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# How to Connect With Your Pazitud

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*By Yane Diaz*



Hello my darling,

I'm Yane, a passionate learner of self-healing and your stress & anxiety management Peace Coach.

My intent for this guide is for you to start shifting from a state of stress and anxiety to one of peace, freedom, and overall enjoyment.

In this guide, I share with you some of my favorite breathing exercises you can do at any time to help you connect quickly with a more relaxed state so you can achieve through peace, instead of through stress.



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# What is Pazitud?

Pazitud is the combination of the Spanish word "paz," meaning peace, and "actitud," meaning attitude. Together, the word means "*an attitude of peace.*"

To expect you to feel peace every day in the fast-paced world we live in would be unrealistic. However, to connect with at least "an attitude of peace" or *pazitud* is much easier to do.

Just having the intention and deciding to operate with *pazitud* on your day-to-day can immensely transform how you feel as you work toward achieving your wildest goals and dreams. It is through pazitud, not stress, that you will truly enjoy what you do and achieve what truly makes you feel happy and fulfilled.





# Benefits of Achieving Through Peace

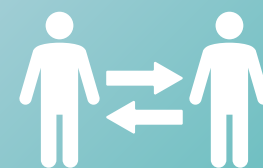
When we feel good, we make better decisions about our health, our relationships, and our careers. Whether we know it or not, one of the most common reasons many of us don't feel good is because of underlying stress and anxiety we are not even aware we have.



Trains the mind to become more flexible and more creative



You become more satisfied with your work and achieving goals



Improves the relationship with yourself and with others



# Breathwork

One essential strategy to connect with your Pazitud is your breath.

*How are you breathing right now?*

Your breath is probably the most important area of your life to focus on, and one that you are probably neglecting.

Think of it this way: The longest a person has gone without eating has been 74 days. The longest anyone has gone without water was 18 days. The longest anyone has gone without breathing has been 24 minutes and 3 seconds.

**Breath is life.** Something we need more than water and food, yet it's something that most of us do *incorrectly*. Some of us don't use it to its full capacity and most of us do not breathe properly.

What you will need:

- A quiet place
- 45 minutes without interruptions



Most of us adults breathe through our chest, which is the breath of tension. This may be because when we were little we were told to hide our bellies to look thinner, so we learned to take shorter breaths. Or perhaps, this tension chest breath exists because we've been under so much stress for so long that we've forgotten how to breathe the breath of relaxation.

Techniques like *diaphragmatic breathing* (also called abdominal or belly breathing) can allow us to use our breath to shift from a state of stress and anxiety to a state of peace and relaxation. Diaphragmatic breathing is what you used to do when you were a baby and had zero stress.

Belly breathing allows for a more even exchange of oxygen and carbon dioxide in and out of our bodies. It has also been proven to slow down heart beat and lower blood pressure. Practicing this breath can help alleviate your stress greatly.

We will use this technique as part of the following Pazitud Breath exercise.





# Pazitud Breath

## Part A: Mechanics



### Step 1:

Become aware of how you are breathing. Close your eyes and breathe normally. Simply observe your breath.



### Step 2:

Place hands over belly. Relax chest and shoulders. Take a breath in through your nose. The belly/diaphragm are the only areas of your body that are to move.



### Step 3:

Expand your belly, like a big balloon, as you breathe in. The belly should come back inside as you exhale. This should be a 360-degree expansion, not a vertical, 90-degree upward movement.



# Pazitud Breath

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## Part B: Intention

Next, we want to set an intention as we're breathing in and out. As you inhale, I want you to imagine that the air coming in is purifying every single cell in your body. Each cell will become oxygenated.

With every breath you feel more peace and more relaxation.

When you breathe out, I want you to release any discomfort, tension, or feeling that does not serve your body.

## Part C: Release

1. Pick one area in your body where you may feel discomfort or tension. Perhaps your shoulders or your head.
2. Put all of your focus on that area. As you breathe in using mainly your diaphragm, you're going to send all the oxygen of your inhalation to that specific area of discomfort.
3. As you exhale, imagine that you release any tension or discomfort from that one area you chose. Feel the discomfort exit body.
4. Repeat 2-3 as many times as feels good to you for the area of your body you chose.

