



Raelene
Byrne

medicine for your spirit

SOUL JOURNEY MENTOR

MEDITATION HAS
BEEN PROVEN TO BE
BENEFICIAL FOR ALL
LEVELS OF OUR LIFE.

21 BREATH MEDITATION

There are so many styles, with a myriad of reasons to make it part of your life. The main one is the effect on the nervous system and the brain function. The calming and relaxing effect improves many aspects of life.

THE ONE MAIN
REASON THE
MAJORITY OF
PEOPLE RESIST
MEDITATION IS
DUE TO "TIME"

LOWER BLOOD
PRESSURE
IMPROVED BLOOD
CIRCULATION
LOWER HEART RATE
SLOWER
RESPIRATORY RATE
LESS ANXIETY
LOWER BLOOD
CORTISOL LEVELS
MORE FEELINGS OF
WELL-BEING
LESS STRESS
DEEPER RELAXATION

I HAVE FOUND WHEN PEOPLE WANT CHANGE IN LIFE AND THEY ARE PREPARED TO MAKE A FEW, THERE IS A TIME FACTOR FOR ALL THESE NEW STEPS FORWARD.

Meditation, the preferred technique asks us to devote at least 20 minutes to ourselves each day, if we are keen, twice a day is the aim.

GETTING STARTED CAN BE AS SIMPLE OR HARD AS YOU MAKE IT.

I found this 21 breath technique to be fast, effective with the added benefit that it helps train your brain to be quiet and still for short bursts of time. Once you are comfortable with that, you then feel the gentle ease into spending a bit longer in meditation

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YOU CAN USE THIS TECHNIQUE ANYWHERE, ANYTIME. NO MORE EXCUSES ABOUT NO TIME.!!!

you have small pockets of space throughout your day, you can do this ie..waiting for a coffee or juice to be brought to your table, waiting to pick kids up from school, on public transport, in a tea break at work even on the toilet if you are really busy!!

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PREPARATION

Sit in a comfortable position, have your timer on your phone or watch, press start and then close your eyes and take 21 slow steady breaths, focusing on your heart space.

When 21 breaths is complete, stop the timer.

You now have an idea of how long 21 breaths takes, so you do not have to count them.

TECHNIQUE

GET COMFORTABLE

see that word in your minds eye, so visualise or imagine that word say to your self

"I INVITE AND INVOKE THE FREQUENCY AND VIBRATION OF TO ACTIVATE WITHIN AND AROUND ME"

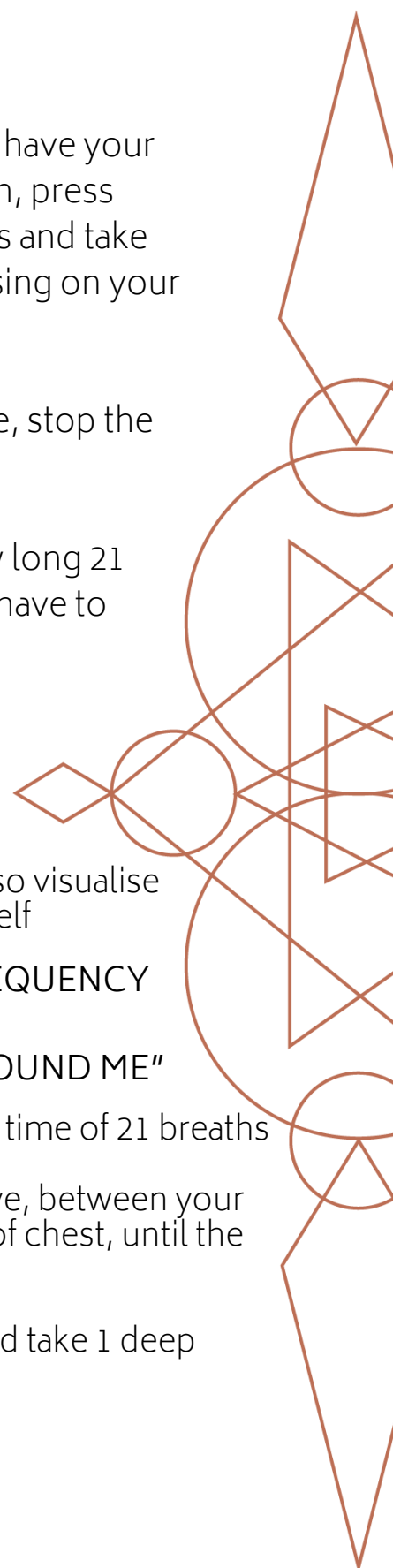
Put the timer on for your previous time of 21 breaths
Close your eyes and see that word
Breathe it in and out of your 3rd eye, between your eyebrows, or heart space, centre of chest, until the timer goes off.

