BREATHING INTO BALANCE
(COLLARBONE BREATHING)
(Adapted by Phil Mollon from Roger Callahan’s Thought Field Therapy)

Purpose:
To reorganize scrambled energy and regain inner balance.

Use when:
- Feeling stuck or switched off
- Feeling confused or disorganized

Common experiences:
- Greater clarity
- Feeling more connected
- Feeling better left-right balance

Steps:
1. Cross arms across chest and place the tips of the fingers on the collarbone.
2. Keeping the fingers in place for the duration of the set:
   - Inhale and Exhale all the way
   - Inhale halfway and hold
   - Inhale all the way and hold
   - Exhale halfway and hold
   - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)
3. Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.
4. Keeping the fingers in place for the duration of the set:
   - Inhale and Exhale all the way
   - Inhale halfway and hold
   - Inhale all the way and hold
   - Exhale halfway and hold
   - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)

Follow along with the video:
https://youtu.be/31h1yS-ss_U

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