

# Breathwork & Weight loss, And Much More...



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**With Dan Brulé**

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# Breathwork & Weight loss, And Much More...

*This seminar was recorded at the Woodlands Healing Spa and Center for Conscious Living near Johannesburg South Africa in May of 2013.*

*The topic of the seminar was “Breathwork and Weight Loss.” But as you will soon discover, it was about much more than that.*

*Along with very practical and unique breathwork exercises and techniques for losing weight, Dan peels the lid off some of the deepest causes of dysfunction and human suffering in general...*

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I had a university professor, one of my earliest mentors, Milton Young. He gave me permission to accept something about myself that I was not really comfortable with at the time.

It involves the Trojan Horse story. Basically he gave me permission to say whatever I needed to say, to package myself however I needed to package myself to get through the door. And once I was in the room, then I could do what I was really here for.

I thought that was a sort of dishonest approach and I was uncomfortable with it. But yet, I couldn't get into any doors, because if I were to put out exactly what I thought and exactly who I was, then no one would let me in. In fact I could hear people bolting the door when I knocked! But he gave me permission to do that.

At the time I was working for the American Red Cross, I was training first aid instructors for the Red Cross. And there was always a split between what I really loved to do—what I was passionate about—and what other people were interested in. There was always a split or a compromise: satisfying the world or satisfying my soul—between making money and doing what I loved.

I would do various things just to make money; and then I would do what I really loved—giving it away to whoever showed up, or whoever could get over my style. It seemed that people were staying away from me by the thousands!

It was a great lesson to learn that it was ok to package something, to present it in such a way to get me in the door, or to get people in the room. And once they were in the room, it was perfectly ok to let what I was all about be expressed...

And so here we are together today, and the theme is weight loss and breathwork. But, we could have called it anything. The seminar could be about anything, because now that you are here, you are going to get who I am and what I do, regardless of what the name of the seminar is! I have gotten comfortable with this, and it seems not to be causing any problems.

We are definitely going to address that theme today... and in fact, that part of the day takes about five minutes! And so the rest of the time we can be focusing on something under it, something related to it, something really important. We can focus on some things without which the issue of weight loss is moot; and without which, the exercises will not work as well.

**It is like the difference between a symptom and a cause.** You could work on the symptoms—and for many people that is enough. In our pharmaceutical driven medical world, symptoms are where everyone focuses. There may even be a nasty conspiracy to avoid working on the level of causes. Why would you want to put yourself out of business?

Why would you want to cure cancer if you could develop a system for managing it forever? Why would you want to cure diabetes when you can make it a manageable disease? Why would you want to cure arthritis if you can help people deal with the pain of it forever?

There is something sinister at work here... maybe I am a bit cynical... I am definitely skeptical about certain things in the mainstream as they relate to illnesses, diseases and wellbeing.

What we'd like to do here is address the level of symptoms; but let's also address the level of underlying causes at the same time. Agreed?

I was really passionate about massage and bodywork for a time. After a very short time, about a year or a year and a half, of putting myself out as an intuitive body worker... I had no training other than I had gotten a lot of massages from a lot of people. I knew what I liked and I knew what seemed to help me, and so I put that together, and that's how I worked with people. But I quickly got the sense that I was chasing something around people's bodies.

A guy would come to me with neck stiffness and pain, so I would work on that, then he'd come next week with shoulder pain and I'd massage that. Then he'd come with back pain, then he had knee pain: and I thought, "Gee, it seems that I am chasing something around his body. Every time we clear it from one place it pops up somewhere else."

And so I gave up on that level of helping. And that was the start of a huge chain reaction. Soon I could relate that to just about everything. And so the whole idea of weight problems to me is that it is a symptom; we are talking about the level of symptoms.

Of course you want to deal with symptoms. If a person is in pain... I worked as an emergency medical person... and if someone is in horrible pain and I have the ability and the authority to give him or her morphine... it was miraculous for me... to see them so quickly go from a horrible state of pain to a state of... "Ahhh... thank you!"

They still had shattered bones, and all the trauma was still there, and of course we were also working on that. I am comfortable working on both those levels. Let's take care of the symptoms, but while we are at it, let's dig into the causes and see if we can't create a breakthrough on that level.

Then I can feel like I made a real difference. I won't go home thinking, "Ok great, today we got rid of their headache but tomorrow they will be back with a backache. And so did I really help them? I don't think so." Now I get to satisfy myself—my soul—and I can think and feel that I give people more of what is really important.

In listening to people and looking at the problem of weight loss, a couple of things came up. One of them is the basic idea of self-image and self-love. If our love is conditional, then it really doesn't matter what we do or how we improve ourselves, or what changes we make: lacking that important piece of self-love, we are not really going to get anywhere.

On one level it means to love our body. I am my body, and if I only love my body when it behaves in a certain way, is shaped in a certain way, looks or feels a certain way... then my body is going to feel like: "You don't really love me at all, do you? You love some idea in your head about how I should be: that's what you love!" And so my body is going to sabotage me, like a child it will strike out and act out because it is not being loved.

Now I am going to make an even bigger leap, a very huge leap that most people are not ready for. It is the idea of including the physical body in the eternal life of the spirit.

Everyone here has been taught and programmed and conditioned to believe that death is inevitable. When someone puts out an idea that physical immortality is possible, bolts go up on the door that I am knocking on.

People don't seem to want to let that idea in. The belief that 'death is inevitable' is so deeply engrained in us. It is probably the most widely held mass belief on the planet. Everybody believes that you are born, you live for a while, and then you die. That's life. Anybody who questions that must be out of his or her mind; they must be retarded or stupid or delusional.

Our minds do not even want to approach that possibility. But think about this: most of the spiritual traditions put the whole idea of heaven—or reaching ultimate peace, and so on—as something that is waiting for you after you die. Death is seen as the only door through which you can reach that eternal joy and peace and so on.

I think it is very valuable to at least question that idea. Many things that everyone believes are true are sooner or later, threatened by some rebel. "The earth is flat." "Man will never fly." The people who started working on the first flying machines were just weird people that everyone joked about. "Those silly Wright brothers think that they are going to create a machine that can fly!" It was a ridiculous notion. But it sure isn't ridiculous anymore.

And things like the 4-minute mile. It was carved in stone for centuries that there was a certain limit to how fast a human being could run, and four minutes was that limit. What was the guy's name? Roger Banister.

