**[Breath Mastery Fundamentals Day 2](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553614)**

Transcription

Module 13: Three Questions To Ask a Client

Speaker:

Three questions that I ask myself whenever a client or person comes to Breathe. And actually, I don't really ask myself anymore because the questions are kind of embodied, so I'm getting that information without formally asking the question. But in the beginning I would formally focus on these three questions.

What is your level of health?

Because that's going to make a big difference in where we start, what we do, what direction we go, what's your level of health?

The second is, what is your degree of skill?

Do you meditate? Have you practiced other breathings? What have you done, have you done breath work? What is your degree of skill? Do you have some chi? Do you do martial arts? Let's see where you are in terms of level of skill because that's going to determine where we start and where we go.

And the third is, what is the purpose of your practice?

What do you want to achieve? What do you want to experience?

So if I have the answers to these three skills, we know where to start, where to go, what to do first, what to focus on.

So three simple questions; what's your level of health, what's your degree of skill and what's your purpose in training?

You want to get rid of headaches? Ok, its not exciting to me, it's like a no-brainer. Headaches are all in your head.

I have never had a headache in my life, 67 years, I have no idea of what a headache is. Just blessed somehow.

Audience member: [inaudible]

Speaker:

I don't know what a headache is. I mean, I have been hit on the head and my head hurt but I don't think that's what people are talking about. And so when I was a corpsman people would come to me every day and I would give them whatever we were supposed to give them for headaches but I had no idea what was going on with them. I still have no idea what a headache is, I'm just lucky, blessed I guess.

But, so that's why, you know, I like it when people have higher goals than just getting rid of a headache.

[end of video 13]