

Fish Breath

Rainbow breathing for health!

Written by Kelly Mather

Illustrated by Lisa Schneller



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Julie Ann



Kacey

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Angelfish Teaches How to Improve Health With Breathing

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Illustrated by Lisa Schneller

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First edition



Scotty

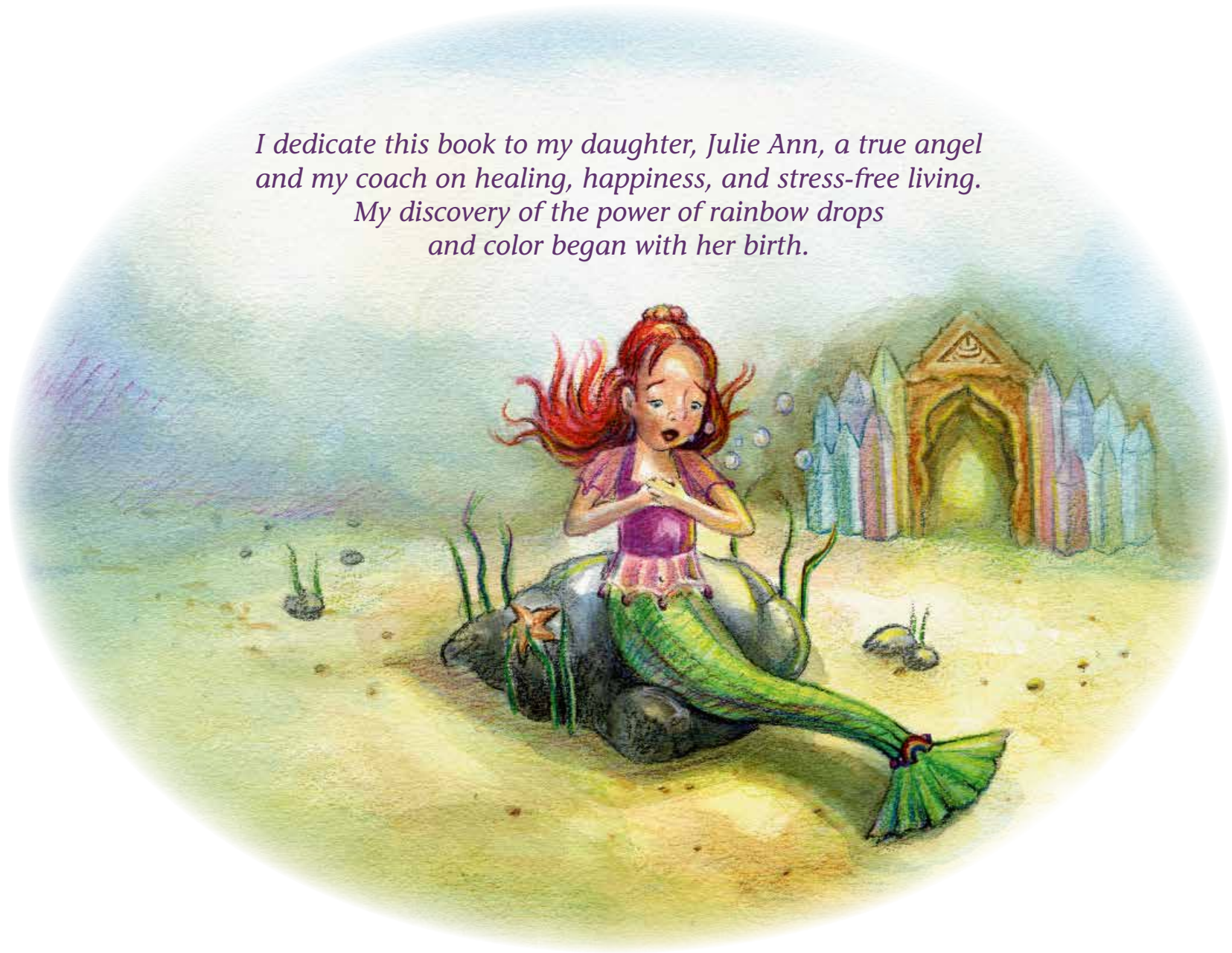


Dylan



Brady

*I dedicate this book to my daughter, Julie Ann, a true angel
and my coach on healing, happiness, and stress-free living.
My discovery of the power of rainbow drops
and color began with her birth.*





Hi. I'm Angelfish, and I live in a lake with my friends. I have a very important job. I teach the animal children of the forest, the hills, and the ocean how to breathe for a good, healthy life.

When animal children turn five they are old enough to learn to breathe for good health. I send an invitation to each child to join my breathing class in the beautiful crystal caves.





The animal children enjoy breathing class because it makes them feel so good and healthy. Once they have practiced for twenty-one days in the class, they have made a healthy breathing habit that will last a lifetime.