Did you know that when he broke the 4-minute mile, within three or four years, do you know how many other times that record was broken? Fifty. Fifty other times the 4-

minute barrier was broken within three or four years! As soon as one person breaks through to a new human possibility, it opens the door for others to go through.

When I was trained in emergency medicine, and when I was teaching First Aid and CPR (cardio pulmonary resuscitation), there was a “fact” in reality, carved in stone, about how long a person could go without oxygen before they had permanent brain damage. And that limit was four to six minutes.

As rescuers, we actually had the choice: if a person had been under water or had not been breathing for four to six minutes, we could decide on our own whether to even begin resuscitation efforts. We were taught that if a person was in that four to six minute range, even if you could resuscitate them, even if you did resuscitate them, they would have permanent brain damage.

You would be reviving a vegetable. Ok great, you revived the person, but now they are brain dead; and they will be hooked up to artificial life support for as long as the electricity works. And so many rescuers didn’t pursue life saving measures because they realized that it was too late. They thought: “let’s not waste our time and energy; they have been without oxygen for too long.”

And then I had a very remarkable experience in my life, in Annapolis Maryland, in the Chesapeake Bay. I was stationed at the Naval Station there; and across the river from the naval station was the naval academy. And they had a hospital there. And where we were, there was a small medical clinic.

If anything really serious happened, if anyone needed serious medical care, we would send him across the river to the naval hospital. We had a fun job in a way, because if someone came to us, we could decide whether to even deal with him. We could say: let’s just put him in an ambulance and bring him over to the hospital.

In a way we were a fun position. We could do anything we wanted, or do nothing. For a lazy person and for someone with other interests, it was the perfect job. I was interested in playing pool at the time—pocket billiards—that was my passion.

We had a tiny hospital ward in our clinic with twelve beds, an old fashioned hospital ward where if someone needed extra care, they could stay... we could hook them up to an IV and care for them; and like a nurse, coming three times at night to check on them. But we never used those beds: if someone really needed that kind of care we would send them over to the hospital.

So I got the brilliant notion one day, and said let’s get rid of ten of these beds and put in a pool table. And my boss actually liked the idea! He said, hey yes, let’s put in a Ping-Pong table too!

Needless to say, we started treating fewer and fewer people, and started sending more and more of them over to the hospital. Who wants to interrupt a good Ping-Pong game or an exciting pool match just because someone is sick, right?

However the local fire, police and emergency personnel had our number. When there was a car accident or an emergency, they would call us. It was our number that was out there. So we got a call one day and I was on a run, playing pool... it was one of my best days.

You know it happens sometimes: it seems that for no reason you are in the zone, and everything you do is perfect. Your performance is way up there. It doesn't seem like you are doing anything different. It seemed like a regular day, but for some reason, I could not miss a shot. I started the morning playing pool; we all started, and had been playing all day long.

Everyday, I would start the day playing pool, in the clinic on my base; and after work I would go down the road to Glen Bernie Maryland to a local poolroom and I would play with the civilians. I was basically a hustler. I would practice all day long, and then play all night... stealing money from victims on the pool table.

That day, for some reason I had never played better. Shot after shot I could do no wrong. It was amazing! And I kept looking at my watch. I couldn't wait till 5 o'clock when I could get down to Glen Bernie... I had a list of people I wanted to play... and the phone rang. It was about 3 in the afternoon.

The first call came from a panicky person who said something about two kids in a boat that had turned over, and it looked like they were drowning. Then they hung up. But who? Where? What? Then we got another call either from the police or fire department saying that they there was a capsized boat with two kids, splashing around under the bridge.

We were closest to that place. We had a boat docked there in the harbor. So when the call came from them, it sounded like they wanted us to go in the ambulance, but it wasn't clear if we were being asked to go as the first responders or if the locals just wanted ambulance support. There was this confusion and delay, and so I said let's just go!

We raced down the road over the bridge to our boat, and I looked at my watch: it had been nine minutes since we got the first call. People were on the shore and pointing out at the water. I could see what looked like the bottom of a boat, but nothing else. Then it took us another three or four minutes to get set up and to get out there.

When we got out there, there was nothing to see. Neither of the boys was visible; we were looking around and could see nothing. So I decided to just jump in the water, and look around under water.

I dove in the water and I bumped right into this kid. I mean what are the odds of that? It's like looking for a needle in a haystack. We are talking about a big ocean and I just jumped into a random place and literally bumped into him.

I dragged him up and we put him in the bottom of the boat. The other kid was found under the boat in an air pocket. Dennis who was my partner found him and he was ok. But the kid that I dragged up was as dead as anyone I had ever seen. Dennis and I looked at each other, and it had already been about 15 minutes.

This kid, by all accounts, had been underwater for at very least for ten of those minutes. I hesitated for an instant but then thought: No! We are going to resuscitate this kid. The fact that I just bumped into him under water: what are the odds of that?

And so I thought no way: we are definitely going to bring this kid back. And we did. We resuscitated him. The case was written up. Because it was so rare that anyone could be under water for that long and completely recover.

The case was discussed a lot, and one of the things that they came up with... it didn't make sense... we shouldn't have even begun resuscitation efforts... and it didn't seem possible that afterward he could be a normal kid... but he was.

One of the conclusions we reached was that the water was very cold and that the cold water was a major factor in preventing permanent brain damage. Had the water been warmer, the results would have been different. But the cold water somehow slowed down the inevitable.

### **Lessons from Stig Severinsen and Leonard Orr**

Now today... has anyone heard of Stig Severinsen? Stig is from Denmark. I think he's Dutch. He recently broke his own world record of 20 minutes by holding his breath under water for 22 minutes. Twenty-two minutes without breathing, underwater!

That is mindboggling. That is unbelievable for most people. But that is where human potential is going. And that is in only one generation. What is happening is that human potential is accelerating. And so maybe there are many other people who are ready to make a huge leap toward what is possible.

And I think that is important because if I am your body, and you live in me, and you want to go to heaven... So you live in me, you use me up, you use me to get there, and when you finally go to heaven, you just throw me away, you spit me out and leave me?



I'm going to think: "You know what? To hell with you buddy! Why can't I go with you? I mean if it weren't for me, you wouldn't even be going to heaven. And now you want to dump me and drop me?"

