GoZen!

Galaxy Breathing

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Before You Begin...

Time has played host to a vast array of amazing individuals. Great leaders. Magical heroes. Brave thinkers. Fierce warriors. Mystical explorers. No two have ever been alike. Each has been special, a force in their own way, unique in the powers they held. Centuries have separated some. Others were kept apart by oceans. Yet they all shared a secret. They were bound by the same life force.

You, too, are bound by that force. The power harnessed by those leaders and heroes and warriors can be wielded by you, too. Regardless of the powers you seek, your place in time, or your location in the universe, you share their life force of breath. The same air courses in and out or your lungs. The same wind blows through your hair. The same oxygen gives you life.

What follows are the secrets of history's most magical and powerful individuals. You're about to learn how they communed with their emotions, stole power from their negative thoughts, controlled the anxious feelings in their bodies, and connected to the world around them.

Practice their secrets.

Master their skills.

Harness the power of breath.

Disclaimer: These breathing exercises are not a replacement for any medical treatment. Make sure your parent or a grown up is with you when you try them. Only do what feels comfortable for you and your body.

Breath of the Adventurer

Breath of the Adventurer

for getting started

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Breathe normally for a few seconds. Try to pay attention to what that feels like without forcing anything. Listen to the air whooshing in and out of your nose. Feel what parts of your body are moving and reacting every time you breathe.
3. When you're ready, take a deep slow breath in through your nose, filling up your stomach first, and then drawing your breath up through your chest.
4. Hold it for a second, then exhale slowly through your mouth. Feel your stomach deflate and pull in as you slowly let the air out of your body. Hold it for a second before starting your inhale again.
5. Do this at least 10 times, and continue until you think you've got the hang of it. Feel proud, because you just took your first step on this amazing adventure.

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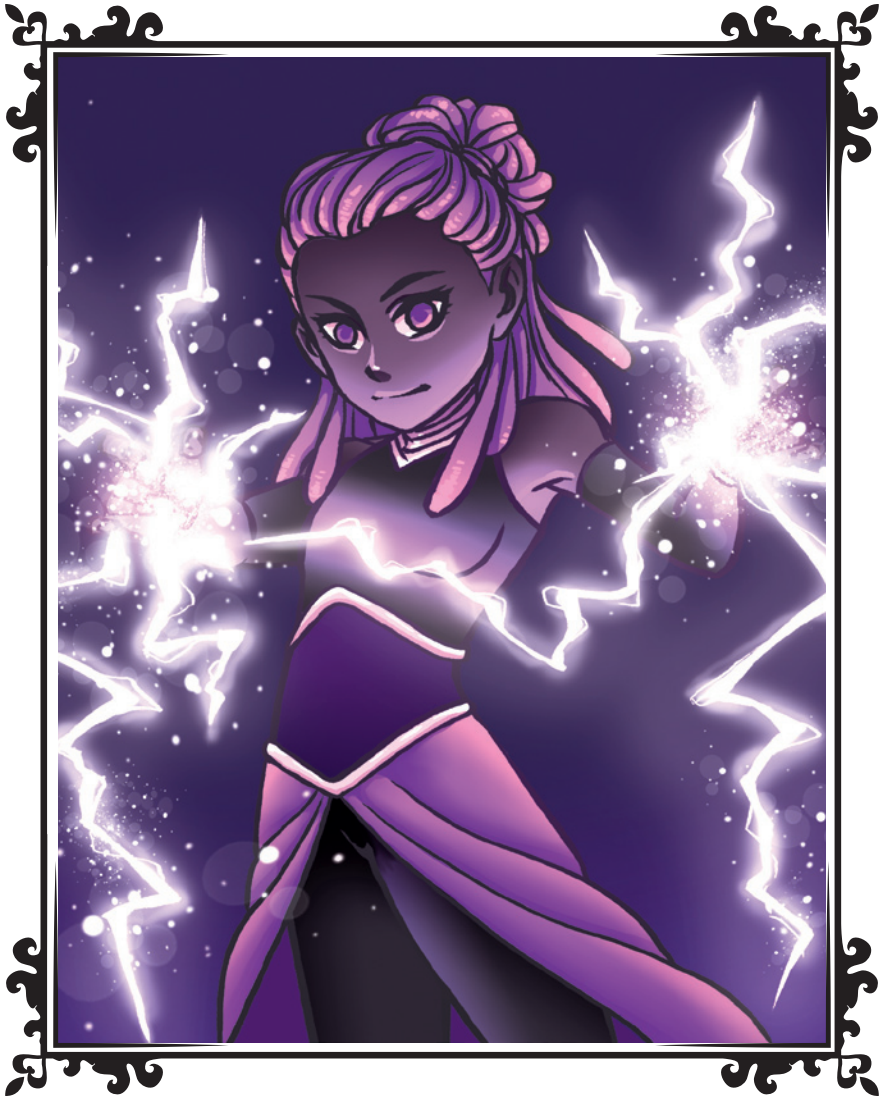
Breath of the Ocean

Breath of the Ocean

for frustration, irritation

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Switch to breathing in and out just through your nose. As you do this, try to make a soft snoring or hissing sound in the back of your throat both on the inhale and exhale. Notice how it sounds like the push and pull of the ocean on the shore.
4. Repeat 10 times, and feel the relaxation of the ocean wash over you.

