

HAT breathing/9 breath

- Put one hand on the middle heart chakra and the other hand over it.
- With eyes open, take 3 normal respirations (a complete cycle – in and out).
- Switch hands, repeat 3 normal respirations.
- Switch hands one more time, repeat 3 normal respirations (for a total of 9 breaths).

This is from
Heart Assisted Therapy
– John Diepold, PhD
Heartassistedtherapy.net

