

Exercise: Breath Journey to Sleep

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This guided visualization is to lead you to a quiet, engaged state of sleep. It is one of a series of visualizations engaging the fundamental frequencies of your body. You'll find different frequencies in this series may draw you more strongly. This one connects you to breath, the rhythm of breathing, and how this guides you to, and through sleep.

We are following the idea that sleep is a much bigger, richer and more complex space, broader and more expansive, than the waking or the speaking world. It's so rich and complex that speaking cannot guide you, and your thinking mind is of little use. To let go of it, engage the rhythms of sound and movement in your body, to feel what flows through your body and your deeper self. Sleep is not a state, not process, it's a journey, and it calls you to be part of it. Do not contract to a small, dry, winter leaf. Expand, open and sprout a million buds that bloom into a garden of such riotous creation that it knocks you out.

We'll focus our attention on your breathing with the intention of feeling and being it as much as possible. I will use words in a visual and rhythmic way, so pay no attention to their meaning or their logic, just follow their images and feelings, and maybe the sounds that mean nothing at all.

The object of this visualization is for you to sleep, so don't be doing anything while you listen to it because you may sleep at any moment, listening to a symphony conducted by the chemistry and wisdom of the cells in your lungs.

Begin by finding a comfortable place.

Quiet the sounds and dim the lights. Listening for what you can hear and see coming from inside your body. Listening for voices, patterns, noises like an old house creaking, blowing, nattering, dundering. Don't listen for the meaning. Let's start by counting your breath. What meaning is there in counting?

5, 4, 3, 2, 1, zero.

Feeling the breath

I'd like you to close your eyes with each inhale, and then open them with each exhale. And do this for a while until you just prefer to keep them closed. As you breath, opening and closing your eyes, I'd like you to feel, or sense the places and movements in your body, as I mention them now.

*Inhale eyes closed, the sides of your chest expand, wide and full,
And exhale eyes open, an effortless release...*

*Inhale eyes closed, feeling heart at the center of your lungs, ...
And exhale eyes open, air finding its way out... ..*

*Inhale, closed, vitality spreads warmly around your lungs, ...
And exhale open, relaxation drains into you... ..*

*Inhale, closed, pushing down into your belly, ...
And exhale open, released stomach with room to move*

*Inhale deep into your pelvis where energies are rooted ...
And exhale open, release creation ideas and efforts*

*Inhale eyes closed, hope and faith and connection ...
And exhale, to re-collect your deep purpose*

*Inhale down to inflate long thigh bones, down the knees, ...
And exhale, relax splayed hips sinking... ..*

*Inhale down past knees to calves and ankles ...
And exhale, pulling relief from joints and tendons*

*Now inhale eyes closed, to feel strong feet remember...
And exhale eyes closed, a hundred foot soles wandering*

*Inhale eyes closed, kneading shoulders, neck and yoke ...
And exhale closed, drop shoulders spreading elbows... ..*

*Inhale open energy flowing, down arms like sluices...
Exhale, steam rising from your sleeves... ..*

*Inhale mittens of sensation of warm hand awareness...
Exhale energy flowing out your fingers*

*Inhale a head full of busy statements ...
And exhale words a broken bag of feathers... ..*

*All the things you had to say...
A tossed confetti word parade*

Inhale a head full of jumble ...

Exhale lungs of clarity and focus... ..

Inhale, clear skies ...

Exhale, far below you

Inhale ...

Exhale

Go deeper now, gather your shoulders, really feel them ...

And then release them to go twice as deep, drifting ...

Deep into your chest as you bring in the breath, into the fingertips ...

And then drop all sensation, exhaling it into a cloud, floating ...

Going deeper, gathering all your awareness in the legs, down to feet ...

And then relax it, all rinsed away, tumbling, tumbling ...

Good

Effortless

Quietly

Breathing

Hearing the breath

Sound is just vibration, and vibration is oscillation, meaning alternation which could be heard, and felt, and sensed in ways of sounds, and textures of vibrations, and patterns of sorts. And listening, now, could be with your ears around an eardrum, and with the skin of your body drumhead, or any other tissue, muscle, and passage responding with resonance to amplify, clarify, and bring to your attention. Tired muscles walking, and minds weary of talking. Tired of talking ... and walking ... and listening to yourself.

