



DEEP CREATIVITY & CALM

HOW TO CONNECT TO YOUR BREATH & CREATIVITY

Begin a journey that'll take you deeper into your true self.

STORYHELIUM.COM

ACCESS YOUR INNER CALM

BELLY

Breathe into your belly. Allow your chest to stay still. In through the nose and out through the mouth.

FOCUS

Put your attention on the breath and on your belly. Hand on heart. Hand on belly. Fill the belly, and contract to exhale slowly.

RHYTHM

In for four and out for six. Count in your head. In through the nose. Out through the mouth. Gently and slowly.

RESONANCE

Use the video guide for 5 to 20 minutes to enter a state of deep calm. Practice daily.

DEEPER

In with tension and out with peace. Breathe into the trigger, and release it on the exhale.



CREATIVITY

HOW DOES THIS RELATE TO CREATIVITY?

Without the ability to access a state of deep inner calm that allows us to be fully present, focused, and connected to our deepest selves, creativity is much more difficult.

The more you practice this breathing, the more you'll find that your creativity flows from you without effort. Magical inspirations will hit you, and motivation and energy will abound.

Where once you might have toiled over a project or new idea, now it flows from you. Allow yourself to create from a state of deep calm and you'll find the process to be both joyful and consistent.

ACCESS YOUR INNER CALM

Ink-saving Printable Version

BELLY

Breathe into your belly. Allow your chest to stay still. In through the nose and out through the mouth.

FOCUS

Put your attention on the breath and on your belly. Hand on heart. Hand on belly. Fill the belly, and contract to exhale slowly.

RHYTHM

In for four and out for six. Count in your head. In through the nose. Out through the mouth. Gently and slowly.

RESONANCE

Use the video guide for 5 to 20 minutes to enter a state of deep calm. Practice daily.

DEEPER

In with tension and out with peace. Breathe into the trigger, and release it on the exhale.

