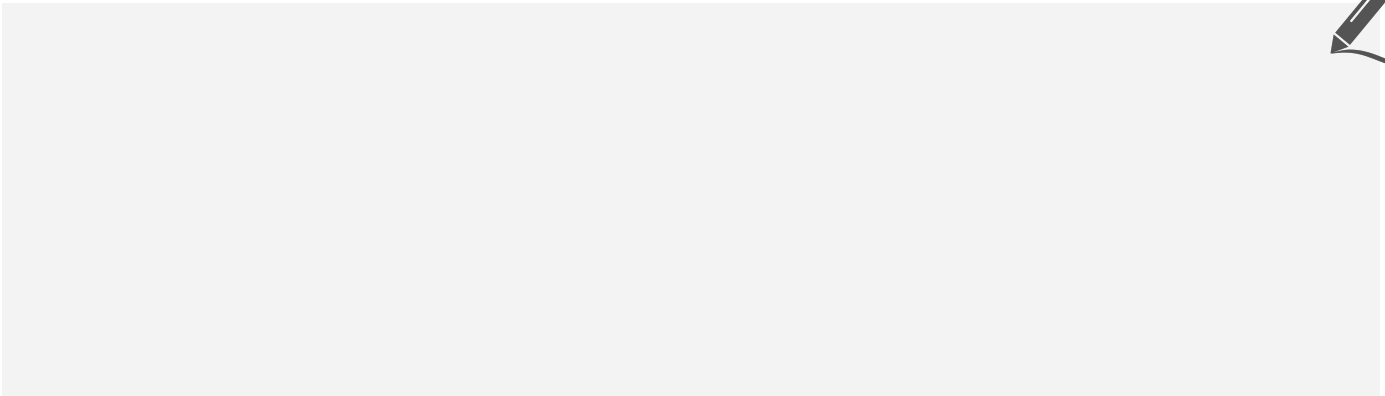


## Create Calm With Colors & Your Breath

Have you ever noticed when you are feeling stressed, scattered, anxious or angered that your breath doesn't flow down past your heart into your belly? It stays shallow and sometimes even stops completely, staying stuck in your mouth and chest.

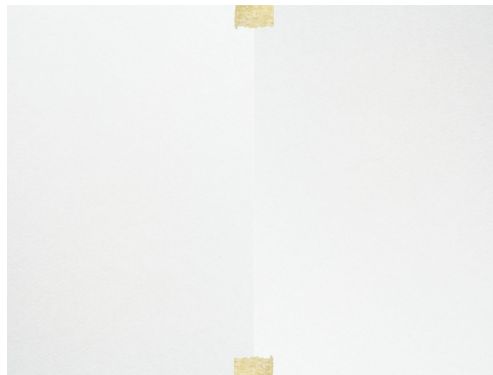
Even if you aren't aware of the heavy emotions that are affecting you, your lack of depth with your breath reflects your need to center into a state of calm which is always accessible to you through your breath. Are you ready? Let's begin.

Take a moment to jot down in the space below the situations and moments in your life that knock you off your center and leave you holding or shortening your breath.



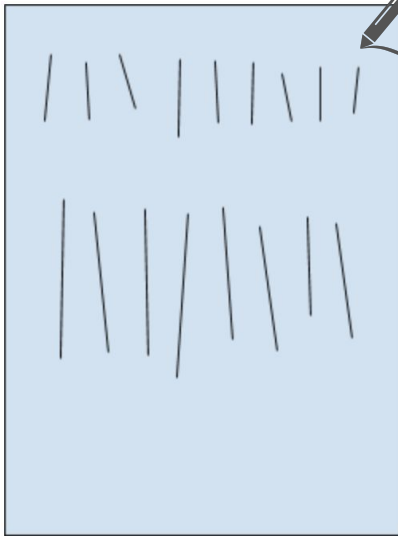
Well done, it's only when we take time to become aware of what's happening within us that we can shift things up and affect change for our whole health.

Now, go and get yourself a pack of colored crayons, pastels or markers and a large piece of paper (perhaps you can tape 2 pieces together). You're going to *map your breath* now, so find a quiet spot where you won't be disturbed for a few minutes, turn off your device, and set your colors and paper out in front of you like this-



# CORRY MACDONALD

Recall to your mind/body one of the situations you wrote down that can trigger you into a shallow or held breath. Perhaps it's a relationship that feels strained. Maybe it's a situation like stage fright that brings you great anxiety. If you feel comfortable, as you imagine this situation, pick up a color that feels 'just right', close your eyes and begin to draw lines that mirror the length of your breath. Work your way across the top of the page like this -

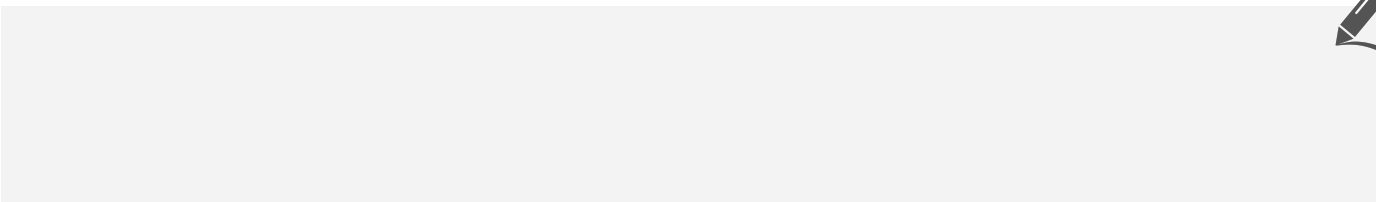


Next, see if you can lengthen your inhalation so that it's double in length and at the same time, draw a line that's double in length to *map* your longer and slower breath. Set those lines below the first row at the top.

As you lengthen your inhalation, do the same thing with your exhalation and if there's space on your paper try another row with even longer breaths in and out. If you need, get a new paper and *map your breathing* as you pay attention to how you feel in your body with these deeper, longer and more steady breaths. Bring your focus to your heart area and imagine a light beaming from your heart as you bring to mind a lighter emotion such as gratitude, joy or compassion. Continue to draw and breath and lengthen each breath until you can feel a steady shift in your body and see it reflected in your drawing.

Pause and notice what you feel inside of you now.

Are you feeling calmer? Are your thoughts slowing down? Do you feel more connected to your body? Is your heart rate slowing down? In the box below, record what you notice as you recognize the power you have to draw and deepen your breath to create calm within you.



Well done, you can do this anytime you need to and if you don't have a paper and pen, then your imagination will *map your breathing* for you. Try it and see! You can do it!

**Enjoy and always remember - you ARE the Master Creator of your LIFE!**

Big Love,  
XC

*Corry*  
MacDonald

