

## **BREATHING COLORS**

This is Dr. Brian Alman of TruSage ([www.trusage.com](http://www.trusage.com)). As you become more acquainted with my program, you'll begin to see some reoccurring themes. You may notice the emphasis on relaxation and breathing – two parts of your being that are essential to losing weight and keeping it off. And this is why we'll continue to learn new and colorful ways to breathe.

### **Where Is Your Mind?**

How can you relax if your mind is constantly racing about the past or going full speed ahead into the future? The reality is you probably can't. If you're thinking about work problems, talking on your cell phone, worrying about your to-do list or concerned with next month's plans, then you forget about where you are, who you are and what your priorities are.

Even in my daily life, when I start to get too concerned about past things or future things, I know it's natural to think about it once in a while. But I don't want to focus on it too intently. It's okay to know what's behind me and what's in front of me, but I know that the more present I am, the better.

### **Living in the Moment**

To be or not to be. That is the question. Being in the present is accepting how your life is right now. If you can live in the moment, the benefits are many. You'll notice that you can enjoy life more, you'll have more freedom, reduce your stress and even enhance your relationships.

But the best reward is that you'll allow the past to be the past and put all those repressed feelings behind you. Increase your focus on being in the present and your goals of losing weight and keeping it off will be well within reach.

As you may have guessed, a great way to be present is through breathing. And the breathing technique I'm introducing to you today requires you to stretch a little further and incorporate visualization.

### **Visualize and Release**

Breathing is one of greatest tools we have to help us be successful and so long as we're breathing, we can take very good care of ourselves. So let's practice turning our breathing techniques into a wonderful visualization experience.

Here's how: Pick your favorite color. Whether it's color association – such as blue reminding you of a cool sensation or red a warm and cozy feeling – or a color you've loved since you were a child, pick a color that conjures up thoughts of losing weight and keeping it off. Ready? Start with your inhale. But this time, as you inhale, imagine

inhaling your color, taking that color in throughout your body, mixing it in everywhere – your heart, your head and all the way down to your feet. And when you exhale, you're exhaling that color again, releasing it, letting it go. Imagine the color gathering anything you want to release and as you exhale that color, you cleanse, release and there it goes.

Let's try it again: Breathe your color in, let it swirl around everywhere, mix it up, cleanse; and as you exhale, release and let the color go. Even when you see your color or colors during your daily life, breathe in the color, get the healing, wellness and health you want, and then exhale – letting go of the stress, tension and concerns with the past. Utilize the colors to give you inspiration, positive imagery and to start associating what happens in your everyday life with losing weight and keeping it off.

I hope you enjoy these fundamentals of breathing. Don't forget to practice them daily, utilizing them to their maximum potential.

You're doing great. Thank you!

Dr. Brian Alman

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