

# SCHOOL OF CHILL



## The Magic Paw Breath

Age: 4+

**Benefits:** When standing up; Clarity, & Focus. When sitting or laying;  
Calming & comforting

**Intention:** Focus on breathing in time with your hand opening and closing and the magic is what happens when you follow the instructions. This is not only great at bedtimes, it's great throughout the whole day and is an amazing technique in stressful situations. And the more you practice it, the more effective it becomes.

**Stage 1:** "Hold your hand out in front of you, palms up, fingers open. Close your eyes. Imagine that the centre of your hand is the centre of a beautiful water lily. Your fingers are the petals. Your arm is the stalk..

Water lilies close their petals at night, so as you breathe in, fold your petals into the centre of your flowers. As you slowly breathe out, gently open your petals; like they are slowly awakening at dawn. Then fold them back in again, breathing in slowly as the sun sets. Repeat the action of slowly breathing out as your petals open and slowly breathing in as your petals close."

**Stage 2:** "Notice how as you breathe in, your petals push down into the centre of your flower. Notice how that tension also appears in your wrist, and how that in turn travels down your arm and into your shoulder. Do you feel that tension in your shoulder when you clench your fingers together?

The next time you breathe out and as your petals slowly open, notice what happens to that pressure in the centre of your flower. Notice how it disappears. Notice how your wrists also loosen up, how your elbow sinks down, how your arm drops a little, how your shoulder softens as it sinks with the weight of your arm.

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Repeat the action of breathing in and out in time with your petals opening and closing, but notice how the pressure is released from your hand, then your wrist, then your arm, your elbow, your upper arm, your shoulder, then feel it sink down your spine, into your leg, your knee, your ankle, your foot, your toes and down, down into the ground and away.

It's a long way to send the pressure so next time you breath out, send it down with a long sigh as your breath out and feel the flow move from your hand down through your body."



**Stage 3:** This next stage adds another layer, but with practice, it can have an extremely calming effect on the brain.

When you imagine your water lily, what colour is it? Focus on that colour being clearer and brighter each time it opens.

Here is what those colours represent:

Red - Comforting, reassuring, warm

Yellow - Confidence, respect

Purple - Instinct and dreams

Orange - Creativity, ideas

Blue - Truthfulness

White - Peace and health