

Hand Breathing

Hold your hand with the fingers all together, as though they were a lotus flower bud, and then, as you breathe in, slowly open your fingers, like a flower opening.

As you breathe out, close your fingers back together, like the bud closing again.

Try to really focus on synchronising your breath with the movement of your hand, so they are perfectly in sync, and keep your mind entirely focused on the 2 points of awareness - the hand moving and the breath, and work on keeping them together.

You can do this with your eyes open or closed, whichever feels best for you, and you can do it with one hand or both at the same time.

Try and keep going for a few seconds to start with, and build up to a minute or two.

With thanks to Deborah Bircham
from Live Well With Chronic Illness:
livewellwithchronicillness.co.uk



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