

- Do not wear a wallet or carry things in your back pocket/s that may alter the way you sit.
- Use a pillow or other support (books or magazines) to balance a pelvis that is smaller on one side.
- If your physician has determined that you have a leg length difference on one side, then you should use a heel lift anytime you are up & about.
- If you sleep on your side, then sleeping with a pillow between your legs may be helpful.

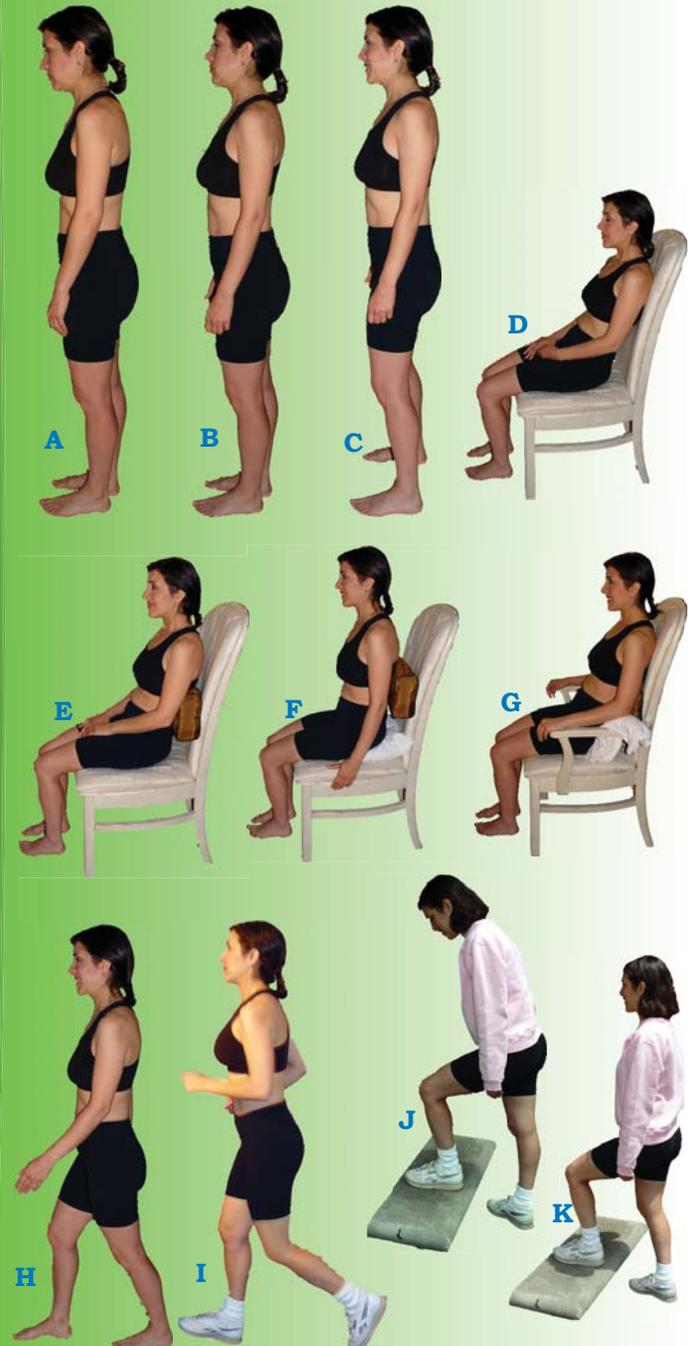
Sometimes, after a surgery or for those of us who hold our bellies in while breathing we teach ourselves incorrectly how to breathe. The following exercise will help us relearn the correct way to breathe and can be done in any position, but only laying and seated positions will be reviewed here. Practice this 2-4 times a day and at bedtime.

In the laying on the back position, place a hand on you stomach below your belly button and the other hand on your chest. Take a slow, deliberate deep breath and feel your chest and your belly rise together and after a slight pause allow them to fall together. Spend a couple of minutes breathing in this manner (20-30 breaths). Now, practice belly breathing. Taking a deep breath and focusing it all through your tummy, with relatively little chest movement is the practice of belly breathing. Do this for a couple of minutes in a relaxed manner until it feels quite natural. Belly breathing should be your natural way of breathing when lying flat on your back.

In the seated position with a firm flat seat, stick your belly out and arch your back while taking a slow deep breath. Then, allow yourself to slouch as you exhale in a relaxed manner. This exercise reinforces belly breathing in a more upright position. If you are having a hard time mastering it take a belt and fix it around your chest to reinforce the use of your abdomen and not your chest to breath.

*Posture is always better if effort is made to elongate the body, as if a string suspended your crown from the sky.*

- **Standing Posture:** A) Poor – stooped, head forward & shoulders rounded; B) Medium – head & shoulders are back; C) Good – head & shoulders are back, weight on the forefoot.
- **Seated Posture:** D) Poor – slumped, rounded shoulders, & head forward; E) Good – buttocks forward on chair with one foot placed behind; F) Good – a small wedge under the buttocks; G) Using a lumbar roll or support with arms supported by an armrest that doesn't draw the shoulders up.
- H) **Walking;** I) **Jogging;** & J) **Stairs** – all done as if suspended from the ceiling.



Lay down on your back in a comfortable position with your legs bent. Place your hands just under your ribcage on the side of your discomfort. Take a deep breath in and then release it in a comfortable & relaxed manner. While breathing out allow your fingers to flip under your ribcage. This may be somewhat uncomfortable. Take slow & deliberate breaths & allow your fingers to slip deeper under your ribcage with each breath. You are done when your fingers no longer meet resistance. Perform this exercise 2-3 times a day.



**Position:** Either sitting comfortably in a high back chair (figure A), sitting in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

**The breath:** Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

**The Mindset:** Imagine that you are one with the universe; enveloped in the black, vacuum of space & floating amongst the stars. Ask yourself: "What is it like to be weightless, slipping gravity's surly bonds?" As you float through space you realize that light is around you everywhere. As you become aware of this light you become aware that you are a source of light, a shining star amongst the heavens. Imagine that all of the negative emotions and feelings of self-doubt are areas of darkness within you & that they are being burned away & replaced by a healing light emanating from deep within your soul. This healing light warms you from within, and as you feel its warmth radiate from deep within you to the tips of your fingers you realize that it is a deep feeling of LOVE...a universal love for all things, starting with yourself. Bask in this light for a while, let it warm you & nurture you.

**Affirmation:** End your meditation by telling yourself: **"I will trust myself & listen to my inner wisdom. My mind will be a source for empowerment for myself & others."**

