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### **Lesson 3: Quieting and Grounding the Mind and Body**

Humans have active minds that race for instant responses. In this video we are going to tame and quiet that “give me answers” part of ourselves. The intuitive process is the receiving mode rather than the thinking / figure-it-out mode. Communicating with your pets happens best in an atmosphere of relaxation and “letting go.”

Training your mind and body to create – space – so you can hear your animals is essential. This open space suspends the judging critic so your child-like imagination that is important to hearing special messages from your pets can thrive.

Watch the video where you will find multiple examples of quieting and grounding methods. Choose one or a few to start integrating into your life. Create that meditative mind where information from your animal companions in varied forms can easily flow to you.

#### **Reflection:**

What method of grounding, calming and centering feels right to you?

How often are you going to commit to practicing?

What grounding surface or combination of ground surfaces feels the best for you? (Earth, sand, water, or rock)

What is the perfect depth you need to be grounded?

#### **Anuloma Viloma or Alternate Nostril Breathing**

Anuloma Viloma also called Alternate Nostril Breathing is claimed by yoga experts to be the best technique to quiet the mind. Of all the breathing techniques I have learned during my

yoga teachers training and practice with multiple yoga teachers over the last twenty-five years, this is what I have also found. It works so well because it moves the energy of the body and removes blockages. Some yogis claim it may lead to a spiritual awakening. This method of breathing awakens and balances both sides of the brain, the left side, which is logical thinking, and the right side for optimal functioning of your intuition. This is best learned with a yoga teacher. If you don't have one, please start slowly. The breathing should never be forced. If you have had any brain or heart surgeries consult your medical doctor.

### **How it Works**

You inhale through one nostril, hold the air, and then exhale through the alternate nostril. You use different time ratios of inhaling, holding and exhaling depending on your comfort. Start slowly by inhaling for 3 seconds holding for 3 seconds then exhaling for 3 seconds for three rounds. Increase the length to 4:4:4 to four rounds and so on until you find the perfect ease, relaxation and balance for you. There are a lot of possibilities and number of breath combinations. If at any time you experience any discomfort, change the ratio or do not hold your breath. When starting any exercise that asks you to be aware of your breath and focus on it, that in and of itself is a huge step for beginners.

### **The Steps**

- Find a comfortable place to sit.
- Gently close your eyes.
- Dominate hand on your nose, (usually right hand) non-dominate hand resting near knee
- Inhale gently through the left nostril, closing the right nostril with the thumb, to the count of three.
- Hold the breath, closing both nostrils, to the count of three.
- Exhale slowly through the right nostril, closing the left with the ring and little fingers, to the count of three.
- Inhale smoothly and slowly through the right nostril, keeping the left nostril closed with the ring and little fingers, to the count of three.
- Hold the breath, closing both nostrils, to the count of three.
- Exhale through the left nostril, keeping the right closed with the thumb, to the count of three.