I think the body, like a child, would rage against that, and would sabotage that person's progress. Knowing that they are just using me, and will use me up, and go on to heaven and enjoy the good stuff? Maybe it's just me, but I think I would try to sabotage that plan... maybe out of anger or resentment... because it's just not fair. It isn't fair!

And as it turns out, there are immortals! There are people walking the earth today who will never die, people who have been alive longer than anyone thinks is humanly possible. Now the likelihood of us meeting these immortals is quite slim: in the same way it is unlikely that you would end up in the same room with Warren Buffet or Bill Gates or George Soros, or any other ultra billionaire.

If you only make 2000 dollars per month, given your income level, you would simply not associate with those who are living at such a high financial level as those guys. People of different levels like that simple don't mix and mingle.

Think of the gap, the social, psychological, emotional, financial difference—metaphorically speaking—between regular people and immortals. Look at the gap that must exist there. What are the chances of us sitting together and having coffee with them and talking about life?

It is almost impossible to relate; especially if we ourselves have deep imbedded beliefs that go against that possibility. So maybe opening up our consciousness a bit to possibilities that are way beyond what we have been led to believe will create an opening for something.

Everyone here realizes that his or her spirit is eternal, no one questions that; and everyone realizes that consciousness is eternal. DNA certainly seems to be eternal. DNA keeps passing itself on, by using us. In a way, DNA is using us to perpetuate itself. Think about that! We are a host for DNA until we pass on that DNA onto the next generation, and then the host is no longer necessary.

On the ancient and primary level of life, that is the purpose of each generation: to pass on its DNA to the next generation, to preserve the species. And in nature, you are born and grow until you mate, until you create the next generation, and then you die off. Then that generation grows and mates and creates the next generation, and they die off.

So we look at nature and we say, well, that's just the way it is, that's how life works. But maybe we can sit up and talk to our DNA, and say "wait a minute, I'm not going to take this anymore. I'm not going to have any children, unless you let me in on your secrets!"

What if DNA woke up one day and realized that humans were conspiring against it, and would not allow it to perpetuate itself? It would have to let us in on its secrets! You can actually talk to your DNA. You can say, hey, from now on I want to be part of this eternal game. I want to continue on as long as I choose.

I have a good friend Leonard Orr. If you want to study immortalist philosophy and immortalist literature, Leonard Orr is one of the leading people on the planet today. And if you Google immortality, you'll be surprised how many groups and people there are out there playing with this notion.

If nothing else, questioning the idea that death is inevitable—the cliché about death and taxes—the only things you can ever count on. When you simply question it, you throw a wrench into that way of thinking; you disturb the machine, by questioning it. Who said? Who said it must be so? And why isn't something else possible?

Why can't I open myself to another possibility? Then maybe the body will begin to relate to us in a different way. Maybe pain and disease and illness is in away the body complaining to us that we are not loving it enough, that we are not honoring it enough; We are writing it off somehow, underestimating its potential; not even giving it a chance to express its full potential—not even allowing the possibility that it may have certain potentials.

This is a real leap for people, and I just wanted to touch on it because we work with the breath. And here's an idea: if I breathe eternal energy into the cells of my body...

Well, we all agree that life is eternal; we see it in nature. No matter what, life keeps bouncing back. Life is abundant. You plant one kernel of corn and you get several whole ears of corn, now you have a thousand kernels, and you plant those and you have a hundred thousand...

Everywhere we look we see that one of the essential aspects or qualities of nature is abundance...unlimited abundance. And so why shouldn't we be reflecting that? We are nature. We are a part of nature. Why do we seem to take a different course, toward self-termination?

There is nothing terminal about life. It just keeps going to the next level, and constantly flourishing. You can stamp it out here and it will pop up there, you can kill it here and it will pop up there. That says something about our nature.

And so how about this idea? Loving your body to no end... loving your body to no end... unconditionally accepting your body... inviting your body to participate in and to express this infinite eternal quality of life... letting it be an expression of that. Why not?

The natural tendency of the body is to heal itself, if we provide the right atmosphere... like providing the right soil for a plant to grow... given the chance, given the opportunity, the body will rejuvenate, it will heal itself. We have to stop doing whatever we are doing that is interfering with that natural rejuvenation capacity that it has. We must be doing a lot to interfere with that.

People are certainly dying younger than they should be. If you think in terms of the norm in nature... What is it, seven times the age of maturity? Isn't that what most animals or mammals live to? We should be living to about 130, just to be at par with nature, to average out with the rest of the creatures on the planet.

We must be doing something to prevent the full free expression of our human potential. So doing breathwork and consciousness work, and opening up to those ideas can result in some real transformation—a leap to more possibilities, higher possibilities—longer life, higher quality of life.

### **A mental diet for weight loss**

Do you want to loose weight? Then drop your heavy thoughts. Death is the heaviest thought there is. So drop that one. Go on a mental diet. Start fasting from certain thoughts. Stop swallowing certain ideas. Stop carrying certain beliefs. And see if your body doesn't lighten up! It will. It does. It has to. If you want to loose weight start doing some work on some other level than the superficial physical level.

Examine your beliefs. Examine the thoughts and beliefs that you have that are heavy, that are negative, that are depressing, that are a weight to bear. Start dropping them and start replacing them with lighter thoughts.

And you know what? The thoughts don't have to be proven true. They can simply be thoughts that you hold because they give you a feeling of peace. They give you a feeling of lightness.

It just feels good to believe certain things. Whether they are true or not makes no difference because you are working with your consciousness. And if you have a consciousness that is laden and burdened with thoughts that you think you must believe because someone says you should, then you are carrying extra weight that is keeping you from ascending, keeping you from being uplifted.

So I think that is the first diet. If you really want to loose weight, start on the level of consciousness, and examine your beliefs, and judge your thoughts. Does this thought

give me peace: yes or no? It doesn't matter whether it's true or not; it doesn't matter whether I am supposed to think it or not. Does it give me peace: yes or no. If it gives me peace then I hold the thought; if it doesn't then I drop it like a hot potato.

Start dropping heavy thoughts and beliefs that you have about yourself—negative and limiting thoughts that you have about yourself. There are parts of yourself that you love and approve of; and there are other parts that you don't love, and that you don't approve of. You need to love and approve of those parts also.

