



Constricted Breathing Technique

Christine Hunt Wellness Coach & Consultant
Certified EFT and Matrix Reimprinting Practitioner

The Constricted Breathing Technique is a breathing exercise enhanced by tapping which, despite its simplicity, offers numerous benefits. Most people have constricted breathing and it is eye-opening to experience the improvements that EFT generates in a minute or two. Increased oxygen levels are so important to health that practically everyone who tries this procedure feels better as a result. Daily use can help improve physical fitness, and because it's relaxing, the technique is an attitude-adjustment tool that can help you move from stressed or anxious to calm and serene in record time. This makes it an effective aid to performance improvement as well as setting and reaching any new goal.

How to do the Constricted Breathing Technique:

Take two or three deep breaths. Take your time and don't hyperventilate. This step will stretch your lungs so that any EFT improvement in your breathing will not result from a normal "stretching effect".

Once you have stretched your lungs as far as they will go, take another deep breath. This time assess the deepness of your breath on a 0-10 scale, where 10 is your estimate of your maximum capacity. Most people start with numbers from 3-9. Those who rate their breath at a 10 (they are usually wrong) may find that after EFT they will go to a 12 or 15.

Now do several rounds of EFT with Setup Phrases such as:

Even though my breathing is constricted, I deeply and completely love and accept myself.
Even though I can only fill my lungs to an 8...
Even though I'm not used to breathing deeply...

and so on. Be sure to include any physical or medical conditions that could interfere such as:

Even though I'm coming down with a cold (or have allergies or emphysema or a bruised rib) and it's hard to breathe...

After each round, take another deep breath and assess your 0-10 lung capacity. In the vast majority of cases it will keep expanding and improving.

To clear any emotional cause of constricted or shallow breathing, ask yourself:

What does this constricted breath remind me of?
When have I felt constricted or smothered?
If there was an emotional reason for my constricted breath, what might it be?

Often these questions give big clues to important and emotional issues. With the help of the Constricted Breathing Technique, whatever you feel upset, distressed, angry, disappointed, frustrated, guilty, irritated, sad, uncomfortable or happy about can be more easily identified, incorporated into an EFT Setup Phrase and tapped for.