[**Breath Mastery Fundamentals Day 3**](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553754)

Module 22 **The Four Dimensions of Awareness**

My way of judging a high quality human, is somebody that's a little bit rude because of where it came from, buts its somebody who has a real good head on their shoulders, has got real balls and has a big heart. So those three centres; belly, heart and head, when all of those three brains, those three centres of consciousness, those three levels of ourselves come together and make a decision, or act, it has a quality that is missing if it were coming from one place or the other.

So as I was practicing here, what really is clear is that if I'm, and it's an intention, because this is ancient chinese proverb saying, where consciousness goes, energy flows. This is particularly true if we bring the breath into it. So if I'm going to send breath up into my brain, into my head, into my thinking centres, into the frontal cortex, the breaths are kind of small, there's a small space, it doesn't really allow for much expansion, so the breaths have a certain quality, a certain size, that doesn't create pressure resistance. And as I'm breathing into this upper, into my head, I'm breathing in through my nose and out through my mouth, and I'm doing this little thing with my tongue when I inhale to block the mouth, and then it relaxes on the exhale.

And then when I focus on the heart centre, it's like shifting gears on a bicycle, there's a different size and speed of the breath that just naturally comes in, and I have an urge to allow the breath to come in and out the mouth.

And then when I drop down and breathe into that lower space, the sound changes, its an 'oooh' kind of opening, and that's where the biggest breaths occur. So there are small, medium and large breaths.

So if I was going to pick a random number, 3, 6, 9, 12 breaths in each place, say 3 to start.

So if I want to make a decision, it'd be a really good opportunity to run myself up and down those spaces, and then think, and then act, and then speak. And the odds are that energy is going to be coming from those places and I'm tapping those places. You know we have gut feelings, we have neurons in our intestine. A hundred million of them or something, some ridiculous number of neurons in our intestine. And we have a giant number of them in our heart. So, tapping into those three brains, into those three centres; body intelligence, heart intelligence, mind intelligence. Most companies, most people, are running on mind intelligence and they are responding to body intelligence, but probably not as much as they could if they got more conscious of it. We all have a feeling, but that's it. You have a feeling, do you really follow that feeling? Where is that feeling coming from? So, developing a ritual for yourself where you tap into mind intelligence, heart intelligence, body intelligence and do it often enough in certain situations and places and times, so that your system starts to actually do that by itself, it doesn't let you act or speak, unless what you're doing or saying is coming from your entire being.

Audience member: Can I ask a question? Do you also correlate that with your chakra system in the sense that breathing into the lower chakras to work for and against [inaudible] things

Speaker:

Yep, you could. That might be, for some executive, CEO types and people, might start to go a little bit outside of their intellectual comfort zone and they may not get it in the way. But I think that everybody can relate to gut feelings, heart feelings and thinking. They don't have to make a leap in their, in whatever they're carrying. I would introduce that as we got further along. And for ourselves and if you have that belief system and you have some feeling of it, yes, yes, yes. Work with it, play with it.

And then you can get it really rich because there are sounds connected to each chakra, colours connected to each chakra, postures. In the fundamental course training manual which we're going to email to everybody, the latest version of the training manual, we created for our South Africa group, it's already obsolete in a way, we're tweaking, editing, changing. But you guys can have that. It's about 70,80, 90 pages and it gives background and details on everything we've covered so it's a good take away. We don't have time to talk about certain things, well everything is there. With the caveat that it's already not what we're going to be using. And in that, there's a beautiful map of the chakras and all the relation and everything.

Audience member:

[Is there any significance] in using 3, 6, 9, 12?

Speaker:

 I like 3's 6's and 9's for some reason. Everything I build in Mexico, I like those numbers for some reason. Anything that reduces to 3 is a number I like.

So, you could say awareness here, you know we're back to that. Close enough for government work, ok consciousness, awareness.

But maybe some of you are familiar with this model, the 'four dimensions of awareness'. Because we're going to be breathing into them. And you could call it attention, awareness, consciousness, whatever you like, but your awareness could either be internal or external. Narrow or broad.

And in any given moment, your energy, your consciousness, your energy is flowing into one of these dimensions. Who's in charge? Advertising companies? Other people's ideas about what you should focus on and what's important? Fears? Programming? Conditioning? What is controlling your awareness? What is controlling where your energy goes? Habit? Catholic school upbringing? Speaking from experience. I am a recovering Catho-holic, and I can still see from kindergarten up to high school age, I can still see in me those structures. But they're like beliefs, like the belief in Santa Clause. I see Santa Claus, you all have the belief in Santa Clause, but it doesn't have a charge on it like it did when you were a little kid. So we can't get rid of beliefs, we can just take the charge off of them. And we can take that charge and we can move it from on belief to a higher belief. You can't destroy energy. We all know that, energy can't be destroyed, it can only be changed and transformed.