Don't wait until they become better before you love them; don't wait for your body to assume a perfect shape and size before you embrace it and love it. Start loving it exactly how it is, the way it is, just as it is, period. Embrace it with unconditional love: beaming and projecting as much love as you can toward it, into it.

Bathe and shower your body with love, approval, gratefulness, and total acceptance. Don't wait for it to get better before you do that, because it won't get better *until* you do that.

So that is a start. Does anyone have any reactions to any of this?

***Question: How would you attain that constant rejuvenation, that physical immortality?***

I would first realize and acknowledge that it is already happening. Right now in our body, what is the oldest cell in our body? A few months maybe... Cells are constantly renewing themselves. We look at our body and say: "my body is 50, 60, 70, 30...whatever years old. But there is not a single cell in your body that is that old. And so to begin to attain it, first realize and recognize that it is already so.

There isn't a cell in your body that is more than a few months old. Stomach cells replace themselves within minutes... and certain cells within days... and other cells last for only weeks. I'd like to get someone to look this up, but the oldest living cells can't be more than a few months.

On one level, there is nothing to attain. There is only something to realize. And the more you begin to realize it and acknowledge it, the more it expresses, the more it begins to emerge. Attaining it means living in harmony with the laws that control it.

Look at the laws of nature, and whenever you can, harmonize with them. Look at the spiritual principles and whenever you can, express them yourself: come into harmony and resonance with them.

The attainment may only have to do with the dropping away of that which is preventing it. There may not be a lot to do to attain, but there may be a lot that we are doing unknowingly that is keeping us from living it.

The first step is consciousness: open your mind to the possibilities. The next step is letting go: practice the skill of letting go. If I keep letting go, letting go, letting go, everything will drop away except that which I cannot drop: and that is my essence, who I really am. I can't let that go. And so you end up with this bright pure shining reality, which is you.

So, the skill of letting go: letting go of thoughts, letting go of feelings, letting go of the past, letting go of muscles, letting go of tension, letting go of negative beliefs, letting go of bad habits... letting go, letting go, letting go.

I think that is a real key to attainment. Get really good at letting go, and then apply that skill of letting go to whatever it is that is holding you back—knowingly or unknowingly holding you back.

The next thing to do is to begin to invite energy. And so we are back to the breath now. If I breathe into my body the breath of life, the eternal breath of life, and I fill my cells with this eternal life, and I fill the spaces between my cells with this energy; then my body really has no choice but to take on the qualities of that spirit.

So I consciously breathe spirit into my body. Spirit is eternal. And so if I fill my body with spirit, if I infuse every cell of my body with spirit, then my body will have to take on the qualities of spirit. My body, whether it likes it or not, whether I believe it or not, my body is going to be provoked into taking part in the nature of spirit, the aspects and qualities of spirit, which are infinite, eternal, and so on.

Consciously breathing and meditating.... consciously breathing into my cells eternal life... spirit... infusing every cell with breath energy... inviting the breath to get into all the cracks and crevices between the cells... I am going to be wall-to-wall spirit.

That comes from a spiritual friend Ken Copeland, one of those Christian, bible thumping evangelical charismatic teachers in the United States. He would say: "I am wall-to-wall holy ghost!" That is a key: you keep inviting, welcoming, absorbing spirit; and your body will suffer the benefits!

### **Closing the gap between knowing and doing**

The next thing: someone was talking about it earlier. Something like: "I know what I need to do, but somehow taking action—that's where the problem is." People say: "I know I need to exercise." We know. We know. But for some reason we just don't do. "I know I should quit smoking, but somehow I just don't do it." "I know I should have a more positive attitude, but somehow I don't do it"

So there is that gap. And that is a real key: the gap between knowing what we need to do, having a sense of it and a desire for it; and then translating that into action—that's where people get stuck. That's where things stop.

But there is a solution to that: a very simple solution for that: breathe. Breathing is an action. Breathing is a primal action. So if I have a thought or an intention; and as soon as I have it, I take a breath. What have I done? I have closed the gap between a thought and an action. If I do that again and again, pretty soon it is impossible to think something without taking action.

That's why I have to be very careful about what I read. I can't watch the news. If I watch the news about someone mutilating children somewhere in the world, if I go there in my mind, if I think that someone has to do something to stop this... I am going to find myself on a freaking plane on my way to that place. I can't think about that stuff without this irresistible urge to take some action connected to it.

Breathing does that. It closes the gap between when we have a thought or an intention and when we take an action. And so we bring together an intention and an action when we consciously breathe. I have a thought: "I'd like to invite the spirit of life into me." I think about it for a while... about how I will do that.... No, no, no...

When you have a thought like that, take an immediate breath. Close the gap between thought and action, between a decision and an action, between an intention and doing something about it. Conscious breathing closes that gap. That is a key, and it is one of the powerful benefits of conscious breathing.

If all you have is the wish or the desire or an intention to loose weight: while you are holding that thought, while you are entertaining that desire, while you are thinking that, take a breath! That's an action, a very primal action. And it will give you energy. You have now linked a thought to an action. That's like planting a seed. The more often you do that, the more quickly it becomes automatic.

Do away with the "tomorrow I will start" syndrome. "Tomorrow morning, at eight o'clock, I'm going to the gym." No, no no, no no... You have to start right now. "But the gym is closed. It closes at five o'clock." That's fine. Take a breath. Do some action to deepen the resolve, right now. Breathing is a really easy action to take. There is no excuse not to. You don't have to wait. Here it is.

What you do is you put intention into the breath. And you breathe energy into your intention. Things can begin to build and spiral out from there. And things will accelerate.

***Question from a practitioner: "How do we get someone to who is just starting off on the journey; how to get them to realize that they are holding on to negative or limiting habits, patterns, attitudes, thoughts, old ways of being, and so on?"***

We start with the basic, anatomical, physical, and energetic ability to let go. We start by learning to let go of the exhale. And that will spark a process. That will initiate a journey. And the next step will come. We start by getting them to master the skill of letting the exhale go quickly and completely.

Start from that. You don't have to force yourself to let anything else go. Just let the breath go, and whatever you need to let go of will come into your awareness. Your intuition and the natural process will start to reveal itself. The person will get in touch with a muscle that is not letting go.

If I practice letting go of the breath, then I can see or feel that a part of me is not letting go along with the breath, then that becomes my focus.