Breath of Lightning



Breath of Lightning

for exhaustion, low energy

1. Start in a comfortable seated position. Make sure your back is straight, your neck and shoulders are relaxed, and that your nostrils are nice and clear for this one. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Close your right nostril, and take 10 quick breaths in and out through the left nostril. Your belly should be contracting and expanding (moving in and out) with your breath. Repeat with your right nostril.
4. Leave both nostrils open now, and repeat the exercise with both nostrils. Once you've finished, feel the energy tingling in your body like lightning.

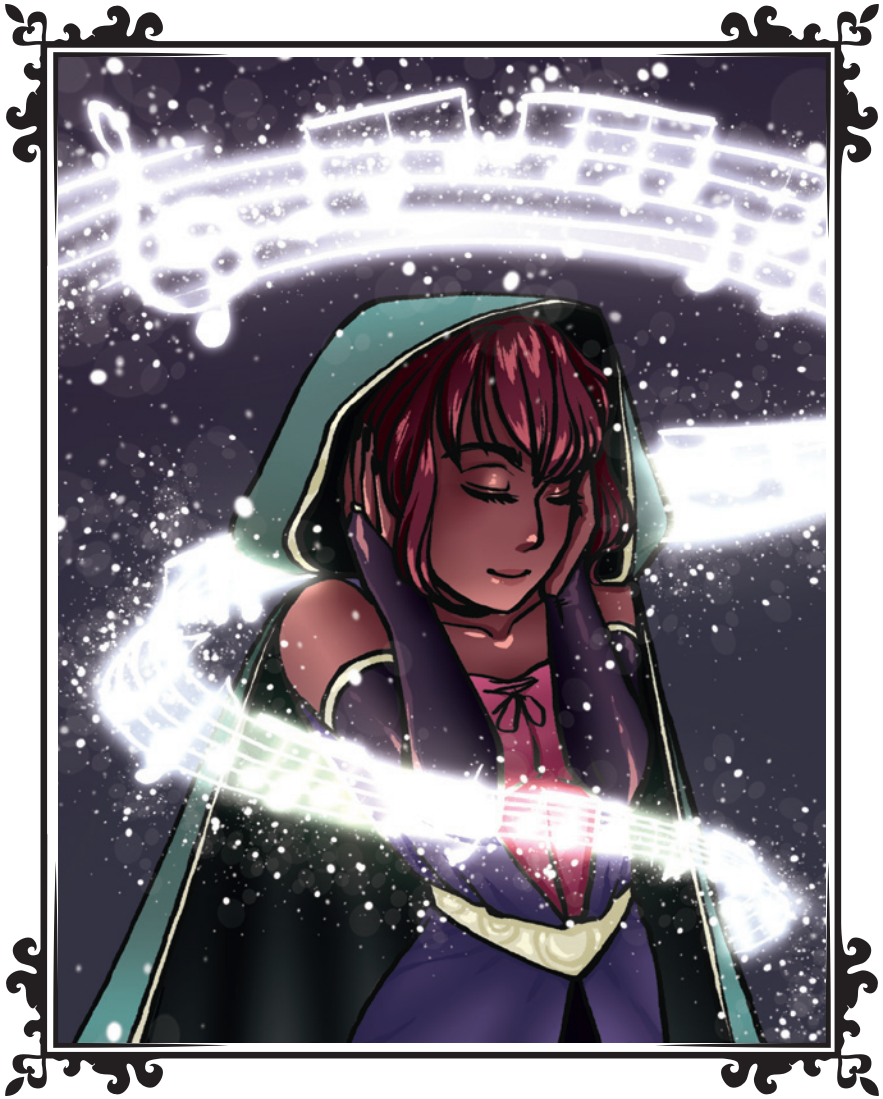
Breath of Fire

Breath of Fire

for invigoration, energy, passion

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight, your neck and shoulders are relaxed, and that your nostrils are nice and clear for this one. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Switch to breathing in and out through just your nose. Take a deep breath in, then forcefully exhale by squeezing your abs in tightly and quickly pushing all the air out of your body through your nose.
4. Repeat this 5 times, and feel the warmth envelope you like fire once you've finished.