And it's the same thing with any kind of phobia or post-traumatic stress issue. You never forget what happened, what you did. But it doesn't have a charge on it anymore, when you heal when you recover from it, you can think about it, you can remember it, but it no longer has that charge. We've done the work of moving that energy to another place, moving it to another way. And breath is how we move that energy.

Under certain situations, habits and patterns will cause your awareness to move into one of these dimension. I've saved this file in like 15 different ways so I can always find it and for some reason, when I look for it, '[typing] Four Dimensions'.

This model, I'm going to take it just for a moment into a very practical realm, where it was actually really developed and taught. That is in the mixed martial art training world. [Writes 'Attention']. So here is outward, inward. This comes by the way from Tom Sotis and I think, Scott Sonnon. Tom Sotis is a blade fighter. If there are five knife fighters in the world, he is in the top five. Extraordinary guy. Was a bounder in L.A for five years, the guy was literally in a half a dozen fights, every, single day, for five years. His father was a brutal terrorist, personal, emotional, psychological terrorist, no wonder Tom turned into the warrior that he is. And I fell in love with Tom, and I mean that exactly the way I say it, I fell in love with this guy. We had a mutual friend, John Ebert, who was a detective, state trooper, martial artist, and John was one of my practitioners, travelled around the world doing fire walking and breathwork. And through him Tom Sotis came to me. Tom came to me when his son was born, and it hit him that he needed to clean up this shit with his father, otherwise he was going to fuck up his kid. And it gives me goosebumps, because that is heart intelligence taking over every other part of you. With no real understanding, no rational something, he just knew that who he was, and the way he was, he was going to pass something onto his son that he didn't want to pass on and he needed to clean it up. And when someone is that wise and that ready, it took one session. It took literally one session. And he dropped and cleared everything related to his childhood and growing up with this brutal, really sick, warped father. So anyway, that's Tom. And I took him to Russia, he came to Russia with me, and he was training presidential bodyguards, all those people. And he does this demonstration where he'll put his hand on you, and you start to feel this electrical kind of thing, and when he rips his hand off you, you swear to god, you just lost, he ripped your skin right off of you. And his hand print remains for weeks! Very, very cool guy. A lot of Chi.

Outward wide. And this would be narrow [writing].

So put this in the context of a rapid, non-stop, violent interaction. Maybe regulated with a referee, maybe not. And so, he starts with what he calls, 'attention cues'. And he actually developed this very cool thing in understanding. I love getting together with him because he's always at the cutting edge of his art and he developed this model, let me use you [motions to audience member] of a typical New York street scene, with a classic street thug. And you're just in your [own world], talking on your cell phone, and he has been watching you. You have no clue about him. You're oblivious. That's why he has targeted you. His intuition, his habits, his patterns, he's really good at picking out people to run his game on. And it can start like '"oh hey, you got the time? Hey that's a nice watch, you ought to give it to me". Now very few people have been in this situation, he's been in it, I've been in it, I'm a thug, I've been in it a thousand times, I'm in the zone. You, it's like right there in the first 10 seconds, you don't know where to go, what to do. And I have disturbed your chi and I have put you into a discomfort zone instantly. And most people don't have any practice, that when they're thrown into discomfort, unless they've have training, they don't have a way to get back into comfort and now you're off balance, and I can manipulate your chi, manipulate your focus, manipulate your body, and you really have no choice, unless you've been in this situation a few times. So Tom teaches this street intelligence, and trains people very, very quickly into several things. And it's really phenomenal because it's been tested on the street thousands of times and it’s absolutely right on.

So in that moment, I would come right up in his face, so I'm in his face right now, saying "I think you ought to give it to me". And you're forced to answer, because someone just presented you with something. And if you've ever been trained, whatever comes out, this guys has seen it come out of other people. I can predict how he's going to respond, because I've run this number on many other people. So the first thing you do is disturb my chi, you upset my flow. And you just take one step back and put yourself at an angle to me. This is actually a very good defensive position and it doesn't feel like you're attacking me, you're not triggering my defences. And then you put your hands up, [palms facing forward] which is a really good defensive, but it also looks defensive, it's not an attack on me. And then you say "excuse me" or "I'm sorry", back off. Now no one has ever said this to the guy, no one has ever changed the flow of energy this way. He's actually in the best position he could be in to defend himself, even if he has no defensive skills, he's already in a good position. So now, you've thrown me off, because no one has ever done this before. My chi is sensing, this is not flowing the way it usually does. So already something is happening in the thug, that doesn't usually happen. So then maybe I feel a little bit thrown off for a minute, but then I continue with my thing. "But I like that watch".

