

## **Letting Go and Holding On**

dede dancing, LMT

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The newness of the year brings hope for better times. We resolve to do things differently—in ways we think will make us happier, healthier, better.

In the final massages of 2010 many people were asking for help to let go of old ways and old pain to make way for the new better stuff. While we were doing that work we were reminded of how effectively our own focused breathing can aid that process.

You can experience the benefits without being on the massage table—quiet your mind as you take four breaths.

Inhale to center yourself feel your balance. Exhale to let go.

Breathe in healing energy. Let tension flow out with your breath.

Feel your self—your ribs, your abs and back and chest—expand to accommodate a huge inhalation. Straighten and feel strong as your exhalation brings your belly button towards your spine.

Push your shoulders away from your ears as you breathe in, and continue to let them fall as you exhale.

Now take three more.

Think of something you cherish in your self. Hold that thought gently. Breathe in.

Think of something that causes you trouble. Exhale as you let go.

Breathe in happiness. Breathe out fear.

Expand into a universe that is full of compassion as you inhale. Exhale your sorrow.

Seven breaths towards health and comfort. Breathe them often. Move with them when you feel you can.

Wishing you a new year that brings what you need.