[**Breath Mastery Fundamentals Day 1**](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553605)

**Module 1 Open and Expand, Relax and let Go & Breath Therapy**

The first three days is the foundation course

The second four days is what we called an advanced training.

And the next step after that is a one-year practitioner program

And the step after that is a 3-year apprenticeship program

So, the world needs more breath workers. Breathing is the next major key skill set that high performing individuals need to have. And breathing is just a waking up on the mass consciousness everywhere. It’s the tool of our day. There’s an angel of breath alive on a planet because we are already huge turning point. Major changes, acceleration, intensification. We’ve coming very close to a huge leap in evolution, human potential. As we approach that, things get very intense. And so breath is the perfect tool for managing intensity. And if there’s one theme that has been pretty much universal, for the last 4-years I’ve been teaching breath work, is the changes that common factor. People are intuitively drawn into breath when they are about to go through to a change, when they are recovering from a change, or in the middle of changes and wanting to manage change. Breathing is the ideal tool, bridge, force for change. When you can change something about your breath, you changed something primal, so fundamental that the effects of it carry over the other levels. And if you’re trying to change in some other level, and you haven’t explored the ability of change of your breathing pattern, then it’s a no brainer to focus on that. Because if you can’t change your breathing pattern, you’re breathing habits, couldn’t try to change anything else. But if you changed something is primal and fundamental as your breathing habits, your breathing patterns, then changing anything else is suddenly is easier.

So, on that large white board is the definition of breathwork.

Breathwork is an art and is also a science. So it gives us quite a bit of poetic license because it’s an art. And we are forced in a way to make sure what we do actually works.

So for example, I trained hostage instructions’ teams and anti-terrorists teams in Russia. And the stuff didn’t work, they have no interested on it. If it’s life or death situation, they’re not interested in wooh-wooh cool philosophical stuff. They’re maybe interested on it but they’re gonna take it to work with them. And so people who worked in high stakes life or death situations, they’re trained to breath. The average person is just left to the wrong devices. And I’ll think that’s fair because, you know, something happening in the board room is just something happening in the battlefield, or in the bedroom, or in the kitchen, or in a ring, a lot of playing fields, or in a classroom. So we all deserve the same advantage and the synopsis of my book, just breath is based on basic idea that is high states, high abilities that we normally attached to the great masters, and the saints, and the gurus, and the mystics, and the legendary warriors of ancient times. Those same abilities, those same high states are accessible to anyone. And not necessarily through years of years of practice. Not necessarily through training that is very high risks. Not necessarily a key of 20 years or crawl a 100 miles on desert on your knees. I mean those ways and those methods have worked in the past and some people have followed them but we lived in different times. And because time is self-accelerating, and because evolution is accelerating, then so are the methods that we can turn to. I honor and I respect these ancient traditions but it’s not my job to preserve them. It’s my job to destroy them and build them up and reshape them for our time. So I’ve been kicked out in every school. I’ve been kicked out be every teacher I ever had. So I’ve been ostracized and outcast by every community I ever joined. I like that. That something that suites me, I have no problem with that.

One of my favorite teachers, Swami Rama, for those of you who are in the practitioner program, how many people here have joined the practitioner program? So required reading. The Science of Breath by Swami Rama and the Path of Fire and Light by Swami Rama. He was my pranayama teacher for a long time. But vey dogmatic, very traditional, very catholic even though he came from India, he had that (gesture). And it was his job to preserve a tradition, to stay pure to the tradition and to embodied the tradition, and to pass it on in a pure way, not my job. So, I learned a lot from him and a few of things were going to talk about today or tomorrow that I took away from him.

So this 3-day foundation courses sharing the precious bits and nuggets that I’ve gotten from my teachers and also the accidental discoveries and various synthesizing that have occurred and creation. The things that I just have made up and created.

So, the idea is that in the 3-day program that you have, a body of knowledge, a certain body of information and certain theories. And on the side of that, you have certain skills, certain practices, and certain experiences. So, I don’t know what the percentages, 30-70, 70-30, 50-50 but knowledge and skills, theory and practice, information and experiences.

So that you leave, able to use the breath as a tool, as a force, as bridge; for health, for growth, for change. We could have awakening to that, in body, mind, and spirit. And notice that is the practice of breath awareness and conscious breathing. Those are the like yin and yang aspects of this practice. There’s a time to breath and there’s a time to be breath. There’s a time to paddle a canoe, there’s a time to put your horse on a bow and let the river take you.