Now we'll listen to just hear breath... Listen closely...

Expect a difference... You can hear it...

Vibration of the air around your inhale ... then exhale ...

Sound of chest muscles tighten to inhale ... the sound of their relaxation ...

Inhale tremolo in your throat, ... anyone can feel it ...

Imagine the snore in the background ... sledging smoothly out ...

Inhale little hesitation ... exhale a thousand air sacs whistling.

It's the background hum, it changes shape: first fuller, then flatter.

Hear the air change form: first firmer, then softer.

Round sound inhale, full and wealthy ... exhale motes of blowing mist.

Inhale quiet richer echo... exhale open boundless, no reflection

Nose tip, throat, and lung sensations... exhale quiet twilight drifting...

Rising sounds of sunrise inward... warm quiet summer evenings out...

Rising sunrise golden promise ... retiring sunset comfort homeful ...

Sunrise promise ... sunset comfort ...

Sunrise sunset

Go deeper now, first your shoulders, your hanging arms ...

And release them, neck, shoulder, arms ... twice as deep ...

Bring in the breath, open everywhere inside you, Deeply relaxed ...

And out it rushes, slipping, drifting, sleepy, floating ...

Going deeper still as if you're in a cocoon, inhaling all sense ...

And then exhaling it all away, cleaner, clearer, emptier, all relaxed ...

Crystal clear

Shimmering

Brilliant

Breathing

Seeing the breath, breathing to pictures

Let's take a walk now through a sunset forest of your imagination somewhere, sometime once now here again. A space of places jigsaw puzzle memories put together with perfect fitting, every piece it's loving place held in a wooded home of affectioned comfort. Slow day rhythm quickly fading to a long fall-time late summer sunset, yellow disk skittering along the pink horizon toward a sinking in a night of world turn.

Paint a picture taken from... all the crimson forest sunsets...

Through a clear walk forest on a hillside ... an open field below...

Let me talk just on the exhale ... and with your inhale just make space...

Inhale the space for what you'll see ... and exhale all the words I say about it...

Inhale space On a path we find through tall trees ...

Inhale ... Sky turns indigo, air still, light dimming...

... .. Branches climbing, on distant twiglets ...

... .. Air above see crown of forest ...

... .. Opens a halo toward deep space nowhere ...

... .. Feet pad through soft forest cushion ...

... .. Brown leaves crackle, shapes akimbo ...

... .. Left and right deepening forest nightshade...

... .. Uphill, headward, skylight still glowing ...

... .. On and on we walk in silence ...

... .. And miles and miles and hours and hours ...

... .. Overhead thins as hillcrest comes toward us...

... .. Sun gone down now as air turns purple ...

... .. Dark rock bars us, we climb steps around it ...

... .. To hilltop bare with just long grasses...

... .. Horizon stretch across a valley beyond us...

... .. In a circle an old doorway shimmers ...

... .. Or just some stones left by glaciers ...

... .. Rays of light touch clouds beyond them ...

... .. Not a doorway, just a passage up beyond the hilltop...

... .. Nothing there but just evenings air, approach it...

... .. An invitation to leave the world behind...

... .. Heavy world so solid and serious ...

... .. Step through this portal fringed with whispers ...

... .. Walk beyond the hilltop proper ...

... .. You body knows how, just let it lift off...

... .. Float up through the civil darkness vespers...

... .. To a sleep shifting without limitations...

... .. To a sleep with no limitations.

... ..

If you've lifted off to sleep, or maybe tumbled into it, I won't know it.

... but you might. And you'll still hear me, though you won't remember.

And if you haven't, that's OK. It's all for your relief, and you'll find your passage when you're ready. I trust you will, and either way now you know the senses of your breathing rhythm, an idea you have a lifetime to explore. And sure you will, as sure you'll breath your lifetime, with nothing more important than to hear, and see, and feel your breath.

Relax

All the more important in times of stress be guided by your body, not the issues of concern. Trust your body, and beseech it. Ask it for its answers, held in generations of genetics, characters of families, hidden in you and above you. Reach and they'll take your hands, to sleep and lands beyond it.

Relax