

The Importance of Breath

One of the most important things that you can do for yourself is to breathe properly. This means getting more oxygen into your lungs so that your body can function at optimal efficiency. The more oxygen that you can get into your body through breathing, the more energy you will have and the better your body will function. You will be more active, alert and less stressed out. There will be a bounce in your steps when you breathe properly. You will feel energized.

When you don't breathe properly, you feel lethargic and listless. Many people tend to take short shallow breaths as they get older. Babies breathe naturally from their abdomen to bring in as much air as their little bodies can hold. As children get older, they learn from watching adults to hold their breath.

Not only is there a difference in breathing patterns between adults and young children, but there is also a difference in how they hold energy. When young children get angry or upset, their little faces get flushed and red from holding their breath. After they have held it for a while, they let it all out by yelling and crying at the top of their lungs. After children finish expressing themselves in such a demonstrative manner, they return to normal and go about their business as if nothing had happened.

Adults, on the other hand, handle the situation differently. When adults get upset, they hold their breaths, just like young children. Their faces become flushed and you can see lots of emotions in their faces and body language. They are holding their breath to keep the emotional and mental experiences inside their physical bodies. Although they may be upset or agitated, adults usually don't express themselves and release their pent up energy like young children. As a result, they continue to spin with the anger, frustration and pain for days, if not weeks and years. This pain will fester until it manifest into a physical ailment of some kind, like heart

disease, high blood pressure. Adults treat the holding of energy of happiness and joy different from sadness and anger. Whether as adults tend to hold onto the energies of anger and sadness, they tend to treat the energies of happiness and joy the same way as young children. They experience, express and then release the energy in their bodies.

Many people don't realize that they may not be breathing properly because the art of taking more and more shallow breaths develops slowly over time until it becomes habit. People don't notice their habits because these are actions that are done with almost no conscious thought and have become second nature to them.

Practice getting more oxygen into your body by taking deeper breaths. Fill your lungs with air and exhale slowly. Remember how your body felt when you were breathing your normal way, and how it felt after you began to get more oxygen into your lungs. Notice how your brain felt lighter. Your shoulders become less tight and your mind seem a little clearer. You have more energy. This is because you are not starving your body of the oxygen that it needs.

There is a saying that - "Life is too short so you should stop and smell the roses." But in order to do this you first have to breathe.

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