Breath of the Siren



Breath of the Siren

for overactive mind

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Switch to breathing in and out through just your nose. Cover your ears using the palms of your hands. On your exhale, make a humming noise in the back of your throat. Continue breathing in and out, humming on the exhale, and letting the hum vibrate in your head
4. Repeat 10 times, and listen to your Siren Song slowly but surely drown out the loud thoughts in your head.

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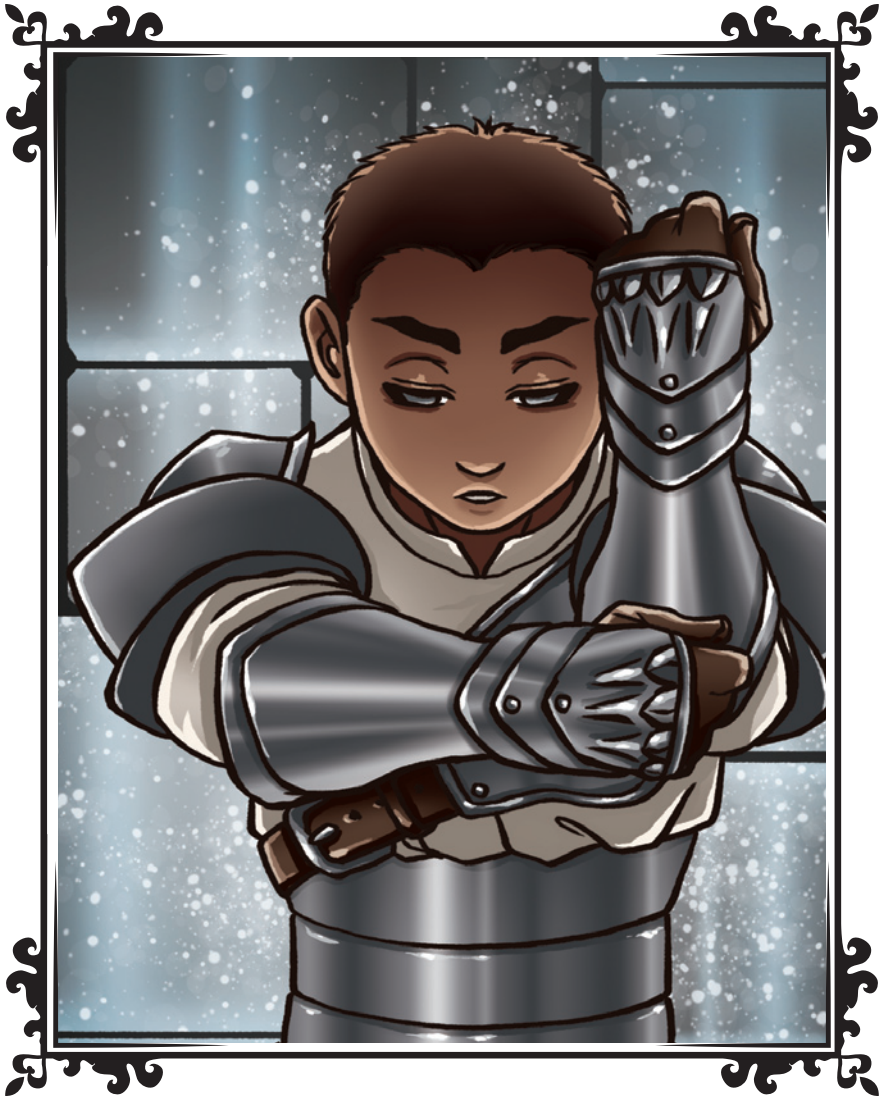
Breath of the Genius

Breath of the Genius

for sadness, tension

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed, and that your nostrils are nice and clear for this one. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started. Begin your breath from deep within your belly.
3. Switch to breathing in and out through just your nose. Hold one nostril closed and breath in very slowly. Pause. Close the other nostril and breathe out. Use the same nostril to breathe in, then switch to the other nostril and breathe out.
4. Repeat 10 times on each side. Realize your Genius as you accomplish this relaxing yet complex task.

Breath of Steel



Breath of Steel

for sleeplessness, restlessness, anger, agitation, guilt

1. Find a comfortable position on your bed or on the floor lying face up and arms by your sides. If you can't lie down, find a chair to sit in with your back straight and your feet flat on the ground.
2. Take a few deep breaths in through your nose and out through your mouth to get started. Begin your inhales from deep within your belly.
3. Starting with your feet, flex your foot muscles by pointing them up and curling your toes. Hold this tightly for 5 seconds while you inhale, then exhale and relax them completely. Feel the tension flood out of those muscles as you breathe out.
4. Move up your body by muscle group, one at a time. Hold each group for at least 5 seconds as you breathe in, tightening the muscles until they are as hard as steel, then completely relax them as you exhale. Squeeze your thighs next, then your hips, lower abs, upper abs, chest muscles, shoulders, arms and hands, neck and even your face muscles.
5. Finish tightening and releasing on your inhales and exhales until you've done your whole body, and feel yourself completely and totally relaxed.

