

How To Breathe... #shorts #breathingexercises #meditation #mindfulness

<https://silosolo.com/613270>

Summary

The speaker emphasizes the importance of diaphragmatic breathing over shallow chest breathing. Breathing from the stomach is described as more relaxed, peaceful, and loving. The speaker encourages the practice of micro meditations with the intention of enjoying each breath and letting go of thoughts. Deep breathing from the stomach is suggested as a way to control thinking and promote a greater sense of awareness.

Silo sample questions

- What are the effects of breathing from the chest?
- What is the benefit of breathing from the stomach?
- How can deep breathing help control thinking?

Topics

Diaphragmatic breathing

Effects of shallow breathing

Benefits of breathing from the stomach

Practicing micro meditations

Using deep breathing to control thinking

Key Takeaways

- Breathing from the chest leads to a stressful and unhappy way of life.
- Breathing from the stomach is more relaxed, peaceful, and loving.
- Practicing diaphragmatic breathing can help control thinking and reduce stress.
- Inhale to expand the stomach and exhale to contract or flatten it.

[Click here for the full transcript](#)

[Click here for the source](#)