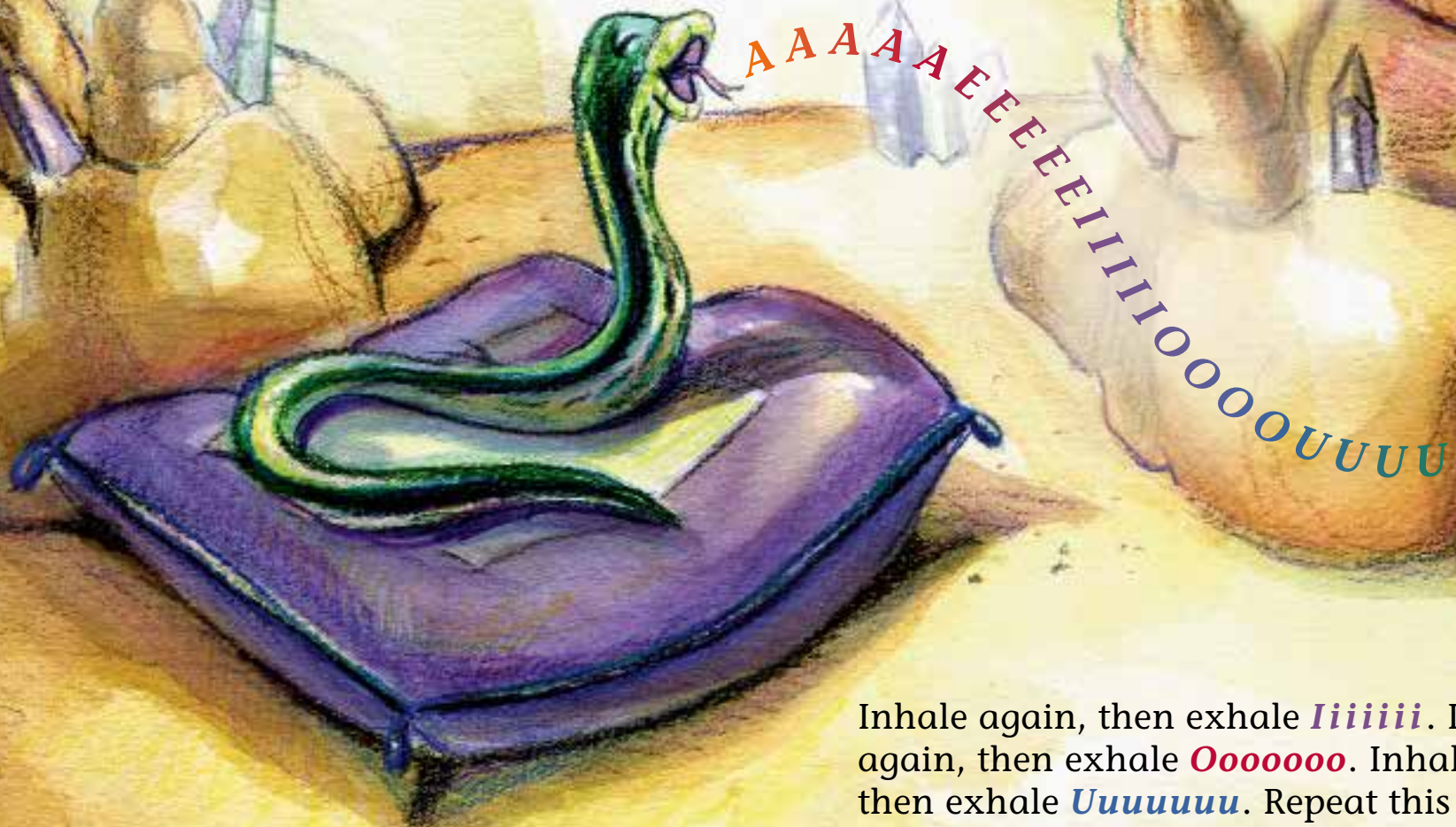


It's best to start a habit of good breathing when you're a child. If you learn how to breathe for better health now, you'll be healthier all your life. There are many ways to breathe for good health, and I'll share a few of my favorites.

The **BALLOON BREATH** is for relaxing. It goes like this:
Breathe in deeply and let your tummy blow up like a balloon. Hold
it, and count to three, then slowly let the air out of your balloon
belly. Do this three times and you'll feel relaxed.

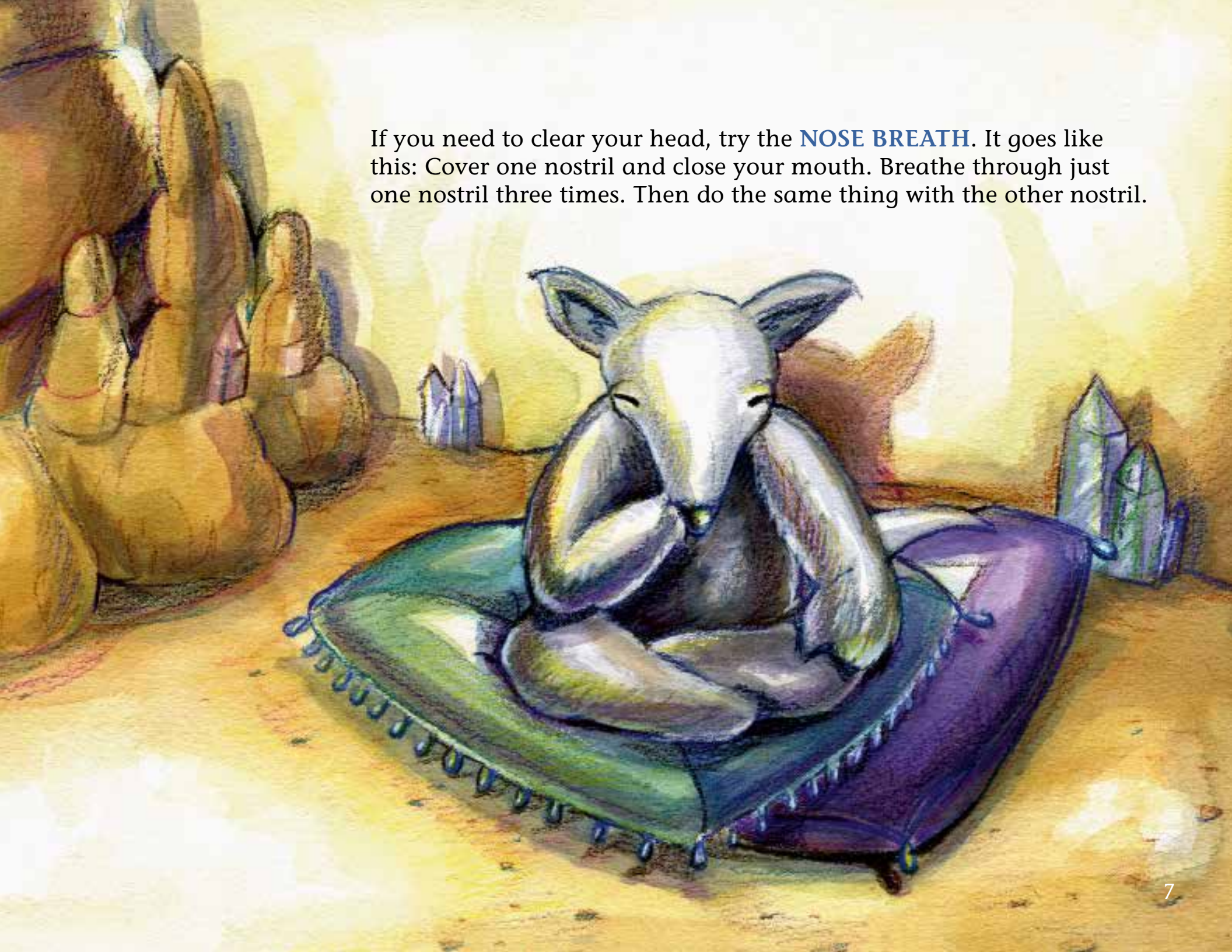


I also teach the **SOUND BREATH**. It's a little harder, but it helps you have more energy. Inhale deeply, then say each letter aloud, holding it as you exhale. Inhale, then exhale **Aaaaaaa**. Inhale again, then exhale **Eeeeeee**.



Inhale again, then exhale **Iiiiiii**. Inhale again, then exhale **Ooooooo**. Inhale again, then exhale **Uuuuuuu**. Repeat this three times and you'll feel ready for anything.

If you need to clear your head, try the **NOSE BREATH**. It goes like this: Cover one nostril and close your mouth. Breathe through just one nostril three times. Then do the same thing with the other nostril.



