



The Intuitive Healing Voice Course

with Dominique Oyston

THE FOUR-SQUARE BREATH

What the Greeks knew

In Ancient Greek, the word 'anxiety' = excitement without breath.

When we are excited and breathe fully, we can turn anxiety into energy and utilise this excitement as positive action.

This is what is meant by common speaker coaching ideas around turning fear into excitement. It's not completely accurate but the body uses adrenaline differently when it is more oxygenated.

The Four-Square Breath

Brené Brown's studies showed that resilient people have a couple of things in common: mindfulness and deep breathing! She shared that many first responders, people who often support traumatic situations, reported over and over that the one tool that helps them to integrate strong emotions is the deep breath. Brené leads her audiences in practicing the "square breath."

This exercise is part of Pranayama practice to:

- Calm the mind
- Lessen anxiety
- Equalise the components of the breath
- Become aware of the movement of prana through the body
- Become present in the moment

It is called **Samavritti = Equal movement**

The components are:

- Inhalation (puraka).
- Internal retention (antara-khumbaka)
- Exhalation (rechaka)
- External retention (bahya-khumbaka)

This is not a breathing technique that connects the voice, but it does give you room to experience relaxing the tongue, jaw and throat and tuning in to the sensation of action in the solar plexus. Speaking and sounding are always enhanced by more awareness of an activated diaphragm and a relaxed vocal tract.



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How to Take a Square Breath

1. Breathe in to a count of 4
2. Hold for a count of 4
3. Breathe out to a count of 4
4. Pause for a count of 4
5. Repeat

If it helps, you can draw a square in the air with your finger. Begin in the lower left corner and model while using your finger to draw a square in the air.

As with any breathing practice you can add intention to the process to unfold a particular piece of information or connection to deepen your understanding. You can connect your intentions to the square and energise them with each breath and pause. When complete, release them to the universe!

It is such a simple exercise that it is great to teach your children too.

How to practise Samavritti

Sit or stand comfortably. Your posture should allow your spine to be upright, so you can use a block or cushion to sit on, or a chair. If you are sitting, rest the back of your hands on your legs, palms up with the tips of the index finger and thumb touching (Jnana Mudra).

Breathe naturally for a little while and notice your rhythm; the natural inhalation, exhalation and pauses.

- Begin with an exhale for the count of four
- Hold on the exhale for the count of four
- Inhale for the count of four
- Hold on the inhale for the count of four

After a few rounds you can extend the count to 6 beats. But this is not about pushing so stay comfortable and feeling an easy stretch.

Try to cultivate the same quality of breath at the beginning, middle and end of the count.

Pranayama asks that we do not force our breathing or strain. The objective is to enter into union with how the breath moves through the body and connects us with the universal field. Use this breath to steady you and ground you.



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It is not meant to raise your blood pressure or make you dizzy. **Stop if this happens.**

Do a few rounds and then rest.

(If you are preparing to speak or sound, don't go too deep. You need your thinking to be streaming through your etheric field too, so that it is your thinking that aligns with the rhythms of the universe rather than just the breath and NO mind!)