

Embrace Life and Open Up to New Connections: A Free Breathing Exercise

Welcome to a transformative breathing exercise that I have personally found invaluable for relaxing and embracing life's flow. This simple technique is perfect for preparing yourself to be more relaxed and open at social events. It's designed to help you welcome new connections while staying true to your authentic self.

Why This Breathing Exercise?

Social interactions can sometimes be overwhelming, making us feel anxious or overly guarded. This breathing technique encourages us to lean back—not just physically, but emotionally and mentally—allowing us to open ourselves to others naturally and without effort. By doing this, we create a space of acceptance and peace within ourselves, making it easier to engage with people authentically and without stress.

The Breathing Exercise: Leaning Into Your Back Body

Before attending any social event, take a few minutes to perform this exercise. It will help you feel supported and open, ready to meet others with a sense of calm and presence.

1. **Find a Quiet Space:** Just before entering the event, find a quiet place where you can stand or sit comfortably.
2. **Focus Your Attention:** Close your eyes and focus your attention on the point between your shoulder blades—the back of your heart. This is your center of support.
3. **Breathe Slowly:** Inhale slowly through your nose, hold the breath for a few seconds, and exhale gently through your

- mouth. As you breathe, imagine leaning back against a supportive, nurturing hand placed gently at your back.
4. Repeat the Mantra: As you breathe, silently repeat the mantra: "I allow life to flow towards me." This mantra encourages openness and trust in the unfolding of social interactions.
 5. Practice Duration: Continue this breathing for about 3-5 minutes or until you feel a sense of relaxation and openness.

Benefits of the Exercise

- **Reduces Anxiety:** Helps calm your mind and reduces feelings of social anxiety.
- **Increases Openness:** Physically leaning back helps you metaphorically open up to let others in.
- **Enhances Authenticity:** By feeling more relaxed and supported, you're more likely to be your true self with others.
- **Promotes Positive Social Interactions:** Creates a welcoming vibe around you, encouraging others to approach and engage with you naturally.

Use this breathing exercise as your secret tool to transform any social gathering into an opportunity for meaningful connections. Whether you're heading into a networking event, a party, or even a casual meet-up, taking a moment to lean back and breathe can profoundly impact your social experience. Let life and new friendships flow towards you effortlessly!

About the Author

Silja is a facilitator in authentic relating and an embodiment coach. With years of experience in personal development and relationship building, she is passionate about helping individuals find deeper, more meaningful connections in their lives. Find her work here: www.silbuch.de