**BREATHING INTO BALANCE**  
(COLLARBONE BREATHING)  
(Adapted by Phil Mollon from Roger Callahan’s Thought Field Therapy)

**Purpose:**  
To reorganize scrambled energy and regain inner balance.

**Use when:**  
- Feeling stuck or switched off  
- Feeling confused or disorganized

**Common experiences:**  
- Greater clarity  
- Feeling more connected  
- Feeling better left-right balance

**Steps:**  
1. Cross arms across chest and place the tips of the fingers on the collarbone.  
2. Keeping the fingers in place for the duration of the set:  
   - Inhale and Exhale all the way  
   - Inhale halfway and hold  
   - Inhale all the way and hold  
   - Exhale halfway and hold  
   - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)

3. Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.  
4. Keeping the fingers in place for the duration of the set:  
   - Inhale and Exhale all the way  
   - Inhale halfway and hold  
   - Inhale all the way and hold  
   - Exhale halfway and hold  
   - Allow the rest of the breath to exhale, and have a full, normal breath (in and out)

**Follow along with the video:**  
[https://youtu.be/31h1yS-ss_U](https://youtu.be/31h1yS-ss_U)

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