Place hand on your heart space and take 1 deep grounded breath to anchor back

**OPEN YOUR EYES
SMILE.
ENJOY THE BENEFITS!!!**

Pick a word that describes a feeling or virtue or even intention you wish to embody

i.e...calm, relaxed, peaceful, vibrant, clarity, vision, balance, openness, courage, value ...whatever you feel you would like to experience



21 BREATH MEDITATION

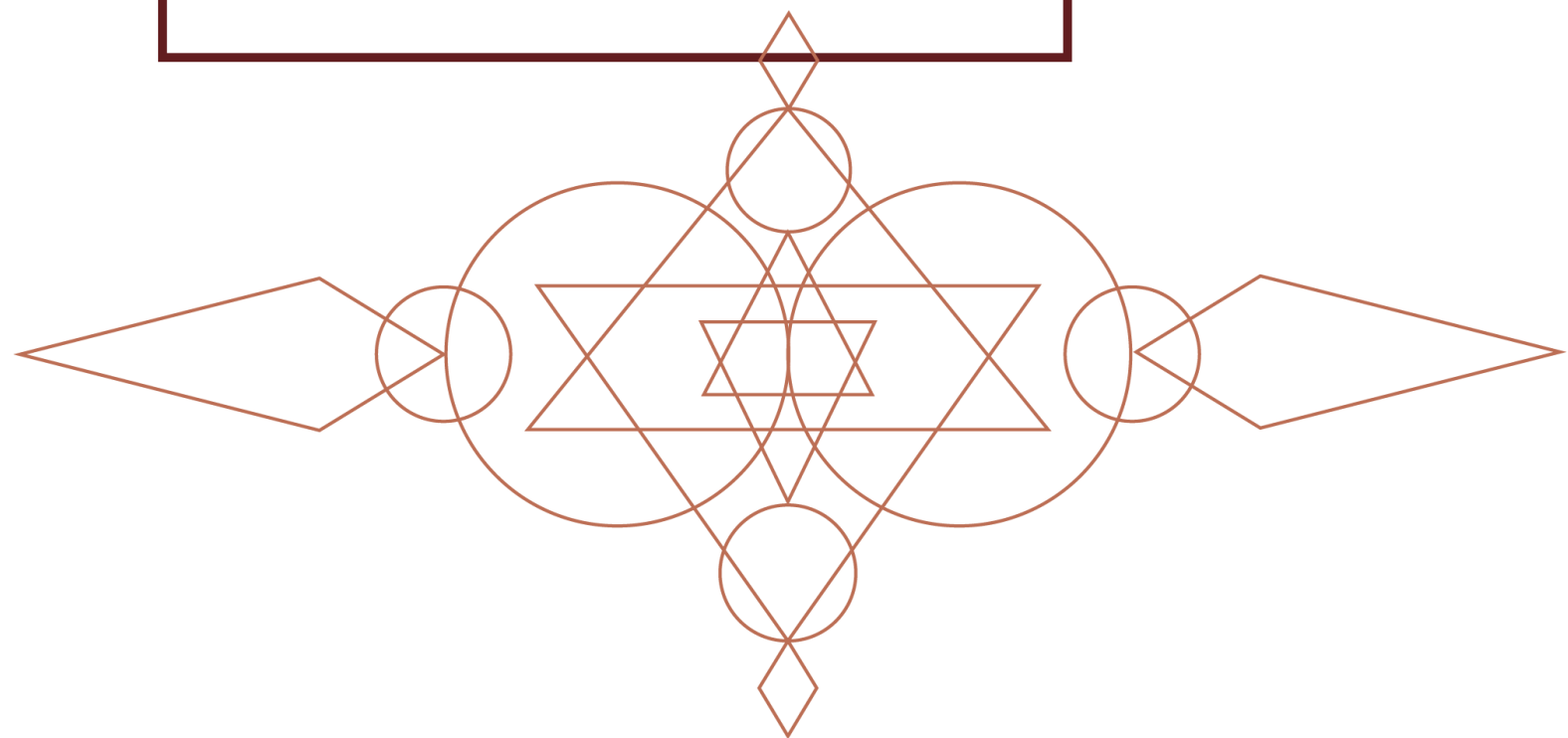
"This simple and effective technique can be used once a day, or several times a day.

If choosing more than once a day, please use the same word for that day.

You can change the words everyday, but what you choose for a day is what you work with.

You will feel calmer, reset, clearer and centred.

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