[Demonstrates holding the chest in an expanded inflated position while exhaling.]

I am managing to somehow let go of the air, but it is very obvious that I am holding on and not letting go physically. So the next step in my own progress is obvious. I need to link letting go of the breath with letting go of this armor.

[Demonstrates releasing the chest.]

Now it's obvious that I am letting go of the breath and I am also letting go in this place that I was holding on.

If I am with a coach—it is very obvious to someone from the outside—even if you are not an expert at coaching, you could point that out to me if I did not notice it myself. Or if I am doing this [demonstrates holding tension in the shoulders], and you point it out to me, I could say: “What do you mean? I am relaxed. My shoulders are relaxed.” I don't seem to notice or feel it.

Something can be very obvious to others, but because it is chronic and unconscious in us, we simply don't notice it. And so there are some things that can easily be seen by a stranger with no skills or education, that we seem to be oblivious to. And so making use of a coach is a real short cut.

But if you take this practice... and lets begin right now... if you want to loose weight, it means letting go of something. The weight should drop off of you. And the body, left to itself, will tend to shed weight. If allowed to function normally, the body will shed whatever weight is unnecessary.

If the body is not shedding weight, you must be doing something to hold onto it. People will say: “No, I want to loose weight. I am not holding on to it.” But you must be.

***Comment from the audience: “They say they have tried diets and exercise programs, but nothing works.***

Right, they have tried all these things, but they haven’t gotten to the subconscious or unconscious stuff. And that is much more powerful than all the conscious things that we do. It is the unconscious things, the subconscious things that drive us. The thoughts that lie beneath or outside of our awareness—those are the thoughts that control us. But we don’t know how to identify them.

***Comment from the audience: “Yes, it is said that we have about 55,000 thoughts a day and most of them unconscious; and 95% of those are negative. I had been training very hard, and stopped training and became very fat. The training was giving me self-confidence, but deep inside I did not feel sure of myself and so I stopped training. Then I realized during a breathing session that I stopped training because that unconscious thought came up and got in the way.”***

Yes, our unconscious thoughts, the subconscious stuff, are what we need to get to. As you work with the breath... you will arrive at that level. You will pierce the unconscious, you will break into it and it will reveal its contents to you. And then as it reveals its contents to you, you use your breath to let go, let go, let go... You are using the breath to clear away all the stuff that is holding you back.

That’s the first skill: letting go. Learn and practice and master that ability to let go of your exhale. It is a reflex. And it is as simple as this. If I just let go, movement happens. I don’t have to push or blow or force. It is just letting go. Practice it now and see if you can get a feel for it.

The bigger the inhale, the more you create a stretching, the more that the elastic tendency of your muscles can do the exhale for you. So you take in a big inhale, then when you let go, and the breath pours out of you. Give yourself that feeling right now. Take a big breath and stretch and expand everything, then let go and feel the breath pour out of you. Without blowing or pushing, just thru this letting go, the breath escapes.

It doesn’t escape slowly... not like this [demonstrates slow controlled exhale]. That is another exercise that we *will* practice. But now we want to engage the exhale and get this total, quick, momentary, complete letting go. In the time it takes to snap your fingers, you let go. That’s how long it takes to let go: an instant [demonstrates]. It is a skill, and you can practice it. Hone your skills, improve on the skill...

Here are a couple of quick improvements: Notice the difference between this [demonstrates letting go versus slight pushing, forcing, blowing of the exhale].



***Question from a practitioner about a client who was reflecting an attitude of trying to hard, and how her breathing revealed some personal issues she needed to work on... trying to do too much for her grown children, trying hard to take care of everyone else, and so on... and that she needed to some psychological work in addition to the breathwork.***

Yes, the breathing reveals when we have to learn to let go of other things, ways of being, familiar roles... we need to really let go. And that pattern can also be a sign of other things. It can be a sign of passion, and the strong desire to do things right. It's a good sign. It means you are enthusiastic, determined to do your best. But the "doing" part can interfere with the "being" part.

We don't want to back off on the enthusiasm and determination and the passionate desire to heal, grow, do it right... If we take that away, then we have to try and get some of that back until we find the right balance. But it is an "undoing" more than a "doing." Relaxation is a non-doing. You can't "do" a relaxation technique. It's an oxymoron on one level, because relaxation is an undoing, a non-doing.

You can do the inhale [demonstrates active in-breath]. I inhale, and when I stop inhaling, the exhale happens [demonstrates]. So, I didn't do the exhale: I did the inhale... I inhaled and inhaled and inhaled, then when I stopped inhaling, the exhale simply happened.

***[Using one of the participants as an example]*** Watching Camille's shoulders during the inhale: that's excellent. We can see her drop her shoulders with the exhale—a sign she is letting go, relaxing with the exhale. An improvement on that, would be not to lift your shoulders at all on the inhale.

If I lift my shoulders on the inhale, and then perfectly let them go on the exhale, then lift them on the inhale and let them go on the exhale, lift them and let them go, lift them, let them go... then I am not really letting go of tension stored in my shoulders: I am only letting go of the tension I just produced by lifting my shoulders.

If I lift my shoulders during the inhale, then perfectly let them go on the exhale, I will let go of some tension. But the only tension I released was the tension I produced; and my baseline tension has not been affected. I am not getting to the tension that is stored in my shoulders.

So we improve on the skill. I learn to inhale without using my shoulders. Now when I relax my shoulders, I am beginning to let go of the tension that is stored in my shoulders. By not producing new tension I can start to release the tension that is already there.

The shoulders will rise on the inhale, but I am not lifting them. As my chest expands top to bottom, the shoulders will ride that expansion, and be lifted in the process. My shoulders are riding on my ribcage, and my collar bones also, and just like riding a wave... if a boat sits on the ocean and a wave comes, the boat doesn't lift itself up: it is lifted by the water.

So you will see the shoulders going up and down, because they are riding the breath, they are being lifted by the waves of breath. But I am not using them to breathe. This conserves energy. You can get more energy from the inhale, because the energy is not being used up by muscular activity.

If I don't use a lot of muscular effort to take in energy, then all the energy I take in is available to me. If it cost me X amount of energy to bring in X amount of energy, there is no net gain. If I use up a lot of energy to pull in energy, I don't have any profit. All the energy I pulled in went into the act of pulling it in, and there is no energy left over to do any healing.