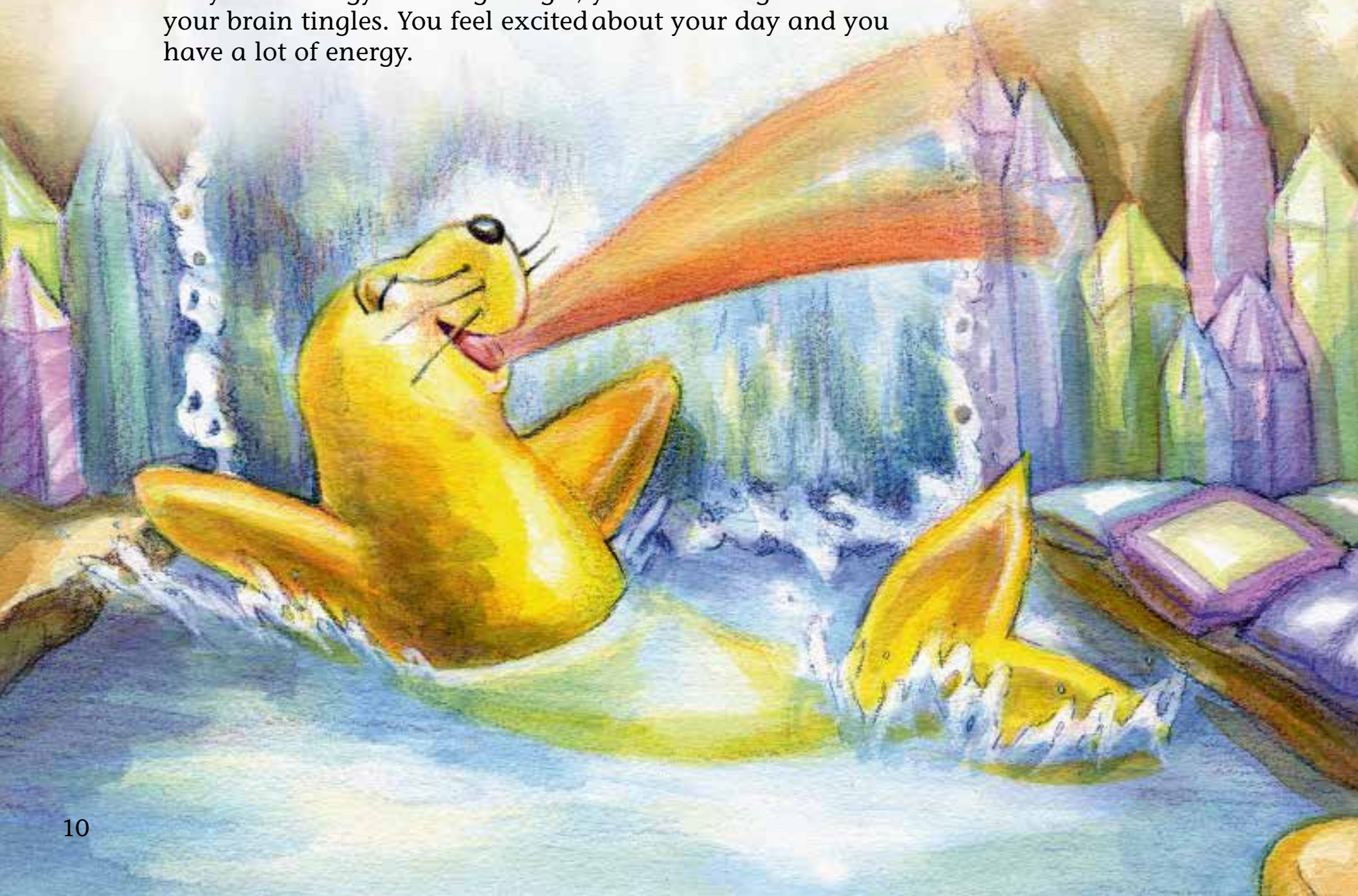


My favorite breath to teach is the **RAINBOW BREATH**. It's really fun and it helps you feel good all over. My special friends will help me teach you how to do it. First, close your eyes and picture a rainbow right in front of you.

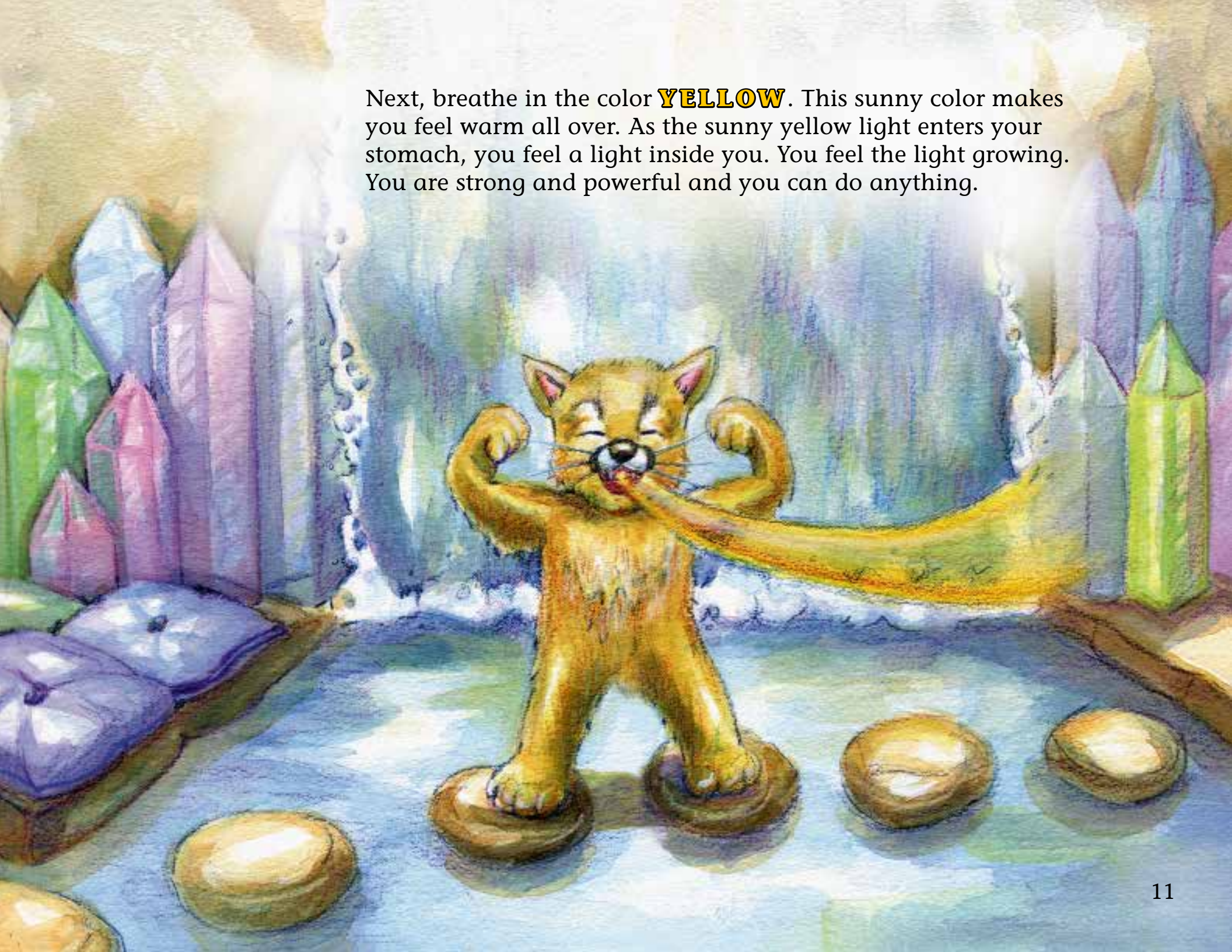
Start by breathing in the color **RED** from the rainbow in front of you. As it enters your body, the reddish color feels like little bits of sand filling you up from head to toe. The beautiful red sand makes you feel every part of your body relaxing into the ground. You feel the love, you are loved, you love everything about yourself and you love life.