Breath of the Conqueror

Breath of the Conqueror

for fear, tension, conflict aversion, confidence

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Place your hand on your stomach right above your belly button and below your ribcage. Focus on that part of your body swelling on your inhale, and sinking in on your exhale. Focus on keeping your shoulders and chest from moving, breathing only in your stomach. If you're having trouble, find a mirror and watch yourself until you get it.
3. Repeat 10 times. Feel the calm roll over you as you conquer your fears and relax your body by using this simple breath.

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Breath of the Wanderer

Breath of the Wanderer

an active breath

1. This breath is done while walking or moving. Give yourself some room to move and start with a comfortable steady pace.
2. Breathe normally at first, paying attention to your natural breath without forcing anything. Once you're ready, take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Feel your stomach expand with your inhale and sink with your exhale. Keep your breaths nice and long, and time them with your movement. Inhale for a few steps, then exhale for a few steps. Try to keep the step count consistent, and give your exhale one more step than your inhale.
4. Continue doing this for 10 more breaths, or until you've gently wandered to your destination.

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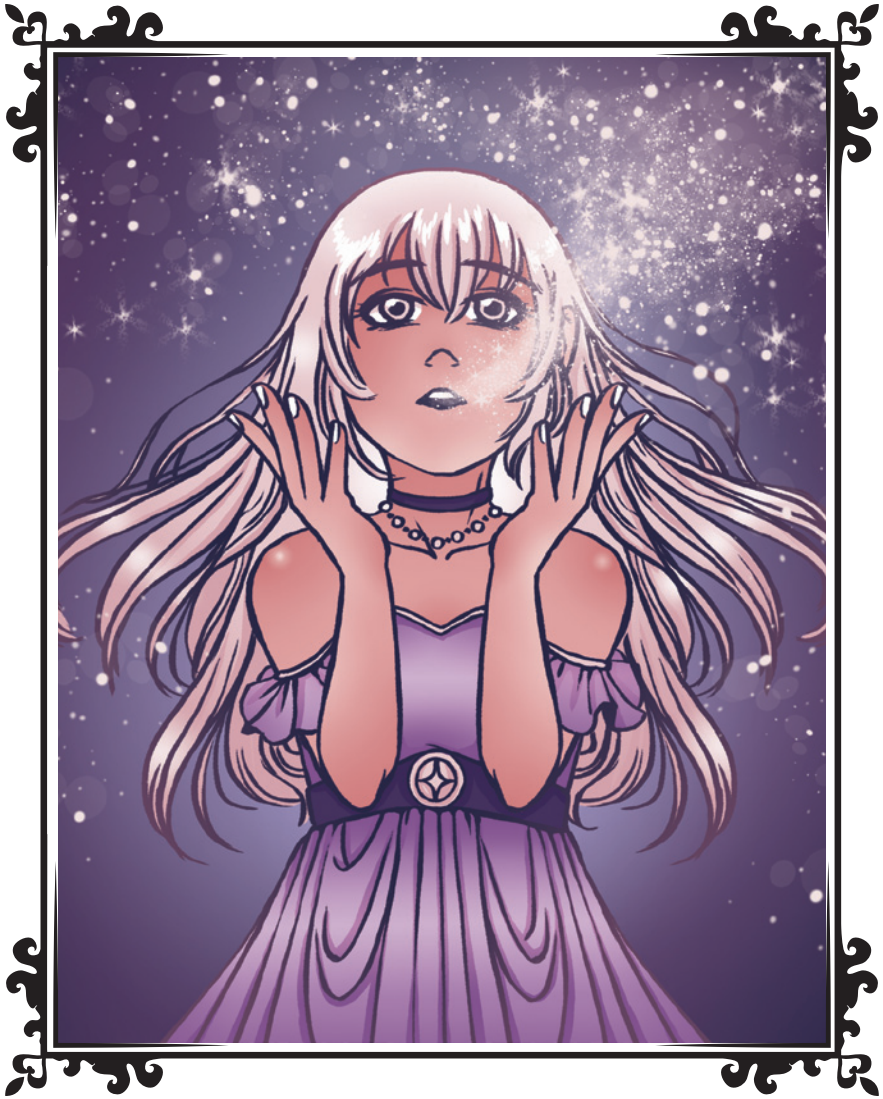
Breath of the Cosmos



Breath of the Cosmos

for guilt, shame, sadness

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes and breathe normally.
2. Breathe in slowly through your nose, filling up your belly and then your chest. Hold it for a few seconds, then slowly exhale from your mouth while contracting the muscles of your stomach inward.
3. Continue to breathe, and focus on the feelings that are making you feel bad. Imagine those feelings are sparkling dust particles floating around in your body and as you inhale, you're pulling them together inside your stomach and chest. As you hold your breath, picture the glittering dust of bad feelings gathered up in one place, and as you exhale, imagine blowing the dust out of your mouth and into the sky.
4. Repeat 10 times, gathering the sparkling dust as you inhale, and blowing it away into the cosmos as you exhale.

