

Meditation and Epicurean Philosophy (?)

Post by “Pacatus” of January 12, 2022 at 2:00 AM

"...as well as opening your mouth as you exhale ..."

I just wanted to add that when my wife had a heart attack a few years ago, we learned that **exhaling** with the lips parted (rather than just through the nose) relieves pressure on the heart. (That's my lay-person's translation.) Thus, it can be a bit more relaxing.