Then you breathe in the next color, which is bright **ORANGE**. This color makes you feel tingly all over. It fills your entire body with energy. Your legs tingle, your back tingles and even your brain tingles. You feel excited about your day and you have a lot of energy.



Next, breathe in the color **YELLOW**. This sunny color makes you feel warm all over. As the sunny yellow light enters your stomach, you feel a light inside you. You feel the light growing. You are strong and powerful and you can do anything.





Now, breathe in the color **GREEN**. This beautiful color swirls around your body. It finds any places that hurt and helps them heal. It swirls around your heart and you feel any bad feelings melt away. You feel healthy. Your heart leaps and you smile very big and you are thankful for your health.

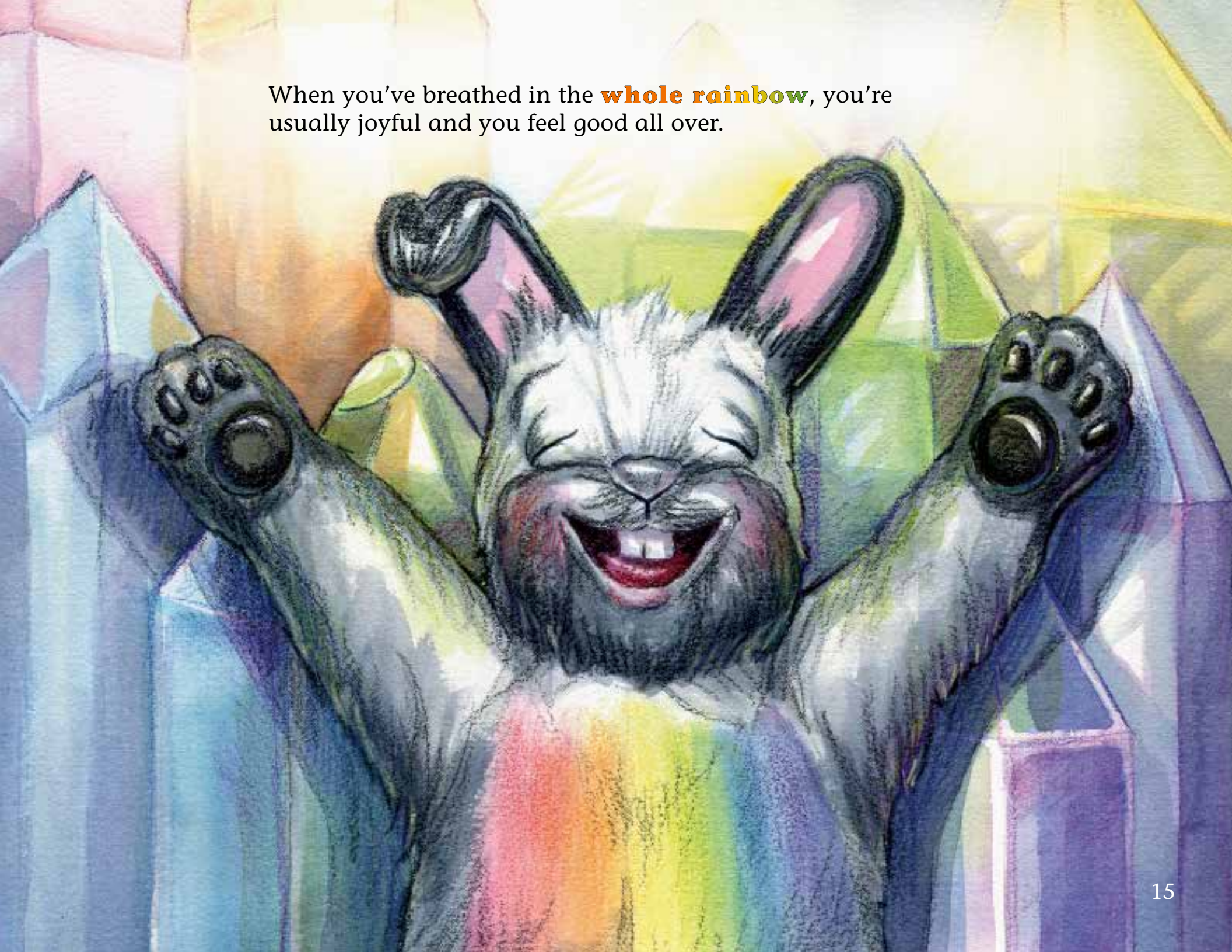


The next color you breathe in is **BLUE**. This sky color makes you feel light and airy. Little clouds of blue fill your body and you feel like you can fly. You feel comfortable just being you. You listen to the beautiful sounds around you as you float through your day.



Finally, you breathe in the color **PURPLE**. This color is last color in the rainbow and it comes from beyond the stars. You follow the purple color into the stars. There you know you are special and very, very loved. As the purple fills up your body, you feel safe and happy. You know the truth and you do the right things.

When you've breathed in the **whole rainbow**, you're usually joyful and you feel good all over.



Now that you know how to breathe for good health, will you try to do it for twenty-one days? My animal friends asked me to write this book to help humans breathe because they have a lot more concerns than animals.



My best friend, Finola, is half human and half fish. Finola says that humans have trouble breathing right because of stress. She took my class as a child, but found she had trouble remembering to breathe. Then she was sick a few times, and she thought regular breathing practice would improve her health.





That is how we became best friends. Finola decided to come to class at least once a week because she says it always makes her feel good. The reminder classes help her remember to breathe deeply. Now she doesn't seem to get sick, and she has fewer worries.



