening to the sound of the breath at on the exhale. Do what you feel is comfortable.

Allow yourself to feel the sensations of your belly moving in and out, relaxing your diaphragm each time you exhale...

Each time you practice this breathing pattern, the more in touch you'll become with your mind and body.