However if I can pull in a lot of energy with hardly any effort, I have a large net gain, a lot of profit. A lot of energy is left over after the activity, that wasn't eaten up by the activity, and now this energy is available to do some healing, restorative work.

So we are starting with that first skill: setting the exhale free. Let the exhale go; dump the exhale out; release the exhale; snap it loose; let it go. A basic skill. Practice it. Practice it. Practice it. And be very conscious.

Start to remove any unnecessary effort, without losing the amount of energy you are getting. The ideal is to pull in a huge, amazing, powerful breath, without using any effort. That is what you are aiming for.

In the beginning it is like a child learning to write [demonstrates moving tongue back and forth and tensing the face as the hand works.] They are putting so much effort into the task of writing, that there is nothing graceful about it. They are putting effort into places, using muscles that have nothing to do with writing. It is only after they develop some confidence and skill; they refine their actions, and become more graceful.

It's a good sign that they are exerting all that extra effort, they are trying very hard, they are very passionate, but they are wasting a lot of energy. They are putting energy into things that have nothing to do with using a pencil. That extra effort is a good sign. It shows passion, it shows determination; but it also reflects a certain inefficiency... an uneconomical... wasting of energy thing...

So in the beginning, it's ok. Make all those mistakes, and gradually with practice, you yourself, or a coach can begin to notice and point out how you are wasting energy,

where you are holding on, and how you are not letting the exhale be total. That will lead to the next thing. You will realize: Ah ha! I need to let go of this, or that.

You have realized something, and so you can now apply the breath to let go of it... a thought that you have, a habit you have, or a posture that you assume, whatever... You will start to be guided by your own intuition. Your own natural intelligence will reveal to you where to take the process.

### **Breathwork training for weight loss**

So, that is the first skill: letting the exhale go. And that exercise is actually very different than the exercise... the training for weight loss. The training for weight loss starts with this question: what is the connection between breathing and weight loss? How is fat burned in the body? The answer is Oxygen.

Oxygen burns fat. And so the better we are at the uptake of oxygen, the more fat we will burn. The better we are at the retention of oxygen, the more fat will get burned. And so the breathing exercises are about increasing the uptake and retention of oxygen. That accelerates the fat burning process.

The more fat you burn the more weight you loose. The more oxygen you take in, the more fat you burn. The more oxygen you take in and retain, the more fat you burn. The more fat you burn, the more weight you loose. That's it. That's the connection to breathing.

And so what are the exercises that help us to increase the uptake of oxygen and increase the retention of oxygen?

For that we need a very expensive medical device. But just for today, the special cost for you is only 750 rand. (It is just an ordinary plastic drinking straw!) Only for participants of this workshop do you get this special sale price: 750 rand. Now don't think you can go buy one that looks like this and that it will work just as well. I have had these manufactured especially for this event... [Dan passes out different colored straws to everyone]

Wow! Look at this! I happen to have picked exactly the right number of straws! The divine mind is always in charge! You should probably knit yourself a nice little pouch to put that in, and keep it on your altar. Make it a very sacred device.

McDonalds might be a good church to go to, to get some of these, because McDonalds has several versions of this device. The coffee stirrers at McDonalds are very thin, hollow stiff little tiny straws... And they make thick milk shakes so they have those fat straws too.

This is the one in the middle. You could get all three. Get the one that is skinnier than this, and get one that is fatter that you suck the smoothies thru, and get this one. You'll have three devices you can use. And you might want to start with the fat one.

We are starting with the middle one today, because McDonalds was too far away to walk, and I had to use the Woodlands version. Someone must be missing because I have two straws left and one of them is for me.

There is a device called the "Frolov Device" and it is being marketed as "Breath Slim." I don't know what they are selling the device for anymore, I should look it up, but it comes in a little package with a DVD. It is a little cup with a cover and a straw and it sells for about \$300 bucks.

It uses water. You put a certain amount of water in the bottom of the cup; and then you breathe thru the straw and blow bubbles. And the idea is to use the bubbles as a gauge or a monitor; you make the bubbles smooth. You get a very consistent flow, a long exhale... as you are breathing out, you keep the stream smooth and steady... a long consistent exhale.

They arrived at a very simple formula for training, which I think is very good. You could use a timer, a watch... Here's the formula: you inhale for the count of 5; you hold your breath for a count of 5; then you exhale for a count of 10.

Inhale for a count of 5; Hold for a count of 5; Exhale for a count of 10; Hold for a count of 5. Inhale 5; Hold 5; Exhale 10; Hold 5. Inhale 5; Hold 5; Exhale 10; Hold 5...

If your count is in seconds, that might be difficult for a beginner. It might take you a while to get comfortable with that, because 5, plus 5, plus 10, plus 5. That's 25 seconds, or just over 2 breaths per minute. If you can accomplish that... That's very slow breathing.

So you may want to start with 3 or 4 breaths per minute: Inhale 4, hold 4, exhale 8, hold 4... Or start with inhale 3, hold 3, exhale 6, hold 3. The ratio, the proportion is the same: 3-3-6-3... 4-4-8-4... 5-5-10-5.

You want to work your way to 5-5-10-5. The straw helps you to not let a lot of breath out all at once; which is the opposite of what we were just practicing, right? The first basic exercise that I teach is to let all the breath out quickly.

If I do the same thing: If I let go completely, thru a straw... it takes a long time for all the air to come out. That is exactly what increases oxygen uptake and retention. By limiting the passage thru which the air can come out, the air takes longer to come out. However, I can relax behind the straw. (I don't have to tense anything.)

In order for the exhale to be longer and longer, you need to control the exhale. This gives you a physical structure thru which the flow is limited, and the exhale is naturally lengthened. Only a limited amount of air can pass, and so it will take more time to exhale all the air, for all the air to come out.

You don't have to worry about controlling the exhale. The straw does it for you. It will take a long time for the air to come out, even though I am not holding on to it, not holding it back. The natural pressure in my system forces the air out.

And that is one of the principles for maximizing oxygen uptake and oxygen retention: create back-pressure in the lungs. You retain the oxygen in your system longer; the back-pressure forces more oxygen into the bloodstream and gives your system more time to absorb it.