Finola calls me her **“breathing coach.”** I like that.
Do you want me to be your breathing coach?
I would be delighted to help.

Just by reading this book and learning breathing exercises you are off to a good start in healthy living! As your coach I say, “Good job”!

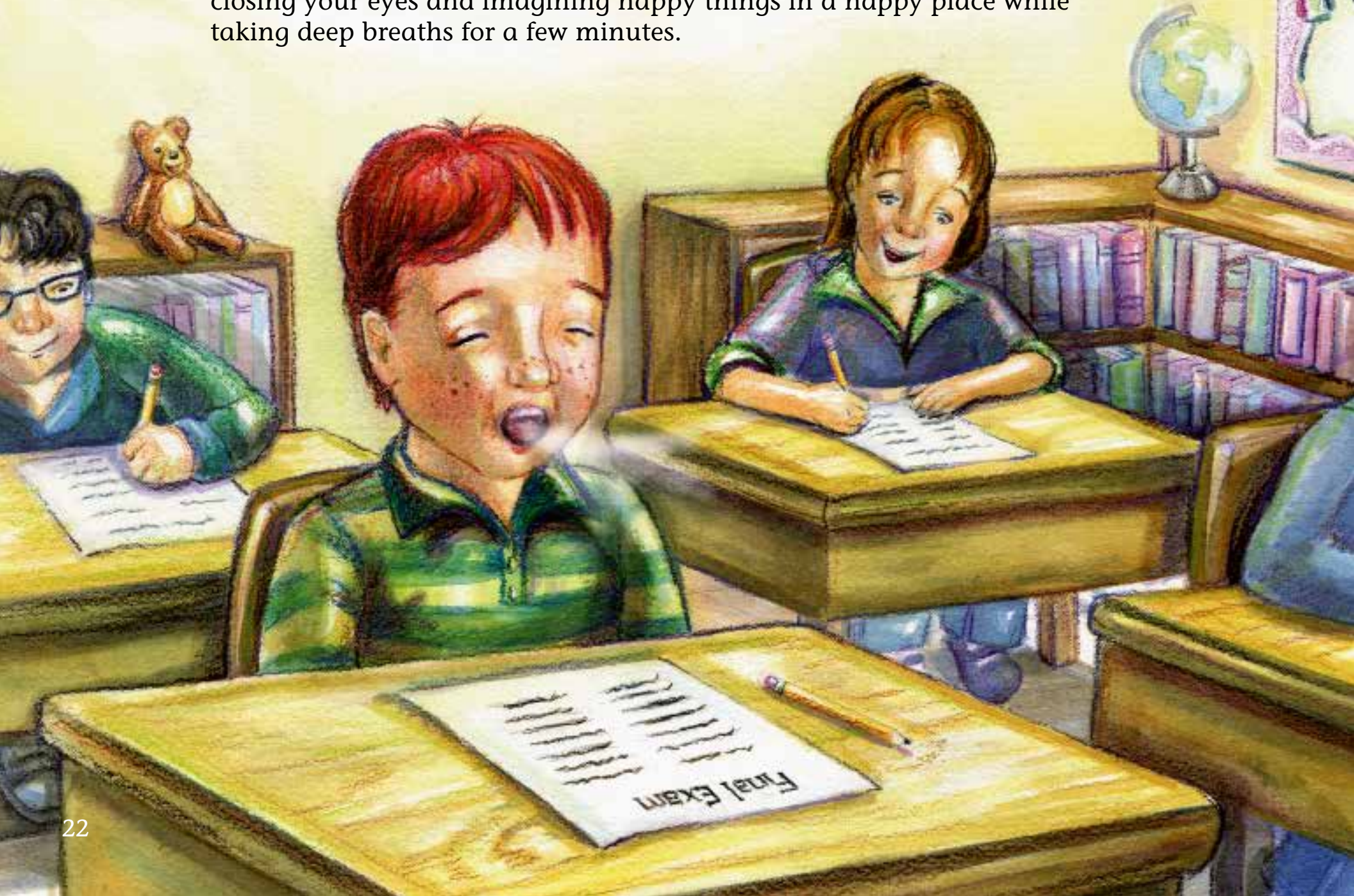


Now, did you know breathing is also very good for forgetting bad feelings and having more good feelings?



I always tell my students that it's impossible to feel stressed when you're deep breathing. So if you feel worried or scared, breathe deeply and feel the worries melt away.

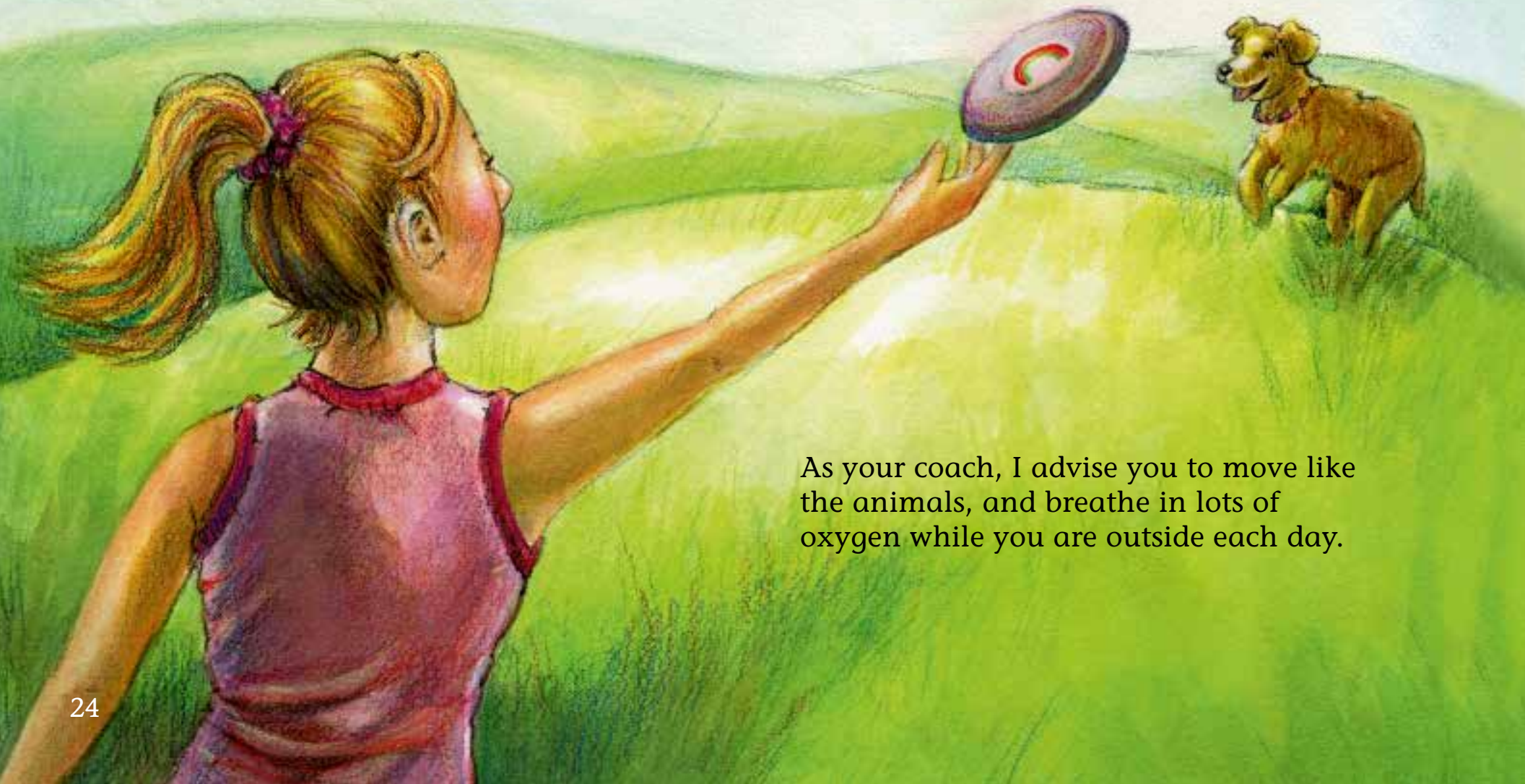
Do you ever feel scared or unhappy? When you feel that way, you get into an unhealthy state. The quickest way to get back into a healthy state is by closing your eyes and imagining happy things in a happy place while taking deep breaths for a few minutes.



