

**To change your mental state
of alertness, use your ability to control the speed and depth of your
breathing.**

**Do you know your “state of mind”?
Are you relaxed and alert, tired, agitated, flooded with thoughts?
Are you fighting sleep? Are you bored? Are you uninspired?**

**You can’t change your inner mental landscape with more thoughts or gems
of wisdom. You can influence your brain (and body) chemistry with altered
breathing patterns.**

**To attain a relaxed and focused state,
do a double breath intake to completely fill your lungs
and then let the air out slowly. (Also very helpful for playing wind
instruments)**

**To attain an alert state,
do many short and quick in breaths followed by a quick exhale.
Feel your diaphragm move.**