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

Module 19 **Sufi Breathing**

The Sufis have so many really beautiful breathing techniques. Because they do exactly this, they bring together breathing and movement, breathing and sound, breathing and prayer. And they're very imaginative and very creative. There are a lot of really great Sufi breathing techniques.

Google around, swim around, fish around and find them and play with them, they're just a beautiful, beautiful tradition. And if you read about any Sufi techniques, email them to me. If I haven't already heard about them, I definitely want to know.

So, a simple Sufi technique, you imagine that your head is a garbage can full of a bunch of useless, redundant baggage of thoughts. And so what do the Sufi's do? They empty the garbage can.

[motions tipping head downwards].

[For] 45 minutes, an hour. Simple, simple, simple. That was the intention. And their willingness to engage in that breathing, not just for five or ten breathes or five or ten minutes, but just get into the zone and go for an hour, two hours.

But you can connect any movement.

[Motions shaking head from side to side].

They are connecting breathing and movement, breathing and an intention. One of my favourites is this [breaths in, in, out].

Shooting two breaths and then releasing. Now I could, once I get good at the pattern, so you just establish the pattern, you're not aiming the breath in any way, you're just getting the sense of it. Sharp, shooting inhales and then exhale. And then, you can aim the breath into an organ, into a joint, into a part and you can take that practice to another level for healing. But in the beginning, just get the dynamics of it.

And when you get that, you turn it around [Longer breath in, then exhales out, out].

Do that for an hour. So you know, it's very often done in groups because the idea is to do it on your own, to have enough commitment or devotion or whatever to do these practices on your own, but when you do it in a group, you have the support of the group. So let's do 10 minutes of this simple Sufi technique. You can turn it around whenever you like so it's either [in, in, out] or [in, out, out]. Very sharp breaths, you're chopping the inhale up, and then the exhales full. You're chopping the exhale up and then the inhales are full. And maybe you can chop it up more. Keep it simple in the beginning. If it starts to morph into more or different. But stay with the simple two-shot, ejecting two sharp, shooting breaths.

Sharp, powerful two shooting breaths. And then the relaxation.

Let those breaths send a powerful pulse in your body, a sharp, a shooting, almost like a gun firing. A powerful hammering, a spiritual hammering. You're trying to blast through the ego and layers of tension and beliefs. So your two sharp breaths and then this exhale to release. Two sharp breaths, shakes up your system, and then the release. Don't use muscles, you don't have to, you're using the breath. Don't be a wuss, use some force. You're hammering on ancient programs. You are chipping away at deep, human limitations that are living you, you inherited from everyone. Let the breath be the thing that's shaking your body, don't do anything with your body, let the breath be the thing that is shaking your body.

Three minutes. Seems like forever, keep going. See if you can make it efficient, you'll get exhausted if you're using muscles that aren't necessary. These are shooting breaths; it's the breath that's doing the work, not you. You're using the breath to chip away, to drill down, to hammer, to pierce, to shake, to activate. If you're not relaxing completely, you're building up stress. If you're not injecting those powerful breaths, you're just creating chaos in your system. Just jamming things up. Two sharp breaths, and a sigh of relief. Two sharp breaths, and a release.

Five minutes. Don't stop to rest, don't swallow. Double down. Go for it even more. When you're starting to get tired or getting distracted or you need to rest, that's all the unconscious material trying to keep itself from being discovered, trying to hold on. It's very simple.

Let's turn it around. Very different. Is it easier? Is it more difficult? Is it confusing? Does it send your system into temporary chaos, it can't quite, it's all combobulated. So you can see I'm doing one breath one way, the next breath the other way. Doing one, then the other. Get confusing? So it's about simplicity, single minded focus. Notice how the movement can get totally out of sync with the breathing. You start doing all kinds of things with your body when really the breathing is the thing you're focusing on, and sometimes people are even moving their body in ways that have nothing to do with the breath. Totally out of sync with the breath. Come back to the breath, feel the shaking that the breath causes and then you relax around that shaking and then your body will be moved by the breath. And you mix it up, and you go back and forth. Stirring up energy, injecting, shooting bursts of energy into you, and relaxing and releasing. Pulling in a string of breath, shaking up the exhale. Shaking up the inhale, smoothly exhaling.

Nine minutes, good enough. Now just forget about the breathing. Let the breath come and go by itself, focus on the energy in your body. I'm relaxing. And how does your breath want to move? And cooperate with it, take your cue from the breath itself. As you relax and feel the energy, you can sense how the breath wants to come, when it wants to come, how long it wants to be, how fast. You surrender to it, you cooperate with it, you participate in it. Observing and sensing how the breath wants to come and go, and participating in it.

What breathing responses come to you naturally? What breathing patterns are you intuitively drawn to? Come into... How does your body want to breath? How does the breath itself want to come and go? Everything is open, everything is relaxed, you're wide-awake and you're being guided by the breath. However you feel the breath wants to move, you move with it, you breath in that way. You cooperate, participate, harmonize. What movements naturally want to occur as you're breathing? Where does your attention naturally want to flow? If you feel a subtle movement, build on it, exaggerate it.