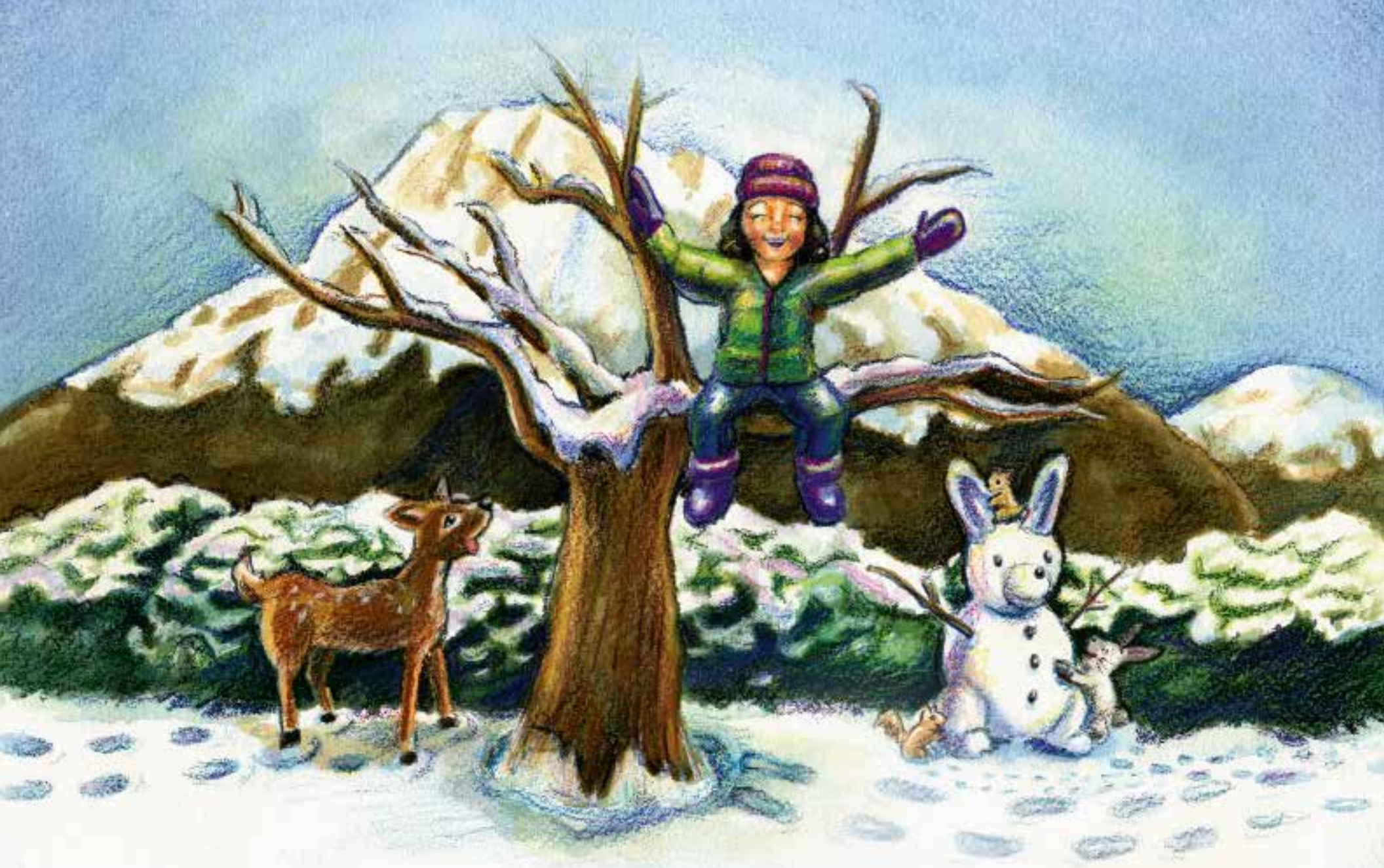
The land animals tell me that you humans get sick more often because you don't go outside and breathe enough fresh air. Can you go outside for thirty minutes each day?

Just by going outside, your breathing slows and you will feel better and stay healthier.

The land animals also say that many of you don't move enough.
They say that you don't get enough air moving in your body.
Animals know it is important to exercise every day.



As your coach, I advise you to move like
the animals, and breathe in lots of
oxygen while you are outside each day.



Please don't forget to practice breathing as much as you can.
No matter where you are, you can take some deep breaths!

My final advice for you is to relax each night for ten minutes while paying attention to your breath.



Try not to think about anything else except your breath. If you do this when you go to bed, you'll sleep better and wake up refreshed!



It's been fun coaching you! I'm always here in this book if you forget to deep breathe, or you feel sad, sick or need a boost of energy.

Now breathe in a smile and a rainbow.
I'll do the same for you, every single day!



