

RESTORING RESOURCEFULNESS PROGRAM GUIDE

Module 3: Introduction to Centering Breath

Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.

Module 3: Introduction to Centering Breath

Healthy breathing may be interrupted when we are in stressful situations. Heart rate might increase, abdominal muscles may contract and tighten, and breathing may become shallow and move up into our chests. The Centering Breath is designed to quickly locate breathing back into our abdomen, relaxing the nervous system and allowing us to presence anywhere.

Steps

1. Start with hands resting open, palms up. Curl your fingers to make a fist, then gradually open your fingers again. Repeat this a few times, letting your hands demonstrate tighten and loosen.
2. Next time your fingers curl in, at the same time, gently engage and squeeze your belly muscles, drawing your navel towards your spine.
3. Then, release your belly muscles as your fingers unfurl.
4. Repeat these motions a few times. Then rest your hands in your lap.

Adding Breath:

5. Now, become aware of your breath. With your next exhale, gently squeeze your belly towards your spine, and exhale fully while curling your fingers like a fist. Pause for a moment.
6. Release your belly muscles and open your hands as you breathe in through your nose.
7. Take a couple of easy belly breaths
8. Now repeat #5 and #6 without squeezing your hands once or twice.
9. Take a few easy belly breaths.
10. Notice how your whole body responds to the Centering Breath

Additional Information

- On your outbreath, as you engage your belly, imagine you are slowly blowing out a candle that is across the room, hold for a second or two, and then release your belly muscles as you breathe in. Repeat. Then take a few easy breaths.

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- You may want to place a hand on your belly to feel how your belly moves as you practice the Centering Breath

Resources

The Breathing Box, Gay Hendricks. <https://www.soundstrue.com/store/the-breathing-box-3892.html>

Coming Home to Yourself Through Breathing

https://foundationforconsciousliving.org/big_leap_home/coming-home-to-yourself-through-breathing/

Foundation for Conscious Living www.foundationforconsciousliving.org

Big Leap Home Online Programs

<https://foundationforconsciousliving.org/big-leap-home-online-programs/>

Restoring Resourcefulness Program

https://foundationforconsciousliving.org/big_leap_home/restoring-resourcefulness/