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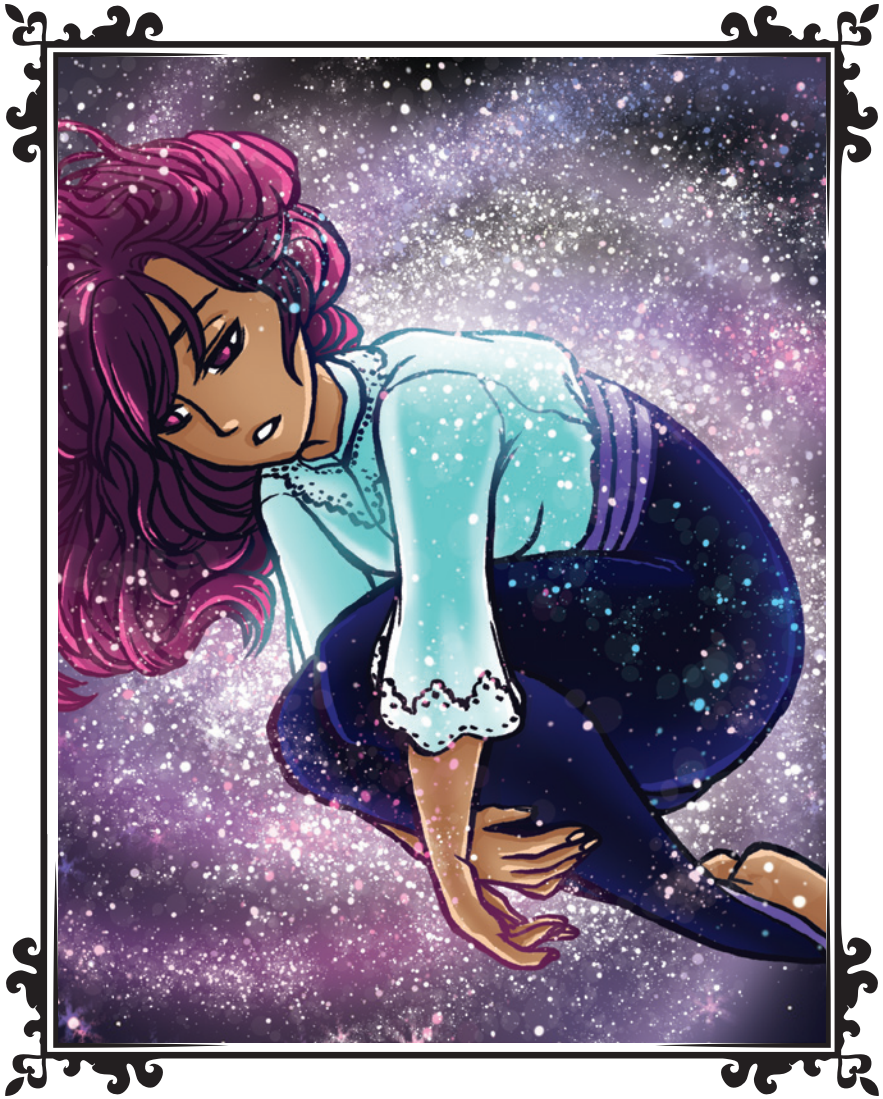
Breath of the Galaxy



Breath of the Galaxy

for anxiety, fear, sadness

1. Start by lying down on your back comfortably, arms by your side. Close your eyes and breathe normally.
2. Slowly bring your knees up and gently hug them with your arms. Relax your feet and legs, and let your head fall back. Inhale deeply through your nose and feel your stomach expand, then exhale slowly through your mouth and feel your back sink into the floor.
3. Rock gently from side to side in time with your breathing. Inhale to one side, exhale to the other, and keep your breath slow and deep.
4. Repeat for at least 10 more breaths, rhythmically rolling your body like the stars within a galaxy.