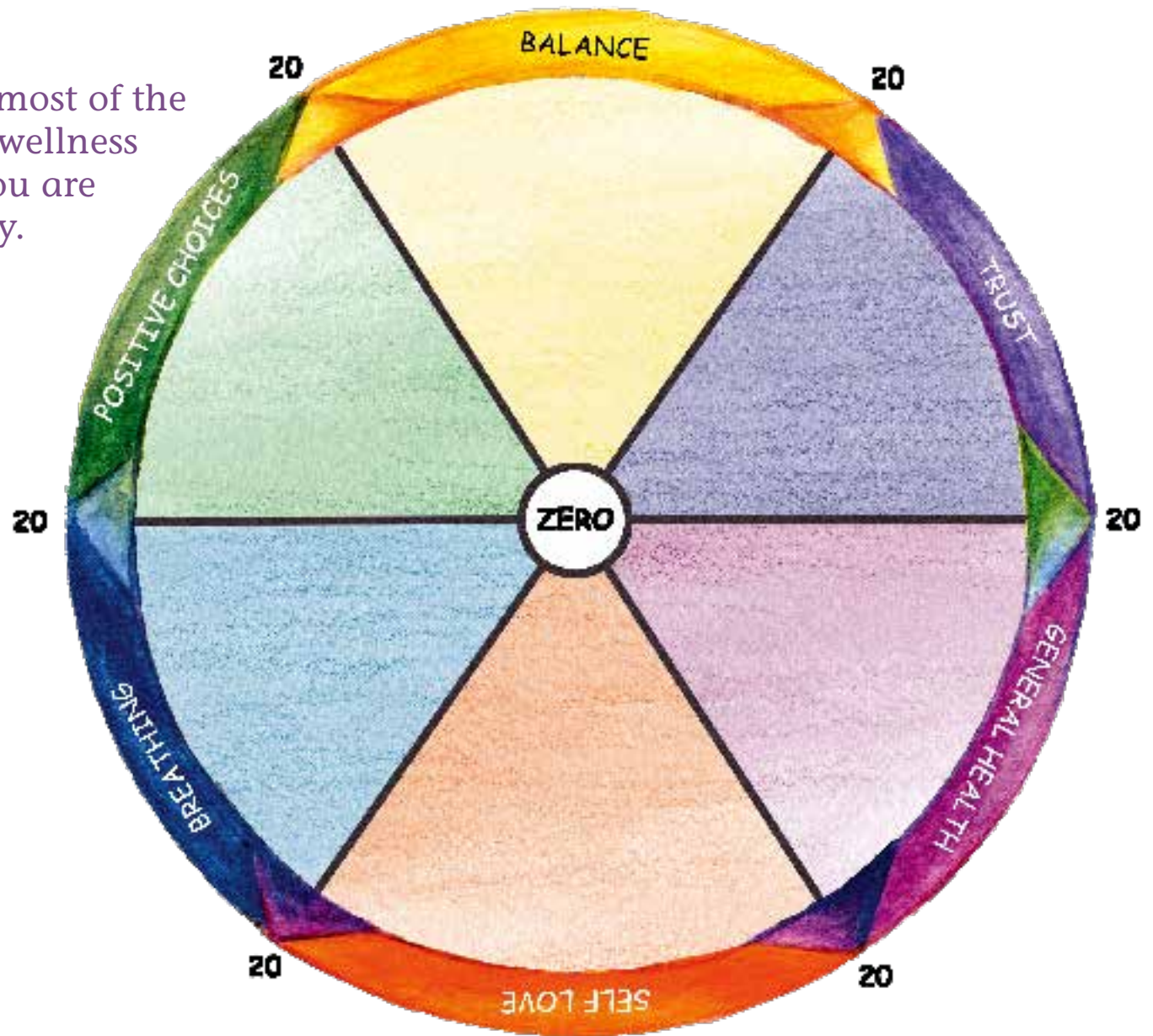
The WELLNESS WHEEL

Breathing is a big key to wellness, but there are more keys to wellness. Answer the questions about your health and see if your wheel rolls..."



YOUR WELLNESS WHEEL

If you answer **YES** to most of the questions, then your wellness wheel will roll and you are probably very healthy.



WELLNESS WHEEL QUESTIONNAIRE

1=No/Never **2=Sometimes** **3=Usually** **4=Yes/Always**

GENERAL HEALTH

- | | | | | |
|---|---|---|---|---|
| 1. I am well and do not get sick often. | 1 | 2 | 3 | 4 |
| 2. I have energy and feel good all day. | 1 | 2 | 3 | 4 |
| 3. I have little pain. | 1 | 2 | 3 | 4 |
| 4. I don't take much medicine. | 1 | 2 | 3 | 4 |
| 5. I wake up excited about my day. | 1 | 2 | 3 | 4 |

TOTAL SCORE ____/20

SELF LOVE

- | | | | | |
|---|---|---|---|---|
| 1. I like myself. | 1 | 2 | 3 | 4 |
| 2. I appreciate my body. | 1 | 2 | 3 | 4 |
| 3. I am usually happy and say nice things. | 1 | 2 | 3 | 4 |
| 4. I am a good friend and have several friends. | 1 | 2 | 3 | 4 |
| 5. I don't dwell on what others think. | 1 | 2 | 3 | 4 |

TOTAL SCORE ____/20

BREATHING

- | | | | | |
|--|---|---|---|---|
| 1. I do aerobic exercise 3 times a week. | 1 | 2 | 3 | 4 |
| 2. I notice how stress affects my breathing. | 1 | 2 | 3 | 4 |
| 3. I know how to deep breathe. | 1 | 2 | 3 | 4 |
| 4. I take a deep breath when I'm upset. | 1 | 2 | 3 | 4 |
| 5. I spend time outside breathing in nature daily. | 1 | 2 | 3 | 4 |

TOTAL SCORE ____/20

WELLNESS WHEEL QUESTIONNAIRE (continued)

1=No/Never **2=Sometimes** **3=Usually** **4=Yes/Always**

POSITIVE CHOICES

- | | | | | |
|--|---|---|---|---|
| 1. I eat 2 vegetables, 2 fruits and 2 grains every day. | 1 | 2 | 3 | 4 |
| 2. I drink water and drink little caffeine. | 1 | 2 | 3 | 4 |
| 3. I watch TV or play video games less than 2 hours a day. | 1 | 2 | 3 | 4 |
| 4. My friends make me feel good. | 1 | 2 | 3 | 4 |
| 5. I find ways to spend time that feel good. | 1 | 2 | 3 | 4 |

TOTAL SCORE ____/20

BALANCE

- | | | | | |
|--|---|---|---|---|
| 1. I know what I do best and do it often. | 1 | 2 | 3 | 4 |
| 2. I take time for myself and rest daily. | 1 | 2 | 3 | 4 |
| 3. I enjoy learning and working on projects. | 1 | 2 | 3 | 4 |
| 4. I do creative and new activities often. | 1 | 2 | 3 | 4 |
| 5. I play daily. | 1 | 2 | 3 | 4 |

