



**a relaxed mind moves mountains!**

Breathing is an automatic process we don't have to learn. It is a reflex to ensure we survive on earth..

In stressful situations our body decreases all other activities to save energy for survival. Adrenalin kicks in and our breath accelerates. This is usually the moment when we cannot focus on work, can't do the simplest tasks because our body changed into survival mode. Discussions and decision are not fruitful in such states, maybe except running from lions or other dangerous situations.

This has a major impact on our body: tension, inflexibility, simple tasks become a burden, and anxieties settle in.

The following simple breathing technique should support you to consciously control your breathing and release the tension in your body. No matter where you are or with whom..

Happy transformation!

# Tonglen



easy  
to use  
everywhere

## **Inhale what is. Exhale what should be.**

With Tonglen we want to transform the current emotional state into a desired or needed state. We will transform what is in our surrounding and within us by inhaling it in and putting it onto our heart. Imagine your heart as a power so strong to create whatever you want.

### **Step 1:**

Tune into your surrounding and yourself. Feel what's going on and think of a word that describes the current emotional state/ feeling e.g. stressed, troubled, angry.

### **Step 2:**

Now imagine what you and the people around you could need. Again determine an emotional state/ feeling, e.g. relaxation, high vibe energy, etc

### **Step 3**

Inhale what is and put it onto your heart. Let your heart transform what is into what is needed. Exhale what is needed.

Duration: seconds to minutes  
Extend how you like..

Anke Mengler

*You've got this!*

Let me know any question you have or send myour  
feedback how it worked for you..

Sending love and sunshine,

Anke

*Anke Menzler*