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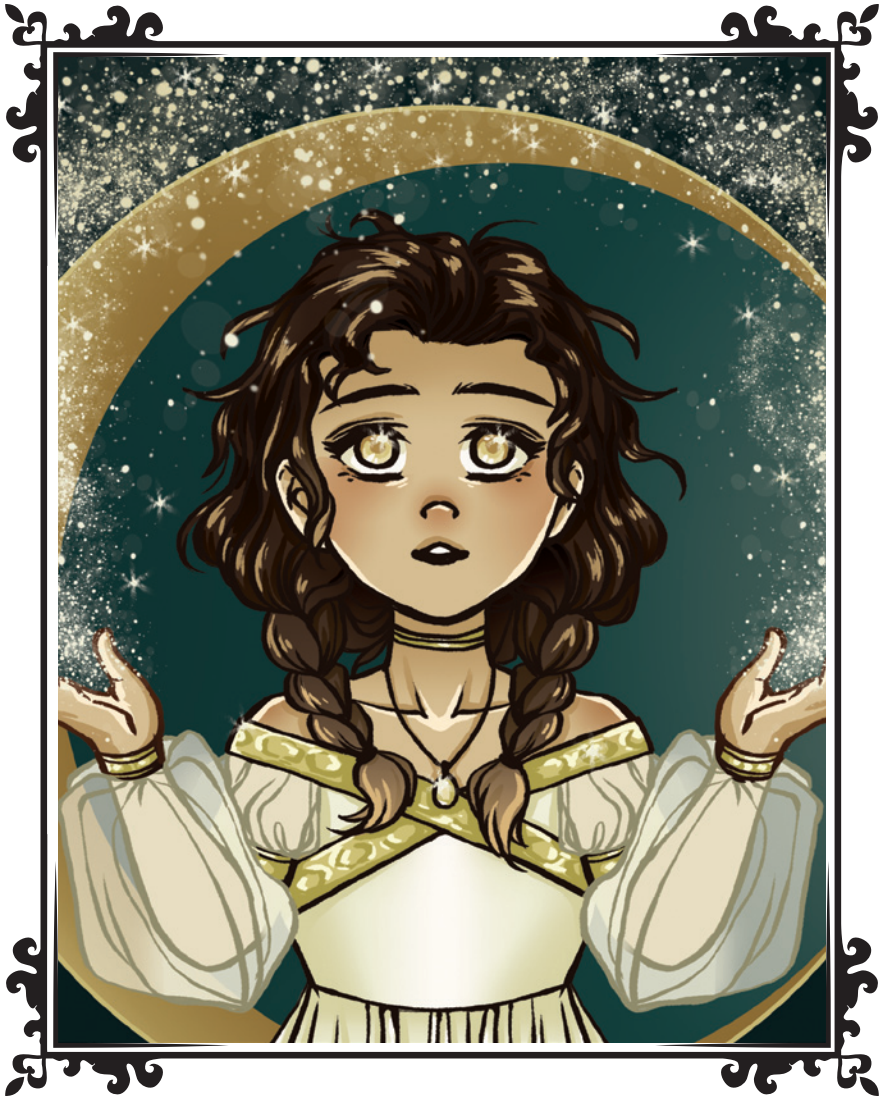
Breath of Dreams



Breath of Dreams

for sleeplessness, anxiety, relaxation

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes. If this is for sleep, lay down face up, arms by your side.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. On your next inhale, breathe in through your nose for a count of 4. Hold your breath for a count of 7, then exhale through your mouth for a count of 8. If you have difficulty making the full count, just get as close as you can.
4. Repeat 10 times, or continue until you drift off to blissful dreams.

Breath of the Dragon

Breath of the Dragon

for anger, frustration

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Find something to rest your back against, like a wall or the back of your chair. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Take a few deep breaths in through your nose and out through your mouth to get started, breathing from deep within your belly.
3. Take a slow deep breath through your nose and feel your stomach expand and your chest lift. Hold your breath for a few seconds, then exhale through your mouth. Feel your stomach sink in and press your back against the wall while you exhale.
4. Continue to breathe, and on the exhale let your burning feelings out through your mouth with a breathy “Haaa...,” like the hissing sigh of a dragon. Repeat at least 10 times.

Breath of Crystal

Breath of Crystal

for heartache, emotional pain, sadness

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Breathe in deeply through your nose, expanding your stomach, lifting your chest, and then out through your mouth, drawing in your belly. Stretch your body gently to lengthen your spine and open your chest.
3. Focus on your heart and pay attention to the feeling of your breath passing through it. Think of it like a heavy, dark stone in the middle of your chest. As you inhale, feel your chest expand, and as you exhale, imagine the dark geode slowly cracking apart to reveal bright shimmering crystals inside.
4. Repeat at least 10 times, and feel the heaviness of the stone fall away from your crystal heart.