So almost any transmission or breathing technique is going to begin to activate feelings, sensations, reactions in the body and the game is to keep whatever it was that brought up those feelings and sensations and emotions and reactions, to keep going with that breathing until you pass through those things. That's basically it. Breath into, through and out the other end of whatever comes up in your session. That's a very different way of approaching life. We come up against something, and we back away. Or we come up against it and we start to manage and manipulate and control and regulate it. Instead of just breathing and relaxing and popping through. Breathing through whatever comes up. Breathing beyond whatever gets activated. continuing to breath regardless of what you think, regardless of what you feel, regardless of what happens in the body. Stay with that breath. Whatever the breath brought up, the breath will process will integrate, will release. You just stay with the breath. Pretty simple, when you get down to it, what a typical breath session is about. You use the breath to activate energy. That energy activates feelings and sensations. You react to those feelings and sensations. The game is to just breath through them instead of reacting to them.

Audience member: The difficult thing, so say you get a stitch or your knee is sore, is it ok to move a little bit?

Speaker:

Yes, you could adjust the breathing to develop the perfect energetic report with the feeling to be able to enter the feeling, to be able to process the energy. You might find very subtle tweeking of your posture allows things, you know. You don't want to get into to much movement, it's ok, but you want the movement to be spontaneous. The difference with when I'm doing something with my body, and when my body is just doing it. So we're playing that delicate dance and some people as soon as they get into movement, they leave the breath behind. So just make sure the breath is the leading piece. And then the movement is supporting the breath. You don't want to get caught in the doing, starting to do energy works, doing massage, doing yoga, and you're leaving the simple practice of breathing behind, you're trying to take over the healing process instead of allowing your inner healer to do the work. And there's a great experience of liberation, of freedom, when something starts to happen, let's say I get a cramp in my arm, and so I massage it, sure enough it feels better, so now every time I get a cramp, I need to do the massaging. But if I didn't massage it and I just let it be there, and the feeling gets stronger and stronger, I'm breathing and relaxing, it reaches a peak and then it goes away by itself. What a message to my subconscious; I don't have to do anything about what happens inside of me. I don't have to be in charge, I don't have to fix it, I don't have to understand it, I don't have to manage it. Talk about freedom. And when you get right down to it, I mean do we really know how to heal ourselves? Do you know how to manufacture chemicals in your brain? Can you digest, are you in charge of digestion of your food? Do you keep your heart beating? No, there is an intelligence in us, and why not really actively surrender to that intelligence in a breathing session and don't be the one having to do and manage and fix and change and control. It's getting free. And if you are going to get in the game, do it for fun. Do it 'cause it feels good, not because you have to, not because it's the right thing, not because you should, not out of fear. But just for the joy, for the pleasure of it.

So what did you notice in that practice? What did you encounter? What did you bump into? What did you feel? We only did it for 10 minutes, imagine doing it for 40 minutes, an hour. But what came up for you just in the 10 minutes, what did you encounter, what did you notice?

Audience member: My brain tried to play the same game that it does when I go to the gym [...] saying what are you doing, get out of here, this is pointless, and try to make up a million different reasons [inaudible].

Speaker:

Wow yeah, that intrusion of the mind and the head. And that voice, you know.

Or here's something out of nowhere, whilst I'm thinking about it Robert Gerzon, 'Finding Serenity in the Age of Anxiety'.  A really great book, he wrote it 20 years ago now. He's a psychotherapist in Boston. Really brilliant psychotherapist in Boston and the book is really good and he talks about the three types of anxiety. He sees anxiety as a cord with three threads.

So we have natural anxiety. You're on a first date, you just got a promotion at work, you're at the top of a mountain about to lift off on skis, you should be feeling anxiety.  That's healthy energy to perform.

That's very different than toxic anxiety. This comes from that little voice in your head, "why are you doing this, how can you be so stupid, what's wrong with you, you can't do that". That toxic anxiety. So they need to be treated differently.

And the third thread is what he calls sacred anxiety. Connected to the big questions in life. Who am I? Why am I here? Where did I come from? What happens when I die? What's my purpose? And that creates a certain kind of anxiety.

So when you deal with anxiety, you've got to untangle these three threads and deal with each one. I really love the guy, his book was The New York Times best seller, he was on Oprah, it was the peak of his career when this book came out. And he knocked on my door one day and because he was at this peak of his life, where do you go from there? I mean it's only downhill from there, it's like [sigh]. And so he was at this really interesting point of his life, and he knew that the breath was the answer. And he heard that I was teaching rebirthing and he knocked on the door one day. So he gave me so much, he sent a lot of people to me, I sent people to him, it was just a wonderful karmic connection.

So the book is not out-dated, he might have been a little ahead of his time. So thanks Robert for coming through, I didn't know we would think about him.

[End of video 19].