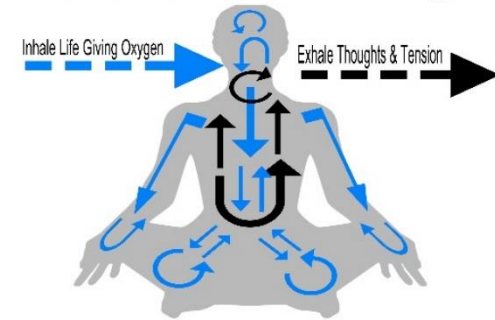




Circle of Life Breathing



Circle of Life Breath Technique

About

Sobolance Auricular Method or S.A.M for short is a non-medical, self-care technique designed to aid in achieving a deep sense of peace like that of traditional meditation. Sam uses a sequence of gentle pressure points on the ear along with a simple breathing technique to redirect your attention and calm your thoughts. Practiced regularly SAM can give the same mental and physical benefits of traditional meditation.

Tips

- The average S.A.M experience should take about 3-5 minutes.
- If you are on a time limit set a timer, you can lose track of time Very easily.
- Familiarize yourself with the circle of life breathing technique before you begin.
- Always practice in a comfortable seated position.
- Practice only when you can give S.A.M your full attention.
- Apply a small amount of oil or lotion to outer ear before starting for added ease.
- For greatest, results practice S.A.M several times daily.
- Most of all let the experience guide you, allow yourself the grace to follow wherever the journey leads you.

- Take a few deep breaths.
- Pay close attention to sensation of the inhalation.
- Try to feel the flow of the breath as enters the throat and fills the lungs with life giving oxygen. Notice a moment between the end of the inhale and the beginning of the exhale. This is the moment of pure life.
- Feel the breath as it begins to leave the lungs filling the throat and leaving the body carrying with it all the tension and attachment to the moment just experienced.
- Now return to the natural flow of breath. Breathe naturally, it doesn't matter if you breathe through the mouth or nose. Just breathe naturally.
- Bring your full attention to observing your breath, don't control it, just observe the circle of breath.
- Feel the flow of the fresh oxygen as it brings the promise of another moment of life. Experience that nanosecond between the inhalation and exhalation. The moment of pure life.
- Feel the tension and thoughts leave your body as you naturally exhale.
- Continue to focus your total attention on this cycle of breath for a few minutes before preceding to the next phase of mindfulness.

Technique



Sobolance Auricular Method



Apply gentle pressure with fingertips covering as much of the ear as possible for 3 circle of life breaths to each point. Starting each time at the Tips of the ears.

Slide your fingertips to next point.

Repeat entire sequence 3 times.

Go Back and gently massage any points that were sore or tender for a few seconds.

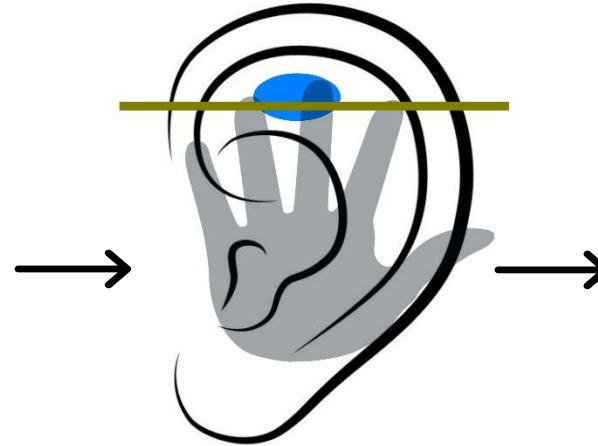
Finish by closing your eyes and focusing your attention to your breath. Just observe how your body feels and hang out in this space till your mind begins to wonder.

Repeat 2-3 times daily, as needed.

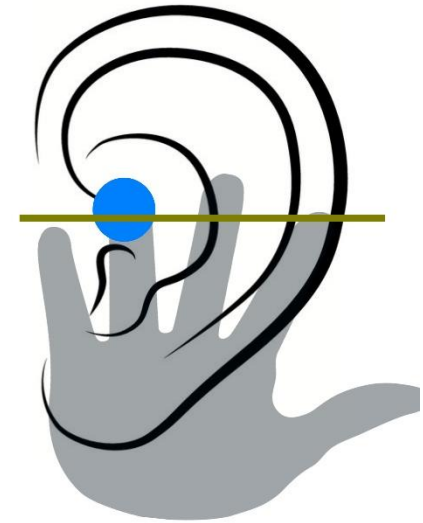
Tips of Ears



Halfway Between Tip & Center Point



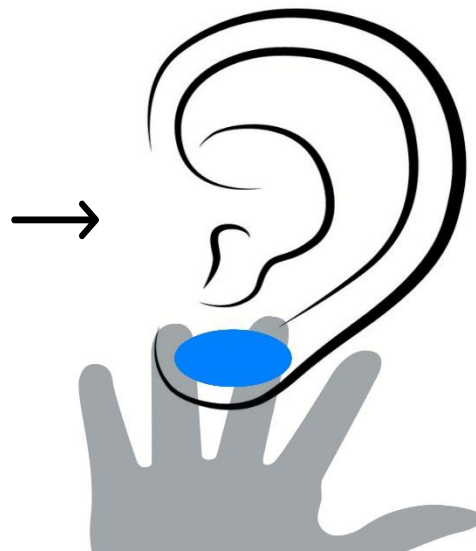
Center Point



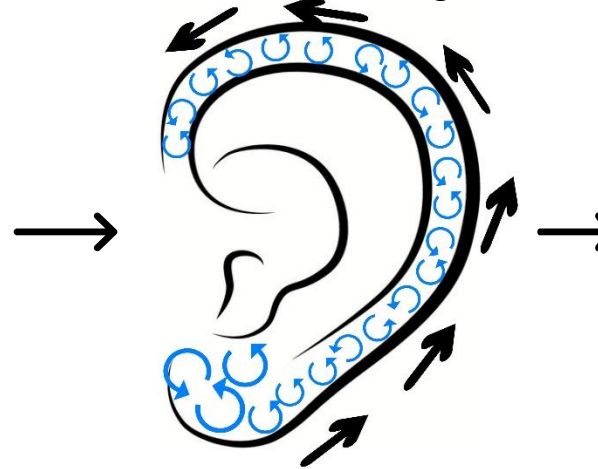
Earplug



Resting Point



Outer Ear Walking



Behind the Ear Walking



Behind the ear where it joins to the skull