

# 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

When we are in stressful situations healthy breathing is interrupted. We experience an increase in our heart rate, our abdominal muscles contract and tighten, and our breathing moves up into our chests. The Centering Breath is designed to quickly locate our breathing back in our abdomen which relaxes our nervous system and allows us to presence anywhere.

### Steps

1. First, gently squeeze both of your hands into a fist and then let go.
2. Repeat the squeezing and releasing, noticing what releasing and tension feels like in your body.
3. Bring your attention to the center of your body around your belly button. Now squeeze your hands in fists as you tighten up your belly, hold for a few seconds and then let go.
4. Repeat squeezing your belly muscles, holding for a few seconds and releasing as you breathe in.

### Adding Breath:

5. Now we will add breathing. When you breathe out, tense your belly a little bit and squeeze your hands into fists. Release as you breathe in.
6. Repeat squeezing your belly muscles, pulling your belly button towards your spine as you breathe out, and then release as you take a breath in.
7. Take a few easy deep breaths

### Additional Information

- On your outbreath, as you tighten 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 step number one, and then take a few easy breaths.

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## 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/](https://foundationforconsciousliving.org/big_leap_home/coming-home-to-yourself-through-breathing/)

Foundation for Conscious Living [www.foundationforconsciousliving.org](http://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/](https://foundationforconsciousliving.org/big_leap_home/restoring-resourcefulness/)