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

Module 16 **Balance in your Breathing Practice**

Speaker:

Breathework is modern day kriya yoga. Kriya is an action. It's an action taking toward your awakening realisation. So that's what kriya yoga is. So we are doing kriya yoga, we are taking actions moving us towards our awakening, enlightenment, self-realisation. Re-birthing breathwork, breathwork is "american style" kriya yoga.

Audience member: What was the name of the book? [inaudible]

Speaker:

This is 'Path of Fire and Light', by Swami Rama.

He also wrote, 'Living With the Himalayan Masters'. Because that's exactly what he did, he travelled through India for the first 50 years of his life, living with these himalayan masters. He wrote the 'Science of Breath'. I like Yogi Ramacharaka's book called 'Science of Breath'. The Swami Rama's is really also good.

[discussion on spelling of author's name].

[Yogi Ramacharaka] he the man for me. Turn of the century american. Really was the first person to western-ise the whole yogic approach. Was a genuine yogi but he brought it to america at the turn of the century. He wrote the 14 Lessons, which are actually lectures. He wrote 'Science of Breath'. He was my awakening into yoga. 14 years old, and the Red Cross was moving from one building to another and my highschool class went over to help the Red Cross move. We were packing stuff and helping the Red Cross move to another building. And the building they were in was this old whaling captain's house, three-storey plus an attic plus a basement, just a very cool building. And up in the attic was a library. And I was up there putting [away] books and two books fell out on me there. One was his 'Science of Breath' by Yogi Ramacharaka and the other was Ernest Shurtleff Holmes, 'Science of Mind'. I stole both of those books, they never made it to the new building. That's just the way it is. I confess.

So another model, really useful, really beautiful. And maybe during your session you can be conscious of these forces and see if you're going out of balance. Not enough awareness? Not enough breathing? Not enough relaxation?

So, let's make mistakes. Let's deliberately see if you can put your system out of balance. So when we talk about vivation this afternoon and do our vivation session, I'm going to give you the model for vivation and you can really put it to practice.

But if your system was going to go out of balance, which way do you think it would? Not breathing powerfully enough? Not relaxing enough? Not having this ability to be aware, to be conscious? Would you go unconscious? Would you tense up? Or would you push yourself too much? Which direction would you go, if you were going to make an error, which direction would be the error? Not enough awareness? The going unconscious? The getting distracted? Not relaxing completely? Having pockets of tension? Or having contractions? Or breathing not enough? Or breathing too much? Where do you think you would go off course? What breathing would send you out of balance. What kind of thinking or manipulating of your consciousness would block you from getting your way? Where would you tend to hold tension or contract and in what ways and on what level? Do you have a tendency to push too much? Push yourself? Not be gentle with yourself? Do you err on the side of kind of being lazy and not actively needing enough energy? Are you easily distracted and go off into la-la-land with wonderful little fantasies? Or maybe going around in your head? Which way would you tend to go out of balance? What would you have to guard against in your session? Be really cautious of?

If before session, if you have a sitter or helper, you would know to tell them ' ok listen, I have a tendency to go to sleep so don't let me go to sleep, make sure I stay awake". Or "I have a tendency to tense my jaw so when I'm not focused completely, remind me to relax my jaw". Or "I have a tendency not to really be wanting to breath fully and freely and so remind me to take big breaths". Or, "I have a tendency to push myself too much and force and strain and so if you see me doing that, remind me to ease off and relax." And then your sitter has a way to support you. You already know what you need to guard against and you're prepared for it and you have support and getting over those humps and getting through those blocks. "I start and stop, I start and stop, and so, if I start to do that, shake me, slap me, remind me", you know? "I tend to space out so if I space out, bring me back", you know? "I tend to like push in effort too much [deep breaths] you know, tell me to ease off."

"Know thyself". Who said that? Aristotle.

Our thoughts are little sparks of energy and water is a great conductor of energy. And there's moisture in the air. And our sinuses are bordering on our brain, very, very thin membrane between the sinuses and the brain. And so when we breath, this moisture in the air is passing very close to the brain. Thoughts in the form of little electric sparks being picked up by those little molecules of moisture and being sent out into the world. And then somebody else breathes those in, and they get ideas. So esoteric philosophy about sinuses, because the medical world doesn't really know what the hell sinuses are for. Two things; balance, sinuses are somehow involved in balance, and resonance in our voice. Oh come on, is that it? Is that nature devising these intricate things just for those two reasons?

And there's a lot more to it than we realise. And maybe when they get through finding out what yawning is about, it will lead them into learning what sinuses are really about. Infinite cosmic spaces living right inside our freakin' skull. You don't have to travel often to the cosmos into the astro world. Those domains, those realms are literally physically in our head. And the breath is what is passing through them and taking us ... [video ends]

[end of Video 16].