If I take in a long inhale—a lot of oxygen—then release the exhale quickly, a lot of unused oxygen simply flows out with the exhale. It was not taken up by the system. If I hold the breath, my system can absorb that breath, that energy. The longer I hold my breath, the more time my system has to absorb it. Then if I exhale slowly, the uptake and retention is even further supported.

So this straw causes you to slow your breathing down. The counting and deliberate breath-holding causes you to slow the breathing down, giving your body a chance to really absorb the oxygen.

***[Comment from a practitioner about building up carbon dioxide in the process of breath holding and slow exhaling]***

Yes, carbon dioxide is a key trigger for allowing oxygen to go from the blood stream to the tissues, and from the tissues, to the cellular environment, and into the cells themselves. CO<sub>2</sub> is the trigger for that transfer.

The higher the level of CO<sub>2</sub>, the more vasodilation occurs. Micro-vessels dilate, and that sets the stage for the delivery of oxygen to the tissues. We have these little tiny micro-vessels, and if you have a low level of carbon dioxide in your system, all those micro-vessels contract and constrict. If you have a high level of carbon dioxide, those micro-vessels dilate.

By holding your breath, carbon dioxide is building up in your system; and as the carbon dioxide builds up, little micro-vessels begin to open up everywhere. And when these micro-vessels dilate, blood, nutrients can get into all the little places.

And so that's the second main thing that is happening when you extend the exhale and hold the breath longer. You are holding back the carbon dioxide from escaping; and as

the carbon dioxide triggers the dilation, the oxygen is free to jump and cross over into the cells.

And so CO2 is the thing. CO2 is good for you... good for you and tasty too!

***[Question from participant: Does it also affect the thickness of the blood?]***

Hmmm... thickness of the blood... I don't know.

***[Ela explains: With over breathing (hyperventilation) the body compensates for the respiratory alkalosis by going into a state metabolic acidosis. And lack of adequate oxygen at cellular level creates an acidic state- thus the importance of having high oxygen levels and also a high enough CO2 level to facilitate the delivery of the oxygen to the cells.]***

Wow, thank you doctor!

So you can use the Frolov device. They have done a lot of research. And I trust their method. He's dead by the way... Dr. Frolov... as is Buteko: two amazing outlanders, pioneers in breathing. There is a lot of suspicion around both their deaths.

They were very anti-mainstream medical, anti-pharmaceutical. Many people wanted them both to shut up. It is not good for business to have doctors out there saying you don't need to buy all those asthma medications, and that you can heal yourself...

Anyway... they both died relatively young... in their early 70's: which means to me they were missing something. And so, you will notice that I just gave you two very opposing—conflicting exercises—if you look at it in a dualistic way.

One exercise which I say is very, very important: letting go of the exhale quickly and completely: snap the exhale loose, dump the exhale out, don't control the exhale at all. And I am giving you something that is training you to control your exhale, to hold your breath.

It's up to you to work that out, to make peace with that. I don't have a problem with it. I don't have a problem with opposites. In fact, I love brining opposites together. There is no one good or one bad anything... they are both part of a continuum. And so I suggest that you practice both exercises with equal passion.

Give each one time and space. Experiment. Get comfortable with each one. Get good at both of them.

***[Participants comments and conversation]***

Yes, that is the idea, to get comfortable with the full range of experiences, so that you are not stuck on one side; then if life pushes you to the other side, you are equally comfortable.

***[Question about self-talk and affirmations while breathing; do we think about letting go?]***

Yes, give yourself the mental message to let go: “I am relaxing.” Give yourself a real experience of it. Feel the letting go. Listen to the sound of letting go. Make a “let go” sound.

Be careful of blowing. And consider the shape of the stream of breath. “Ahh” is the sound of letting go.

Let’s practice, using the count of five and inhale. Then hold for five, and exhale 10. Then skip the pause: Inhale 5, hold 5, exhale 10. And adjust the speed of your count to something you can manage. It doesn’t have to be five seconds. It can just be the count of five.

You want to be out close to the edge of your comfort zone. You don’t want to be struggling to do it. You will lose your motivation if you struggle. Your system will sabotage, resist, even close down and stop you. It won’t let you practice. So bring it into your comfort range.

But don’t bring it so far into the comfort range that it doesn’t test you... You want it to cause you to focus. Challenge yourself a bit. Not so uncomfortable, but also not cozy in the middle of your comfort zone. You have to get out toward the edge a bit: test or test your system a bit.

Pick a count and begin. Inhale 5; hold 5, exhale 10; inhale 5; hold 5; exhale 10.

If after a few minutes you feel short of breath, then speed up the count a bit. You want a slight bit of discomfort. That means you are at the edge; and if you can hang out there, and get comfortable there, you will have a breakthrough.

If you escape back to the middle of your comfort zone, you will thwart your growth. If you go too far outside of your comfort zone, your system will shut down and won’t let you continue. Get to the point where you are consciously dealing with a feeling of being on the edge of comfort. That’s where you will trigger growth.

Do this for a few minutes, using the straw. Pick your own count. You might want to pinch your nose if you sense air escaping from your nose. Not totally necessary, but useful. If you can breathe thru your mouth without air escaping thru your nose, then you don’t need to pinch it shut. If not, pinch it.

I like to use my heartbeat to count. I can feel it; so my heartbeat sets the pace. But you decide on the count. It should be a little challenging physiologically, but not overly uncomfortable. You decide on the exact pace.

In order to maintain this, it helps to relax physically. So make sure your neck is relaxed, your shoulders are relaxed, because muscular tension draws energy. If you relax, it's easier to breathe slowly and less frequently because there is not a lot of metabolic demand for energy.

If you are using a lot of muscles, then you'll need to breathe more quickly, more often. If you are not using a lot of muscles, if you are relaxing completely, it is much easier to slow the breath down and to breathe less frequently.

With some practice, you don't need a straw. You can limit the flow of breath by doing something in your throat, or use your lips to narrow the passage. You can create an internal straw effect. You could breathe thru one nostril. There are many ways to work without using the device: the device is just creating a narrow passage. You could create that narrow passage yourself and accomplish the same thing.

To get the most out of this exercise, to multiply the benefits of it, you want to start to do something with your body to help the process. You can lay on your back with knees up and feet flat on the floor, while you send the breath low into your belly. And exaggerate the movements.

When you hold for the count of five, contract the muscle as if you are doing an exercise. And when you exhale, create a squeezing effect in the abdominal region.