The problem is, a lot of people are paddling when they could just let river takes them and other times, they’re letting the river take them to as a waterfall. And they should be paddling their ass in another direction. And very often, we’re doing the wrong thing in the wrong time.

So, I have a real life experience when I was traveling to Europe and ended up on a train to Berlin in 1980. And so, on my way to East Germany and I had no idea, this rude guy woke me up and interrogated me for hour on a train, and he asked me for my ticket. And I kept pointing to him that I’m on my right seat, in my right seat, what are you talking about? Look E4, whatever it was. He said, yes, you’re on the right seat, you’re on the right seat but you’re on a wrong train. So, how many times in life is that true. You know, you’re on the right seat, but you’re in the wrong damn train. So, sometimes, we need to back up and see the global view and other times we need to have our nose right down at the ground, sniffing every little detail. And if we don’t have a natural rhythm to flow back and forth between those two things, you can hang out in one phase longer than this helpful. You could be stuck on another phase and it not serving you. So the fact that the breath comes and goes, when we start to have an interment relationship with the breath, there something in us that can come and go. And if you take it all away into the ultimate to self-realization to awakening as a Buddha, the Buddha’s great awakening is the sense of self was something that came and went just like thoughts come and go, like feelings and sensations in the body come and go. Like the breath comes and goes. Our sense of self come and go. It’s not a static thing that was supposed to hold together and moved through life from or within. It has to be able to move and change and adjust. And so the breath gives us this ability, some certain skills that when you master them in the relationship of breath, you can apply them on all the other levels of life. They really carry over. It’s not just a trickle-down theory that really do carry over into everything.

There are very few things that if you focus on one thing, they help you on all levels, you can’t say that on too many things. But the breath is one of those things you can say, truly.

1. Open and Expand: Inhale
2. Relax and Let go: Exhale

When you breath, when you inhale, feel yourself actually expanding. You don’t want imagine expanding. The breath is expanding you. And it was expanding you from top to bottom, side to side and front to back. So you feel the actual feelings and sensations of expansions. You feel yourself opening, nothing to imagine. Something directly to experience. And you track those sensations. And you do it again and again. So they register in your awareness. And then you relax and let go and you feel the details of that. (moment of conscious breath) . ..

So our relationship to the breath cannot be like the stones skipping superficial, social, polite kind level of relating that we all kind of just default to because we’re civilized and we’re social beings. Hey, how you doing? Pretty good. How are you? Wooh-wooh-wooh, let’s back up a little bit.

What I really mean by that? And do I really care ? Do I even listen when you say fine? How are you? It’s nice and it’s better than beating with each other with sticks and stones of course. But, if that’s the way that you gonna approach breathing, then you won’t get anything from it. You have actually dive deepen to it with your mind, with your body, with your heart, with your soul. You have to make it secret. You have to become totally absorbed on it, atleast for a cycle of one breath. So that when you are inhaling, absolutely nothing else is happening. And when you’re exhaling and letting go, you totally absorbing the best experience, atleast for that moment.

So breathwork gives us a chance to be total. It’s very difficult to be total for moment or two before other things start to comes in and poke and destruct and now we’re multitasking.

Open and expand. Relax and let go. (moment of conscious breath)

And we’re gonna begin to do that and every opportunity; before you speak, when you’re listening, before you get up, when you sit down. (moment of conscious breath)

Someone ask you a question. (moment of conscious breath), when something affects you, moves you, arises from within you, gets your attention, inject that conscious breath.

And you breath 20-30 thousands a day. If you could use 1 % of those breaths, not a big investment. But if you breath 20 thousands times a day and you use 1% of those, what is that? 200? So 200 times a day, you take a conscious breath. Some people would wooh, 200 times a day? That’s 1% of the breaths that are happening. If you’re not willing to invest, 1% of what is given to you, you’re not willing to take advantage of that, you’re not interested in growing, you’re not interested in healing. You can’t use the excuse that you don’t have time and money and you’re too busy and all. You see, you can’t get away with that. You can’t get away with that. (moment of conscious breathing).