TOTAL SCORE ____/20

TRUST

- | | | | | |
|---|---|---|---|---|
| 1. I trust that I can use all my experiences to learn. | 1 | 2 | 3 | 4 |
| 2. I do not overreact. | 1 | 2 | 3 | 4 |
| 3. I allow myself to be touched and healed as needed. | 1 | 2 | 3 | 4 |
| 4. I am kind and find kindness is returned back to me. | 1 | 2 | 3 | 4 |
| 5. I know my actions and thoughts affect myself and others. | 1 | 2 | 3 | 4 |

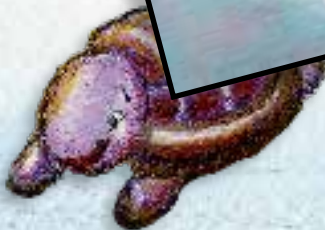
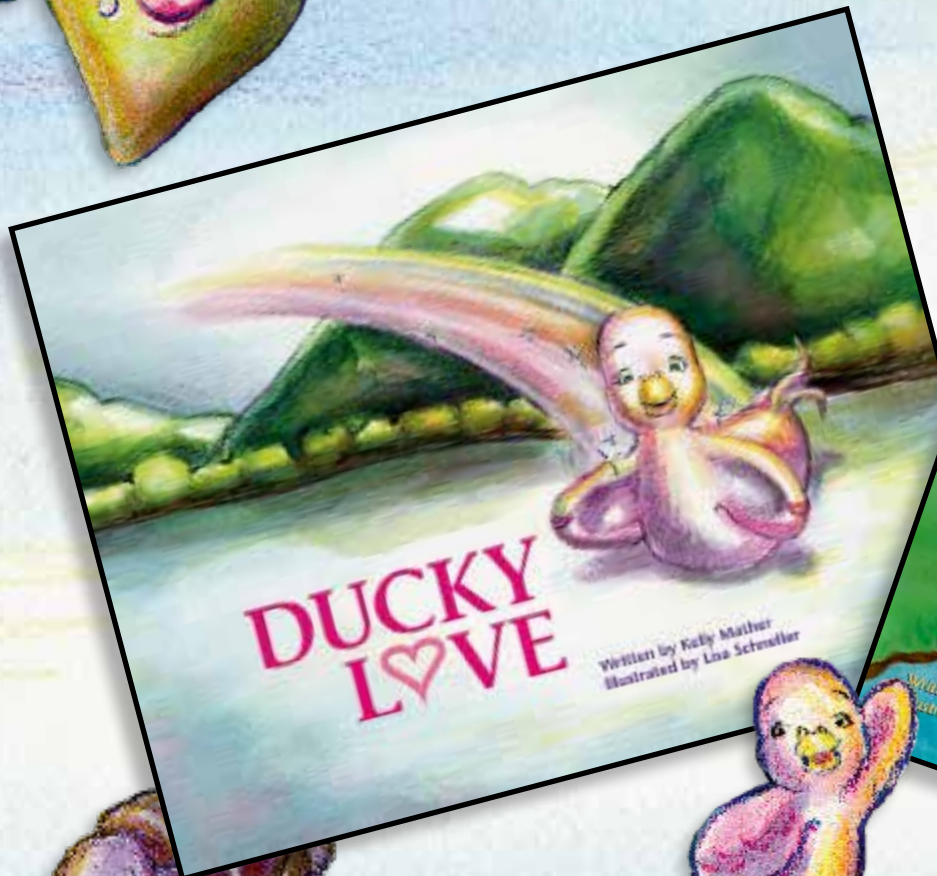
TOTAL SCORE ____/20



Daily suggestions from your coach, *Angel Fish*

- 1) Go outside for 30 minutes every day—remember it helps you breathe more deeply and you feel more healthy.
- 2) Try to get your heart beating and move each day for about 30 minutes.
- 3) Practice the breathing exercises like the rainbow breath, the *A-E-I-O-U* breath, the nose breath or just the belly breaths whenever you feel upset or tired.
- 4) Take a deep breath before each bite of food.
- 5) Take some deep breaths at night while you are falling asleep, and smile away the day.

You should also read
Ducky Love and
The 5 Keys to Wellness
to improve your health!





About the Author

KELLY MATHER Kelly Mather is a gifted health and spiritual teacher who found her calling as a community healer while she was the CEO of a hospital. As a hospital administrator for over fifteen years, Kelly was disappointed in the healthcare system. In 2002 she decided to change the focus of their hospital from just “rescue and illness care” to overall “health” care of the community. As her mission to improve the health of the community unfolded, she found that schools and children were the most interested in wellness education and seemed to have the biggest impact on health improvement. She started a children’s wellness camp, and soon followed with the countywide “Healthy Kids are Contagious” school site program, which is based on the 5 Keys to Wellness and the 4

Levels of Healing. In a further attempt to improve the health of every child and parent, Kelly writes interactive wellness education books such as *The Five Keys to Wellness* and *Ducky Love*. She has also co-written a health workbook for adults entitled *Create Your Health* and created the Life Mission Cards. Kelly lives on a sacred lake (likely the oldest in the world) in northern California with her husband and three children. For more information, please visit HarmonyHealingHouse.com.



About the Illustrator

LISA SCHNELLER graduated with a BFA in illustration from California College of the Arts in 2007. She illustrated Kelly’s book *The Five Keys to Wellness* in 2006. In 2001, she designed a greeting card for Children’s Hospital Oakland, in Oakland, California, to raise money for sick children. The card sold over 5,000 copies worldwide. In 1999, she designed greeting cards for the Junior Center of Art & Science in Oakland, California to raise money for scholarships for underprivileged children. These cards continue to be sold today. In 1998, her illustration appeared in the children’s book *Innocent Impressions*, published by Arts and Kids in Owings Mills, Maryland.

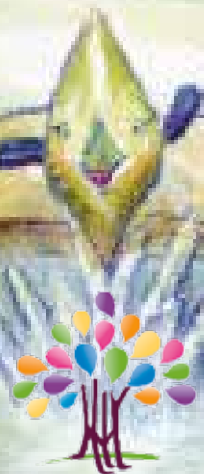
To see more of her artwork, please go to www.lisaschneller.com.

NOTE TO PARENTS



Thank you for taking the time to read *Fish Breath* with your child. Breathing is a very important key to wellness, and while it is talked about a great deal, the truth is most of us are not very good breathers. You can help your children improve their health and reduce their stress by encouraging them to make good breathing a habit. Just spending ten minutes a day outdoors with your children, or even encouraging them to use deep breathing when they are upset or scared, will have a big impact on their future health. Your child's mind, body and feelings will begin to work as a team more often when he or she deep breathes through life. As you help your child stay well, you improve the health of your community—because healthy kids are contagious!

Love and Rainbow Drops,
Kelly



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