Philip Warton Relaxation Practice Journal 2

Day 1:

Today I did “Breath @ the Belly, Ribs, and Chest” and “Sending Breath to Places in the body”. After watching the video about the respiratory system, it seems weird that I feel like I am breathing air into my stomach, when in fact it is simply a muscle in my belly and all of the air goes to the lungs. I found breathing while focusing on the stomach and the lower parts of the lungs encouraged a deeper more comfortable breath, and if I focused on the upper region, the muscles around the chest and ribcage were more engaged, making it a little bit less relaxing. This week I think I did better on “Sending Breath to Places in the Body”. When keeping my attention at my shoulders, it felt almost like the feeling of stretching a muscle out after a workout, but much subtler.

Day 2:

Today I did “Belly Breathing on the Bolster” and “Guided Imagery: a Memory of Peace”. While doing the belly breathing on the bolster, I felt like my chest/stomach was kind of compressed by laying on it. Besides that, I did notice that the back part of my ribcage was expanding rather than just the front, which was an interesting feeling to notice. I do not particularly like to be on my stomach, because of this feeling of compression exerted. Wile doing the “Memory of Peace” practice, I noticed my mind wandering, starting to think about homework, my day, my family etc. However, once I thought of a specific memory, it was easy to stay focused because I actually have something to actively think about.

Day 3:

Today I did “Ujjayi Pranayama” and “Body Scan”. While doing Ujjayi Pranayama, there was not much of note that occurred. Something I did notice was that constricting the out breath caused the breath to be louder, and more easily audible. I also noticed that constricting the air through the throat made it so that I my diaphragm didn’t have to support as much while trying breathe very slowly, so in that way it was somewhat more relaxed. During “Body Scan”, I noticed that I could feel my pulse within whichever part of the body I was observing. Maybe this means my heart was beating too hard?

Day 4:

Today I did “Get Some Fresh Air”. I went into my backyard and just did some breathing while sitting down on the porch. There was a bee that was bothering me for a while, I think that it thought perhaps my red shirt would be good to pollinate, but in fact it was not. I was out during the golden hour, so the sun was quite warm on my back, but it was quite pleasant. I heard the sound of some distant cars, the breeze and the occasional bird chirping, but for the most part is was very quiet, with nothing but the sound of trees moving in the breeze. The smells out there were mostly of the wood from which the porch is built. Lovely weather these days!