

DR SUSAN KRIEGLER
PSYCHOLOGY
DERIVES FROM

PSYCHE
(BUTTERFLY)

WHICH MEANS
SOUL AND BREATH

IN THE GREEK MYTH
OF EROS AND PSYCHE

DIVINE LOVE = EROS
HUMAN SOUL = PSYCHE



CHI
MEANS UNIVERSAL LIFE FORCE
ENERGY AND BREATH

HOLY SPIRIT
MEANS

WHOLE BREATH OR GENTLE DEEP BREATHING

WHICH OPENS YOU UP TO
THE EXPERIENCE OF

THE PRESENCE OF
THE DIVINE

CENTRAL NERVOUS SYSTEM HAS TWO GEARS

ADRENALIN +
CORTISOL =

FIGHT/FLIGHT =
SYMPATHETIC
RESPONSE

ENDORPHINS +
SEROTONIN =

RELAX/CRUISE =
PARASYMPATHETIC
RESPONSE



MUST CHANGE TO

FAST SHALLOW
CHEST BREATHING

FIGHT/FLIGHT/FREEZE

ANGER/FEAR/
SADNESS

FEEL-BAD
CHEMICAL MOLECULES

SLOW DEEP
BELLY BREATHING

RELAX/RESET/RESTORE

JOY/PEACE/
LOVE

FEEL-GOOD
CHEMICAL MOLECULES

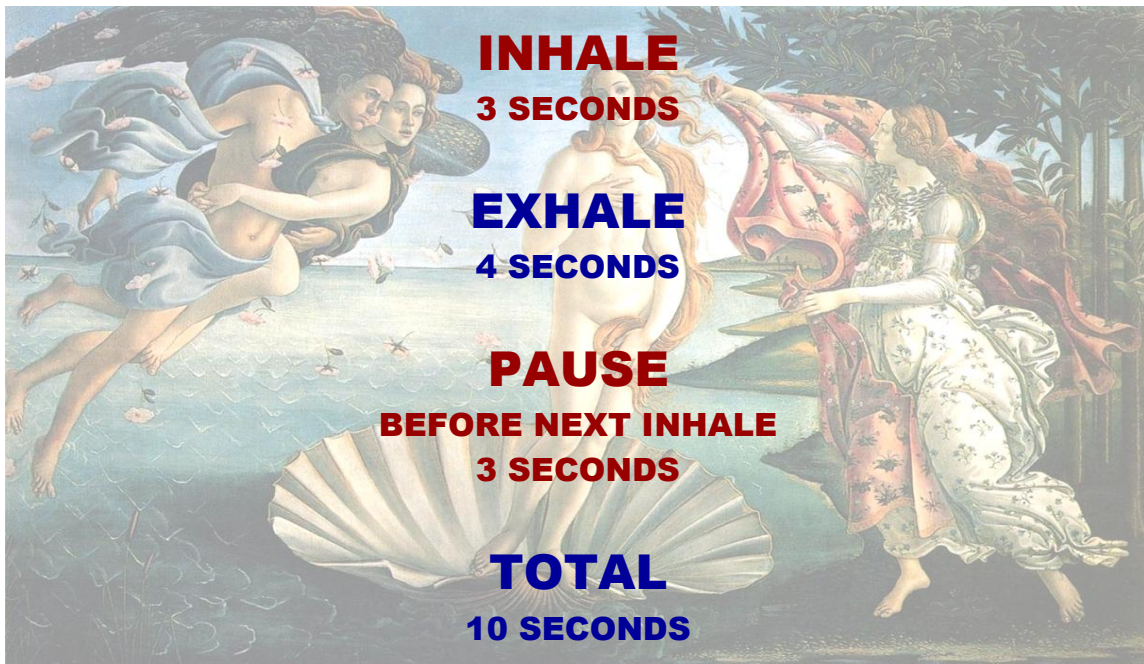
MEDITATE OR MEDICATE

PRACTICE
DIAPHRAGMATIC BREATHING

TWICE A DAY
10-20 MINUTES

CHECK YOUR BREATH
REGULARLY

6 BREATHS PER MINUTE



INHALE

DROP DIAPHRAGM DOWN
RELAX AND EXPAND STOMACH



EXHALE

DIAPHRAGM FLOATS UP
STOMACH CONTRACTS



REMEMBER

THE QUALITY OF EACH BREATH
DETERMINES THE QUALITY OF
EVERY BODY PROCESS AND
EVERY PSYCHOLOGICAL STATE