Notice that something is happening with the pelvis as you exaggerate the breathing movements. The belly pops out and the lower spine arches, forms an arch as you inhale. Then as you exhale, flatten the lower back to the floor, and the pelvis tips forward and upward.

As you inhale, the pelvis rotates down and the belly pops out as you arch your lower spine. Do it rhythmically, we are using the breath to prompt a very effective, productive movement of the body. It will help the fat burning process.

When sitting and doing this exercise, it is a good idea to keep the spine straight. It helps because the diaphragm is anchored to the spine, and depending on the position of the spine, the diaphragm will either be inhibited or allowed to move. Applying the yogic idea of having a good strong erect spine... enhances the practice.

Make yourself tall... stretch your spine. As you exhale, the belly button travels toward the spine. As you inhale, the breath travels down and makes the belly pop out, and it fills like a balloon. As you exhale, the belly button travels toward the spine.



You want to exaggerate those movements. Exaggerate the filling of the belly, and exaggerate the squeezing and emptying the belly. You can use your hands and fingers to squeeze and hold your belly in that empty position. Then inhale against that holding, against that pressure. Then exhale and squeeze even more. Then breathe in against that resistance.

You just did an exercise. Maybe you can feel more heat in your body. You have stimulated some metabolic activity. You can accelerate or intensify the process and increase the benefits.

The final exercise is reverse respiration. That's where you do the opposite of what we just practiced. That is, when you inhale, suck the belly in. And when you exhale, push the belly out. Inhale: suck the belly in. Exhale: push the belly out.

This is a great Chinese medical breathing exercise called "paradoxical breathing" or "reverse respiration." That exercise creates powerful inter-abdominal pressure and forces. That internal stretching and pressure helps a lot. It helps with digestion. It helps with gynecological issues. It increases energetic activity, and it stimulates circulation. There are many healthy benefits.

So, let's review because I've given you quite a few things, and some of them are opposite.

The first skill: learning to let go of the exhale quickly and completely, without holding, without controlling. When you do that, drop into yourself, melt into yourself, fall into your center. It's like leaving the surface and settling more and more deeply into yourself. Snapping the exhale loose. Not controlling the exhale. Dumping the exhale out. Setting the exhale free: that's the first breathing exercise.

The opposite of that, the next exercise, is controlling the exhale. We are counting to ten on the exhale, stretching the exhale out, lengthening it; and then holding the breath out for five seconds or for the count of five, before you inhale. Inhale for the count of five. Hold for the count of five. Exhale for the count of ten. Inhale for the count of five.

Very slow infrequent regulated breathing, for increasing oxygen uptake and retention. Because you are holding your breath, CO<sub>2</sub> builds up, and that's what sparks the acceleration or increase of oxygen the uptake.

Breathing out slowly, using the straw, you don't have to control the breath or yourself so much. The straw can do the work for you. But once you get the feel of it, the sense of it, the size of the stream, the length of the exhale, you may not need the straw. You can duplicate that internally by creating a small hole with your lips, and eliminate the straw. But since you paid so much for this thing, I would say, use it!

Now find a partner, because we want to check some fundamentals. There is a natural way that the body wants to move when we breathe, and we want to come into harmony with that.

The breath moves the body in a certain way when you breathe. And you can move your body in a way to support the breath. The movement of breath produces and supports a natural movement of the body. And by moving the body in that natural way, you support the breath. You can begin make love to the body with every breath.

Start to fully and totally embody your spiritual being. Begin to use the breath to fully love your body. You breathe into your body and move your body in a certain way to magnify or intensify this relationship between the breath and the body, so that they can come together.

***[People find partners and form working pairs]***

Ah, we have an odd number. You don't have a partner, so I'll use you to demonstrate.

Just lay on your back and bend your knees up with feet flat on the floor. You are focusing on breathing into the belly, so you may want to put your hands on your lower belly.

As she is breathing in, we can watch her belly rise, and we can see that her chest is also moving, and so we want to move the breathing out of the chest and get it down into the belly. So focus in your belly. Breathe into your hands (which are resting over the naval area). Send all the breath into the belly.

There it is, there it is... The breath overflows up into the chest after the belly fills: that's perfect. Just focus on the belly, there it is. Focus on the belly.

See how her breath is also rising in the chest at the same time as she fills the belly. It is really important to be able to isolate these areas.

Isolate the lower breathing space and don't let the chest be involved in the breathing at all. Let the chest remain passive, and breathe only into the belly.

Ah, good, yes. You can monitor both places: put one hand on your chest and the other hand on your belly; and feel what moves when you breathe.

We can see that her chest is really alive when she breathes. We can see a pattern, a habit. We want to let the chest rest and breathe only in the belly. Let the chest remain uninvolved in the breathing. Focus the breathing only in the belly. Isolate the lower breathing space.

Good, yes, good... Then magnify and intensify the movement in the lower breathing space, and use the body to begin to help with that.

On the inhale, the spine is arching; then during the exhale you flatten the lower spine to the floor. Inhaling, you arch the lower spine. Fill up the belly with breath. Exhaling, press the lower back to the floor and squeeze the breath out of the belly.

When you inhale, the pelvis rocks and rotates down and back; when you exhale the pelvis rocks and rotates up and forward. Inhale, belly pops out. Exhale belly flattens.

You can actually pump air by using the body. You don't need to breathe. You can use the body to move breath in and out—without having to do the breathing yourself.

Relax your throat, open and soften yourself, and move the body this way: the body will pump air in and out. Just these movements: pressing the lower back to the floor, arching the spine, pressing the spine to the floor, arching the back... and the body breathes. The body will draw the breath in and squeeze the breath out.

Let the body do the breathing, and then begin to help it. You can draw the breath in as you arch the spine, and blow the breath out as you flatten the spine to the floor. Now you are cooperating in the natural process... supporting it, enhancing it.

Notice that as she relaxes and gets into these movements, that her head begins to reflect the movement of the pelvis. As the pelvis rotates forward and back, the head follows the same movement: it tips up and down. The head and the pelvis move together.

This is a very good weight loss exercise. Combining this movement of the breath, with exaggerated movements of the spine and belly: you will get benefits very fast.

So let's begin to practice it. You want to leave today with a good sense of it: the breath and the movements.

One of you lay down, and the other sit and support. Practice, practice, practice!