

# Lotus Flower Breathing

Lotus Flower Breathing is a gentle breathing exercise that helps to calm the nervous system and reduce stress.

Sit or lie down in a comfortable position. You can sit cross-legged on the floor, in a chair with your feet flat on the ground, or lie flat on your back with your arms relaxed by your sides. Make sure your spine is straight and your body is relaxed.

Close your eyes if you feel comfortable doing so, or softly gaze downward. Take a few moments to notice your natural breath. Observe the rhythm without trying to change it. Allow your body to settle and your mind to quiet.

Inhale: Imagine a lotus flower at the centre of your chest. As you inhale slowly through your nose, visualise the lotus flower gently opening, petal by petal. Imagine light and energy flowing into your body, expanding through the opening flower. Count to 4 as you inhale slowly: 1, 2, 3, 4.

Pause: Hold your breath gently for a count of 2. This is a soft pause, without straining.

Exhale: As you exhale slowly through your mouth, visualise the lotus flower softly closing, drawing in all the calming energy and light. Feel a sense of relaxation and peace as the flower closes gently. Count to 6 as you exhale slowly: 1, 2, 3, 4, 5, 6.

Rest: Pause again gently for a count of 2 before the next inhale. Allow yourself to fully relax in this pause. Continue this cycle of inhaling, pausing, exhaling, and pausing, for about 5-10 minutes or as long as feels comfortable.

With thanks to Deborah Bircham from Live Well With Chronic Illness:  
[livewellwithchronicillness.co.uk](http://livewellwithchronicillness.co.uk)