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Breathing Exercises

CRM Ocean Breathing: 5 breaths in and 5 breaths out, without a pause in between
This creates an inner sense of balance and peace because mindful breathing without pause between the inhale and exhale initiates a physiological energetic state allowing for a shift in consciousness. The result is dynamic and energetic yet calming and centering.

CRM Earth Breathing: grounding breath which connects us to nature and to the earth and prevents dissociation:
Ask the body which side should receive energy: Then imagine them to receive spiraling energy from the bottom of the receiving foot and spiraling up the leg to the base of the spine or womb space holding the breath there for 4 or 5 second and exhaling down the other leg and foot back to the earth Be aware of any tightness of any place that the energy feels blocked. You may stop to breath into these places asking if there is anything that needs to be expressed. Continue

CRM Fire Breathing: excellent from releasing emotions especially when patient was afraid of releasing them as they were not allowed, moves energy and gets to deep layers. In Interpersonal relationships when we feel rage and want to yell, scream or throw things or just shut down Fire breathing can be used to not reinforce feelings of shame but to give us time to respond to anger and panic in a more productive manner. It prevents sympathetic overload also one must be mindful to not engender too much sympathetic overdrive if that happens one can alternate batten fire breaths and earth breaths. Go to the source of pain in the body or where the body feels numb HAA, HAA, HAA

CRM Heart Breathing: provides an opportunity to give and receive love. Particularly useful for those who find love as something to be avoided and not to be trusted. This is accomplished by breathing in from the sky through the crown of the head into the heart while simultaneously breathing in from the ground through both feet into the heart. The breath is held in all 4





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chambers of the heart for 4 seconds and then exhaled out from the front and back of the heart at the same time, sending the exhalation with intention to whoever or whatever recipient.

3-3-3 Breathing – used when processing appears to be stuck. For this technique, sandwich 3 fire breaths between 3 earth breaths and 3 heart breaths. Earth breaths should be sent to wherever the distress is located, fire breaths should come from the place of distress or freeze, and heart breaths sent to the distressing location. Repeat numerous times.

CRM Left-Right Hemisphere Breathing: This technique facilitates integration and balance in the mind-body-spirit. Breathe in through left eye, fill the left brain with breath (located behind the left ear). Breathe in through the right eye, fill the right brain with breath (located behind the right ear). Exhale through the left eye and the base of the skull simultaneously. Alternate sides.

Xiphoid Process Breath: Press the fingers of either hand into the space under the bottom of the sternum where the xiphoid process is located. It is likely to be tight and may even be painful to the touch. Press in enough to feel the tension. Take a deep breath filling the lungs as if to the top of your shoulders. Make hissing sounds like a snake, pushing the breath through the teeth as one continues to press in to the xiphoid process, pushing the breath out of the crown of your head. Continue until the tension in your solar plexus is released and the crown feels open. There may be a sensation of tingling, heat, or coolness as the circulation return bringing greater clarity and calmness.

Breathing Without Breathing: a less conscious form of breathing, useful for those who dissociate immediately while attempting intentional breathing of any kind. This has been found to be an effective way to take advantage of the adage “where awareness goes energy follows” while allowing for organic respiration. Natural breathing is guided by imagery, language, or movement. This is a good place to start for those who are unable to engage in mindful breathing.

