

## THE COLLARBONE BREATHING EXERCISE

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This technique takes a few minutes and involves forty breathing and tapping exercises--twenty with the finger pads of each hand and twenty with the knuckles of each hand.

### Locating Collarbone Procedure Points

The "collarbone points" are slightly below and to the sides of the notch in your collarbone (see diagram). To find them, from the base of the throat locate the notch in the center of the collarbone. Then go straight down about one inch and over to either side about one inch.

### Breathing positions

There are five breathing positions in this exercise:

1. Breathe normally for about five taps
2. Take a deep breath and hold it in for about five taps
3. Let half that breath out and hold it for about five taps
4. Let it all out and hold it for about five taps
5. Take half a breath in and hold it for about five taps

### The Touching Positions (placement of hands)

1. Touch one of the collarbone points with the **pads of two fingers**, then tap the gamut spot on the back of the hand that is touching, while going through the five breathing positions. Tap rapidly, about five good taps for each of the five breathing positions.
2. Move the **same two finger pads** to the other collar bone point and repeat the five breathing positions while tapping the gamut spot on the hand that is touching, as above.
3. Now bend the **same two fingers** in half and touch the **knuckles** on the collarbone point while tapping the gamut spot and going through the five breathing positions.
4. Move **knuckles** to the other collar bone point and tap the gamut spot while going through the five breathing positions.
5. Now switch hands and repeat #'s 1-4.

*Note: During this procedure, do not let your elbows touch the side of your body. Also do not let any part of your hand other than the two finger pads or knuckles touch your body (try curling the fingers not involved into your fist).*

