



# RESET & RENEW

## Misogi Breathing

A relaxed mind creates a relaxed and vitalized body, but how do we truly gain mental relaxation and calmness when our lives are so full of things that stress us? Misogi Breathing is a technique used by the Aikido and other Martial Arts practitioners to create mental calmness by focusing on the breathing alone and shutting out the rest of the world. It is a superior breathing technique with many beneficial qualities.

### **Directions for Misogi Breathing**

On inspiration imagine that the air travels **in through the nose** through the mind and down to the Tan Tian (2 inches below the navel) which expands to an "infinite size".

Inhale for a count of **6**

Hold Breath for a count of **7**

Exhale for a count of **8**

Expiration is the reverse of this process where the air passes from the Tan Tian (2 inches below navel) through the mind and **out through the mouth** in a "HhhhhH" sound. During expiration the Tan Tian contracts to an "infinitely small size".

### **Benefits of Misogi Breathing**

#### **Misogi Breathing Detoxifies and Releases Toxins**

Your body is designed to release 70% of its toxins through breathing. If you are not breathing effectively, you are not properly ridding your body of its toxins i.e. other systems in your body must work overtime which could eventually lead to illness. When you exhale air from your body you release carbon dioxide that has been passed through from your bloodstream into your lungs. Carbon dioxide is a natural waste of your body's metabolism



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### **Misogi Breathing Releases Tension**

Think how your body feels when you are tense, angry, scared or stressed. It constricts. Your muscles get tight and your breathing becomes shallow. When your breathing is shallow you are not getting all of your oxygen needs.

### **Misogi Breathing Relaxes the Mind/Body and Brings Clarity**

Oxygenation of the brain reduces excessive anxiety levels. Paying attention to your breathing. Breathe slowly, deeply and purposefully into your body. Notice any places that are tight and breathe into them. As you relax your body, you may find that the breathing brings clarity and insights to you as well.

### **Misogi Breathing Relieves Emotional Problems**

Breathing will help clear uneasy feelings out of your body.

### **Misogi Breathing Relieves Pain**

You may not realize its connection to how you think, feel and experience life. For example, what happens to your breathing when you anticipate pain? You probably hold your breath. Studies show that Misogi Breathing helps ease pain.

### **Misogi Breathing Massages Your Organs**

The movements of the abdomen during the deep breathing exercise massages the stomach, small intestine, liver and pancreas. The upper movement of the diaphragm also massages the heart. When you inhale air your diaphragm descends and your abdomen will expand. By this action you massage vital organs and improves circulation in them. Misogi breathing also strengthens and tones your abdominal muscles.



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### **Misogi Breathing Tones Muscles**

Breathing is the oxygenation process to all of the cells in your body. Proper supply of oxygen to the brain tones the muscles in your body.

### **Misogi Breathing Strengthens the Immune System**

Oxygen travels through your bloodstream by attaching to hemoglobin in your red blood cells. This in turn then enriches your body to metabolize nutrients and vitamins.

### **Misogi Breathing Improves Posture**

Good breathing techniques over a sustained period of time will encourage good posture. Bad body posture is the result of incorrect breathing. Misogi Breathing is an important process to correcting your posture seeing great benefits.

### **Misogi Breathing Improves Quality and Circulation of the Blood**

Deep breathing removes all the carbon-dioxide and increases oxygen in the blood and thus increases blood quality.

### **Misogi Breathing Increases Digestion and Assimilation of Food**

The digestive organs such as the stomach receive more oxygen, and hence operates more efficiently. The digestion is further enhanced by the fact that the stomach and intestines are massaged during Misogi Breathing.

### **Misogi Breathing Improves the Nervous System**

The brain, spinal cord and nerves receive increased oxygenation and are more nourished. This improves the health of the whole body, since the nervous system communicates to all parts of the body.



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### **Misogi Breathing Strengthen the Lungs**

As you breathe deeply the lung become healthy and powerful, a good insurance against respiratory problems.

### **Misogi Breathing makes the Heart Stronger**

Breathing exercises reduce the workload on the heart in two ways. Firstly, deep breathing leads to more efficient lungs, which means more oxygen, is brought into contact with blood sent to the lungs by the heart. So, the heart doesn't have to work as hard to deliver oxygen to the tissues. Secondly, deep breathing leads to a greater pressure differential in the lungs, which leads to an increase in the circulation, thus resting the heart a little.

### **Misogi Breathing assists in Weight Control**

If you are overweight, the extra oxygen burns up the excess fat more efficiently. If you are underweight, the extra oxygen feeds the starving tissues and glands.

### **Misogi Breathing Boosts Energy levels and Improves Stamina**

### **Misogi Breathing Improves Cellular Regeneration**

### **Misogi Breathing Elevates Moods**

Breathing increase pleasure-inducing neurochemicals in the brain to elevate moods and combat physical pain