And the magic of this, is that if you do it often enough, if you do it continuously, if you do it in an enough different situations and circumstances in a different moment; your system takes it on as a strategy. It takes it on as a habit. And that’s when the real magic happens. When you don’t even think it anymore. And some tension comes in to you, (conscious breathing) and the breath comes out in nowhere and it washes that tensions away. Or your bliss, your ecstasy gets dainty, as if you’re boiling a frog and you don’t even notice that you started to sleep out of the beautiful state and the breath comes in (sample conscious breathing) and lifts you up and puts you right back on that beach and a sun. So your system will take it on as a habit. It already has taken on breathing patterns as a habit. For example, the habit of holding your breath. You have already trained your breath to serve you that way. And it’s busy serving that way. Every time you hold your breath, you block the feeling. You block the feeling from arising from within you and you defend yourself against some energy that trying to invade you. If someone’s try to come down on you with a force, what’s the reflex? Take a breath and you hold your breath protecting yourself against that force. What happens if you have the urge to laugh and cry and you try to stop it. How would you do that? You contract and you hold your breath. And you don’t need to think it anymore, you’ve just watch it happened and your system does it by itself. And we’re gonna teach our system something different that serves us. That’s really served us.

We’re running programs that were design to protect us from saber-toothed tigers. When was the last time any of us had to defend ourselves against saber-toothed tigers? And yet we’re carrying patterns, and programs and strategies that were design for that. They have outlived their usefulness in their own way.

So, let me jump to something. Everyone has something in their lives that fits this scenario. It had served you very well. Saved your life maybe. Is responsible for all of your success. And it’s arguably valuable and so you’re not willing to let it go but it outlived its usefulness. Like a boat you built to escape a volcanic island. And you can’t deny, thank God because of that boat, you watch the island get destroyed and that boat is your survival. It is the most precious thing you have, the thing you protect the most. And you get to the other shore and you never get out of the boat. So we are coming to another shore in evolution, in human potential. And we need to get out of some habits, some patterns. And so we start with the breath. Because the pattern we are talking about maybe something in consciousness. It might be emotional habit or maybe a habit of thinking, it might be behavioral habit, but it is energetic. And it is essence. And when we are working with the breath, we are working with the energy. And once you get good at working with energy, since everything is energy, it simplifies the work. (moment of conscious breathing.)

So you need to begin to practice that. (Open and Expand, Relax and let go). And you need to be doing it as often as you can. And a group this size, you should hear someone. It’s a sigh of relief basically, it’s not really a technique or an exercises. It’s natural response. And a group this size in this room, you should hear someone taking that breath in any given moment. And if you can’t hear anyone, then, it’s your turn. And when you do, Oh, right, thank you. (gesture of breathing).

And the same way that yawning is contagious, absolutely everything related to the breath is contagious. And Relaxation is contagious. Fear is contagious. Anger is contagious. Ignorance is contagious. Wisdom is contagious.

So what do you people catch from you? You need to develop it and nurture it in yourself, so that your presence is a source of it.

A model that we are practicing now here, I once called and in certain communities I still called “Breath Therapy”.

But I can tell you this, any cycle therapist, any counselor, any medical doctor, any helper, anyone in the healing or in the helping profession, if they do conscious breathing, they are by far better than the other healers and helpers without exception. You wouldn’t find any exemptions to them. So, psychotherapist who used breath for their own cleansing and clearing and centering and balancing and who used a found a way to integrate to their practice by far, by far get better results than their peers who are oblivious to the breath. But it’s becoming very rare. In psychotherapy training in several countries in Europe, it’s mandatory, there’s a breath work module. And so much scientific evidence now, that many physical, psychological issues are related to dysfunctional breathing patterns. And so before you go prescribing medications and launching into various therapeutic processes, first evaluate the breathing. And make sure there is anything there that is causing the problem or exacerbating it.

But anyway, very hard to find any physical, emotional, psychological problems that are not caused by dysfunctional breathing or made worst by it.

So Breath Therapy has 2 Core Ideas.

1. Breathing Mechanism- The breathing mechanism has been injured. Is not functioning according to it’s peak. It’s been damaged. And it needs to be healed.

And the Second element is once your breathing is full, and free, and healthy again, it becomes therapeutic tool.

1. Breath as a Tool-

So first, you heal the breathing mechanism and then you used the breath to heal. So you can use the breath of the body to heal the mind. You can use the breath and the mind to heal the body. And you can use body, mind, breath practices to heal emotions.

So this is the basic approach to breath therapy. There is one thing that separates breath work from any healing modalities. If I am a psychiatrist or a medical doctor, and core psychologist, and I used breathwork, my role as a psychotherapist already has ethics and standards. Right. There are certain boundary issues and you know all of those things that are connected to professional practice. Priest and teachers and all those things there a certain line that you cannot cross. Not so with breath work.

In Breath work, the client can actually become the therapist. The Therapist can actually become a client. Because something big is happening. If you’re locked in your role, you’ve gonna miss opportunities. Too many times I have been in the role of teacher and God sent me a teacher. And I am busy being the teacher, I’ve missed the teaching for myself.

[end of Video 1]