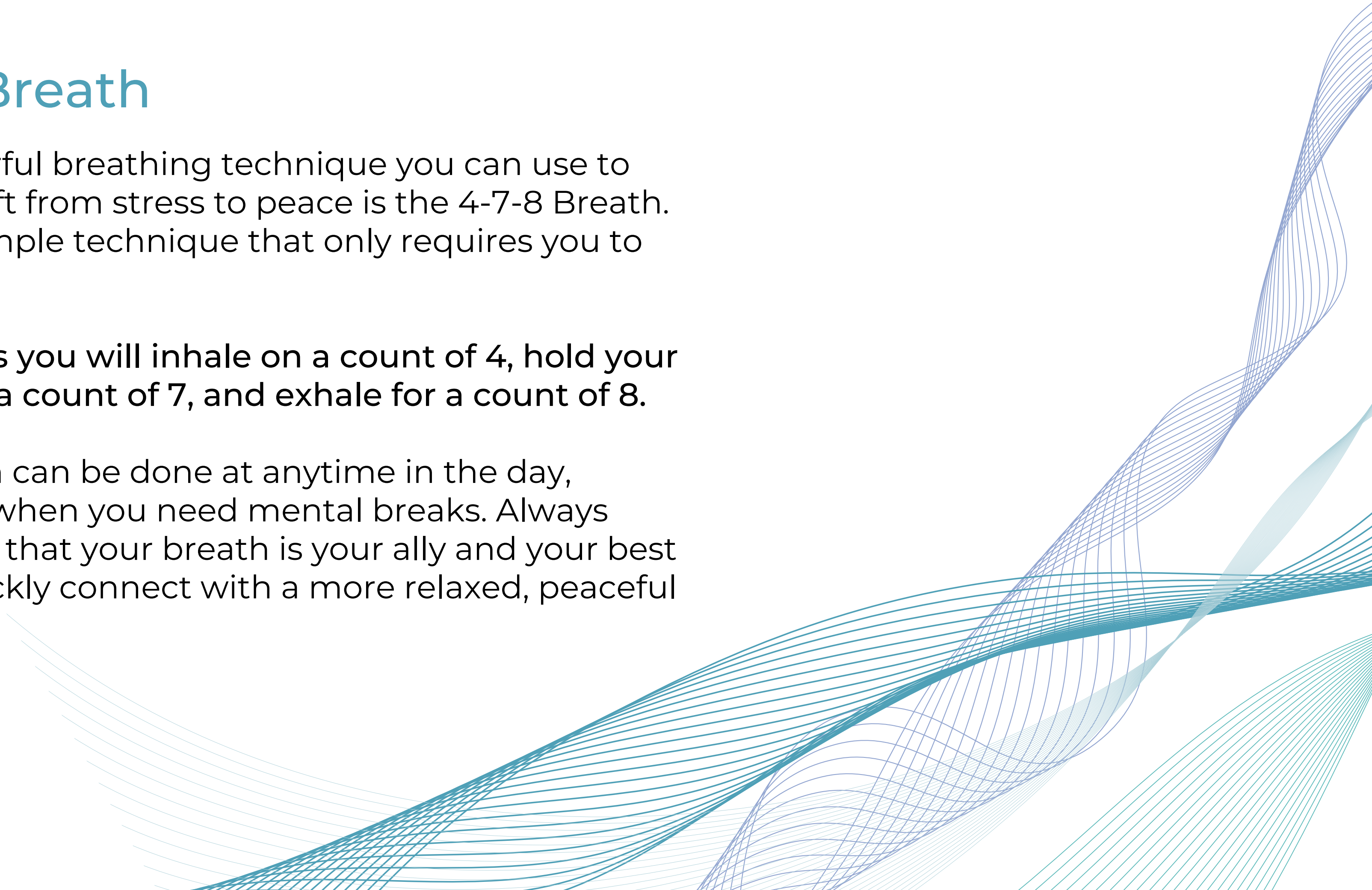


# 4-7-8 Breath

One powerful breathing technique you can use to quickly shift from stress to peace is the 4-7-8 Breath. This is a simple technique that only requires you to count.

This means you will inhale on a count of 4, hold your breath for a count of 7, and exhale for a count of 8.

This breath can be done at anytime in the day, especially when you need mental breaks. Always remember that your breath is your ally and your best tool to quickly connect with a more relaxed, peaceful state.



# Cafecito Breath

Breath is not only used to relax the body but it can also be used to boost your energy when you are feeling tired.

With the "cafecito breath," also known as the Breath of Fire, you can get a quick energy boost without having to necessarily rely on caffeine to do the job.

Here's how to do it:

1. You will do this whole exercise with mouth closed so you breathe in and out only through your nose
2. Using your diaphragm/belly primarily for the breathing, you will **pump** new breath rapidly in and out of your lungs in a steady rhythm that is very similar to that of a dog panting.
3. Your attention will be on your outbreath only since the inbreath will happen naturally as you make the rapid exhalation/panting movement.


This rapid movement of oxygen stimulates your body, mind, and spirit and gives you a quick pick me up in the middle of a tiring work day.

**IMPORTANT:** Cafecito Breath can be risky for certain people. If you have cardiac problems or high blood pressure, any spinal disorders, have a respiratory infection, or vertigo, you should NOT practice Cafecito Breath. For women specifically, if you're pregnant, don't do Cafecito Breath.



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