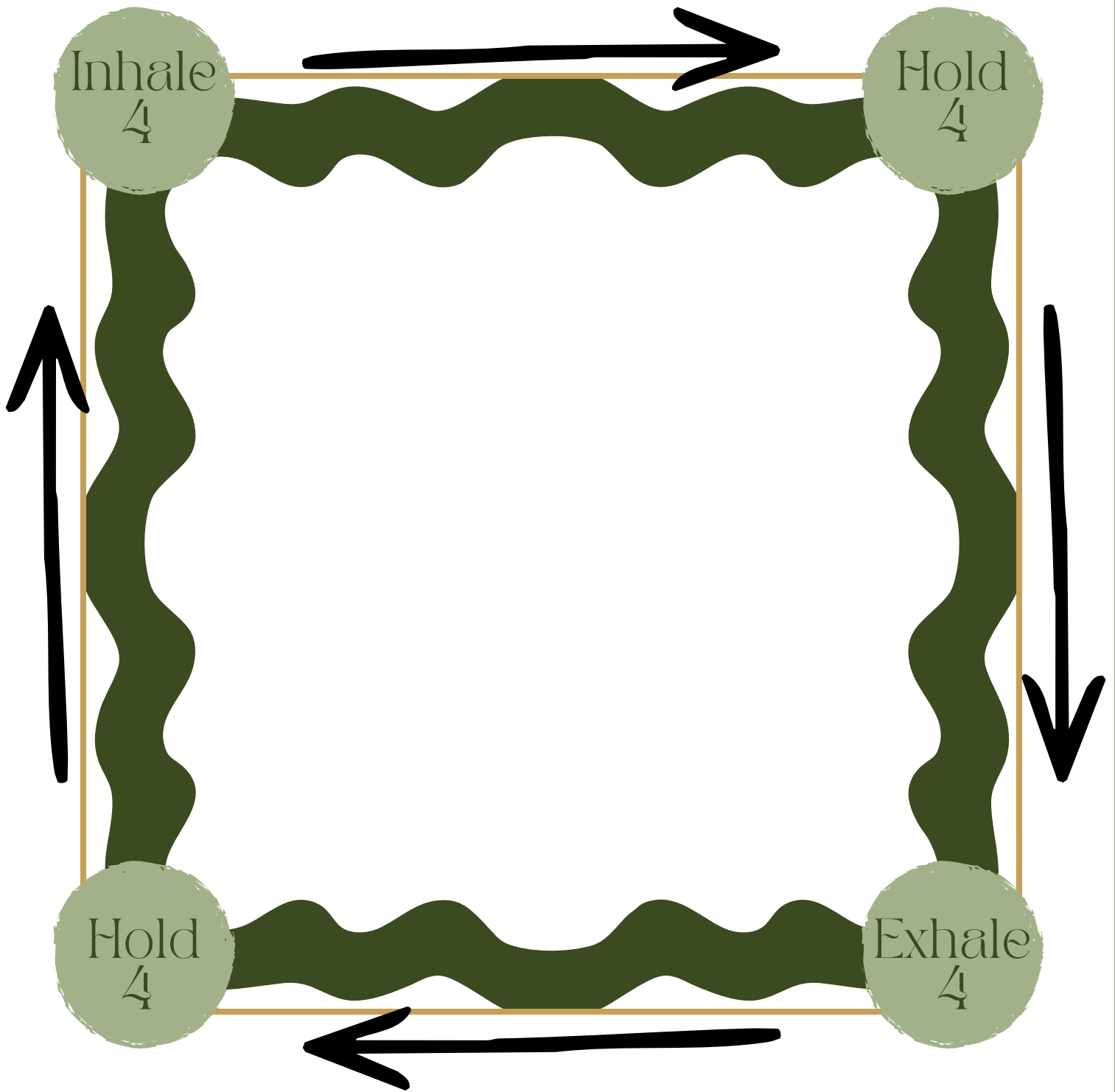


## Box Breathing Visualization

Box breathing (also known as Square Breathing) is a form of Paced Respiration. It directly stimulates the Vagus Nerve, which acts as your body's natural brake pedal. By holding the breath after the inhale and exhale, you are temporarily increasing the carbon dioxide levels in your blood, which triggers a powerful relaxation response in the brainstem.

Tracing a geometric design adds a Tactile Somatic Anchor. This engages the motor cortex of your brain. When you combine rhythmic breathing with physical movement and visual tracking, you create a triple effect on your focus, effectively crowding out anxious or intrusive thoughts.

# Box Breathing Visualization



With every side, I am more centered. With every breath, I am more whole.

# Box Breathing Visualization

## How to Trace Your Breath

Place your finger at the Top-Left Corner of the square.

### 1. THE INHALE (Top Edge):

- Action: Slowly slide your finger across the top edge to the right.
- Breath: Inhale deeply through your nose for a count of 4. Feel your belly expand.

### 2. THE HOLD (Right Edge):

- Action: Slide your finger down the right side.
- Breath: Gently hold your breath for a count of 4. Stay relaxed; don't clamp your throat.

### 3. THE EXHALE (Bottom Edge):

- Action: Slide your finger across the bottom edge to the left.
- Breath: Release the breath slowly through your mouth (like you're blowing through a straw) for a count of 4.

### 4. THE EMPTY HOLD (Left Edge):

- Action: Slide your finger back up to the starting corner.
- Breath: Hold the empty space for a count of 4 before starting the next loop.

Pro-Tip:

The 4-Cycle Rule: Research shows that performing just four full laps around the square (about one minute of time) is enough to physically shift your nervous system out of a high-alert state and back into social engagement safety.

Crystal Moon Lotus

“A regulated center is the foundation upon which every unique mind can grow.”