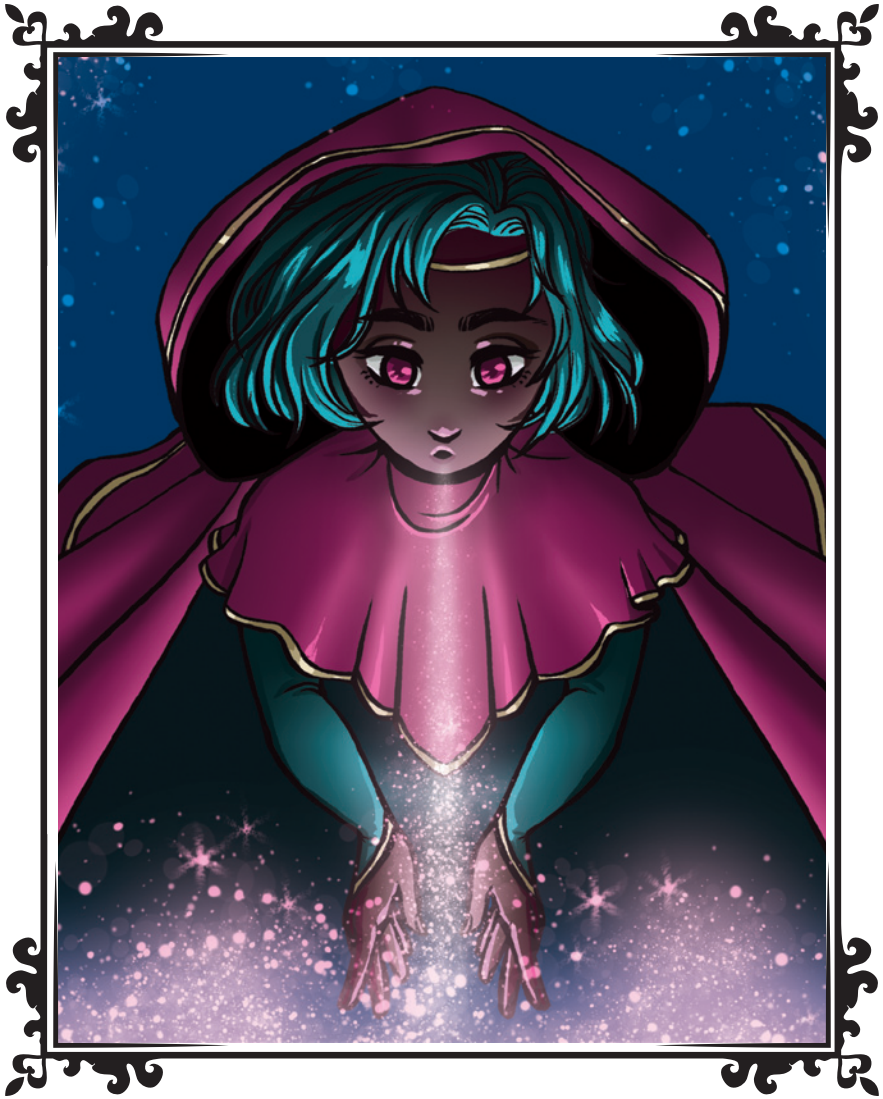
Breath of the Hero

Breath of the Hero

for negative thoughts, depression

1. Start by standing with your feet shoulder-width apart, your back straight and your neck and shoulders relaxed. Close your eyes and let your hands fall to your side, palms facing forward.
2. Breathe in deeply through your nose, expanding your stomach, and out through your mouth, contracting your abs. As you inhale, bring your arms up, gathering all your negative feelings and raising them high. As you exhale, bring your arms down in front of you palms down and push all those feelings down into the earth. Repeat 2 more times.
3. This time, as you breathe in, raise your arms high and gather all your positive feelings. As you exhale, bring your arms down with your palms facing you, and let those feelings envelope you. Repeat 2 more times.
4. Repeat this cycle at least once more, and feel the relief of being your own true hero.

Breath of Magic

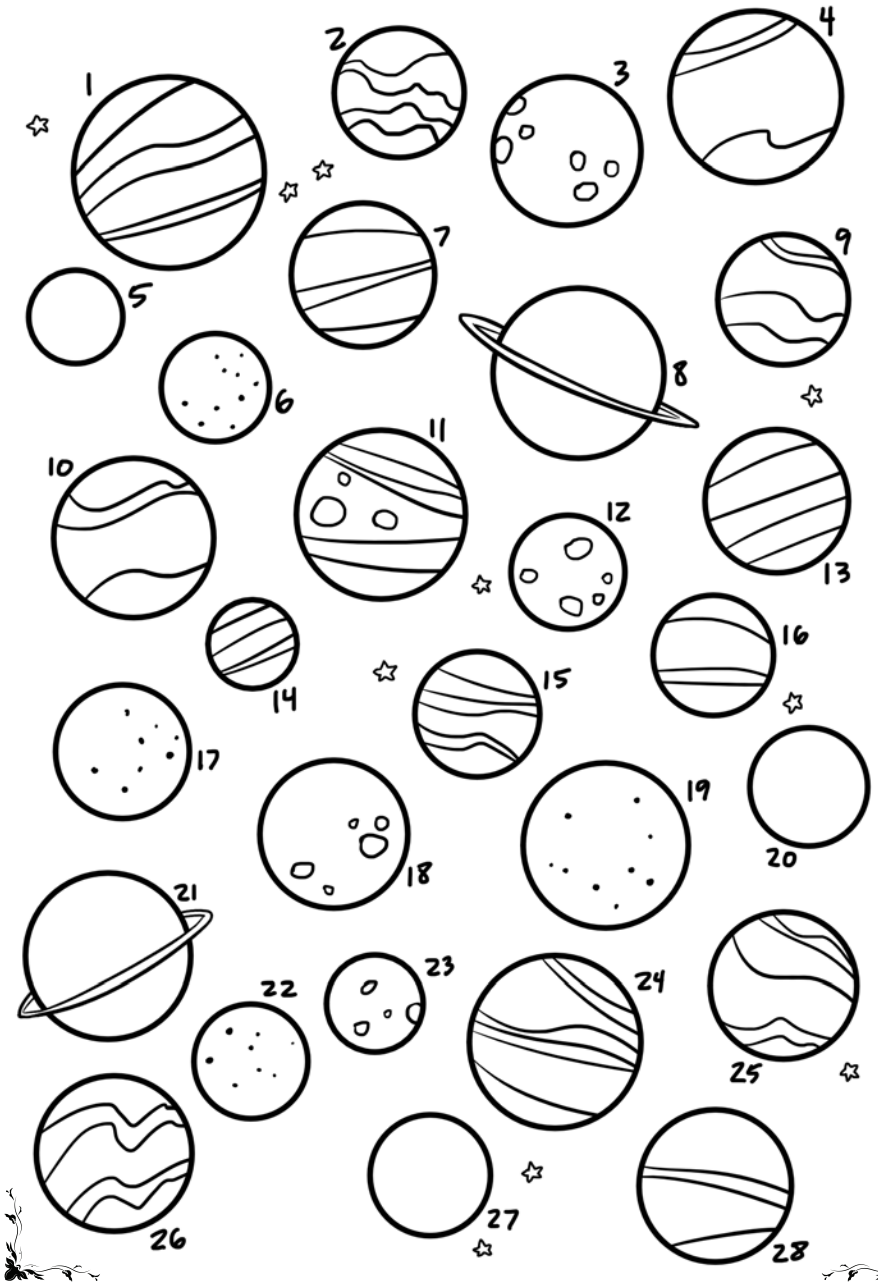


Breath of Magic

for gratitude, love, happiness

1. Start in a comfortable pose, whether seated on the floor, in a chair, or standing in a neutral position. Make sure your back is straight and your neck and shoulders are relaxed. Close your eyes.
2. Breathe in deeply through your nose, expanding your stomach and sitting or standing up tall, and out through your mouth, contracting your abs.
3. Focus on your heart and pay attention to the feeling of your breath passing through it. As you breathe in, think of something you are grateful for in that moment, no matter how small, and let that feeling surround your heart.
4. As you exhale, imagine that feeling around your heart coming out through your mouth like a cloud of magic, and imagine that cloud warmly surrounding the object of your appreciation.
5. Repeat this 10 times, and feel the magical effects of your gratitude.

4-Week Tracker



4-Week Tracker

For the next 4 weeks, try to complete at least one Galaxy Breathing exercise each day.

Choose a color to represent each of the 16 Galaxy Breaths to create your key below. Each day, use the colors you chose to show what breaths you completed in the cosmic tracker.

If you do more than one breath in a day, fill that day's planetoid with multiple colors!

- [ ] Breath of the Adventurer
- [ ] Breath of the Ocean
- [ ] Breath of Lightning
- [ ] Breath of Fire
- [ ] Breath of the Siren
- [ ] Breath of the Genius
- [ ] Breath of Steel
- [ ] Breath of the Conqueror
- [ ] Breath of the Wanderer
- [ ] Breath of the Cosmos
- [ ] Breath of the Galaxy
- [ ] Breath of Dreams
- [ ] Breath of the Dragon
- [ ] Breath of Crystal
- [ ] Breath of the Hero
- [ ] Breath of Magic

TERMS OF SHARING THE ❤

1. We want to reach as many families, teachers, therapists, kids, tweens, and teens as possible! Please let others know we're sending out printables every week by sharing this page: https://gozen.com/printables/

2. For sharing with your community, we ask that you do not post this resource directly on your own website. We'd appreciate sharing our printables page with your community: https://gozen.com/printables/

3. Join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: https://facebook.com/groups/scienceofhappinessforkids/