So then you just do the same thing. You change the angle and you say the word "excuse me" or "I'm sorry". But then you say it [louder] "excuse me, back off" and you say it with some kind of authority and with volume. And unconsciously, what that does is, the volume of it, and the sense of authority causes me to second-guess.

At this point, the thug has three choices. He will only, and can only react in three different ways, and Tom calls these cues.

The first possibility is self-grooming. I'm just going to do something with the extremities [fidgets with hands, adjusts shirt collar]. That means he's thinking. He's considering because usually he doesn't have to think because what's happening is exactly lined up. But now, you've given him cause to think. And he's got a lot to think about suddenly. And he now is stuck, because he only has three things he can do. He's going to do personal grooming. He will get back into his zone. That means, he's thinking. And then you say "Don't even thing about it" and you walk away. He will not follow you because he will take some time and think what the fuck, how does he know what I'm thinking? You have upset his chi, and you've got him thinking at a time when he doesn't normally think and he's just like you, he doesn't quite know what to do now. And it takes some time, and there's a hesitation and you walk away, and by the time you've taken three steps, look how far away you are from him. And so now there's a lot of possibilities that didn't exist before.

The second possibility is, he's going to look over his shoulder. That means, he is going to attack you, 100% guaranteed. He's just checking. Alright, enough of this shit, I'm going to fuck up this guy. And he's going to look over his shoulder because he just wants to make sure that everything was still the way it was when he first came into the game. He chose that time, he chose that place, he chose you for a reason. And now he just needs to double check before he goes on. If he looks over his shoulder, he's going to attack you 100% certainty. So if he looks over his shoulder, if you have skills, you better use them, or you better run for your freakin life. There is no doubt he will attack you if he looks over his shoulder, if he looks around. He is just taking a moment to check, he's had enough of these disturbances and interferences and he has come here with a purpose and he is not going to let you push it off.

The third choice is he's going to reach for a weapon. That's it. Those are the only possibilities open to that thug in that moment. So if he looks over his shoulder, or his hand goes toward his pocket, the game is on. And even if you don't have any skills, he is into something right now, his awareness is focused somewhere, and that's your opportunity to either five pounds of damage to the through, four fingers to the eyes, go for the soft spots, doesn't matter how bit or powerful a guy is, eyeballs are all the same, go-nads are all the same and the throat is all the same. And so if you have those skills and you just train yourself on those three things, it only takes a minute and you don't have to be strong, you launch your attack and then run your ass off, and you shout and you scream and you bring as much attention to the situation as possible.

So that's a very powerful model, and it has been tested on the streets of South Africa, the streets of Detroit and the streets of L.A. It is proven. So thank you Tom.

So, now you're into an actual... when you are responding to cues, the feeling is, "I got this". You changed your position and I noticed that subtle change and I'm with you, I'm responding to cues.

So this is it, attention. Now if you shift from this, you notice this outward, wide dimension that you're in. And then you shift and it gets narrow, outward, narrow. And now what's required is intention, not attention. What you do now has to go through this process of intention. You're no longer, you're still sort of in the zone, but you're slipping out of it. And now it's not a matter of attention, it's a matter of intention. And this is that moment of "holy crap". Uh-oh, I'm having to think. Uh-oh, I'm obviously not in the flow anymore. Something is happening.

And then, the movement goes here to "Decision". What's available, am I going to use my foot, am I going to use my hand, am I going to run? So you've moved in and you're actually now in the phase of decisions. And so here you are responding to cues. Here you are reacting to cues. And here, this is the "WTF". So you went from "holy crap" to "what the fuck". Everything is degrading now, you're on a downward spiral. Your awareness is now, it's being, you're a victim of it more than in charge of it. So what happens here is, so he went from responding to cues, to reacting to cues, and now you're "missing" cues. Because you're attention is inward and wide, you are missing things in this outer dimension. You start to miss cues and when you finally degrade to here, inward and narrow, you're cue-less. And all you're doing is curling up in the foetal position and hoping the person is going to be nice to you, that's the only strategy left. So how awareness and attention degrades and how you have to learn to interrupt this pattern, get control back and this is kind of like the moment of resignation. You know, I have no real choice, I'm being pummelled, I'm being overwhelmed and my spinal reflexes are running me. I can't even thing any more. It's a very deep lizard-brain, and even deeper than lizard-brain, it's a spinal reflex, it's not even reflexes coming from my cranium anymore. And there's no way out of this, it's a downward spiral. And you just have to hope for a miracle. And they usually don't come in the competition you know. The other guy now is totally in the zone, he's controlling everything and it's hard to turn a train around.

So a very practical use of this. So that means at the very first sign, that you're awareness went from outward and wide, to outward and narrow, now I'm controlling you. I have already controlled your chi. first of all, I made you look at your watch. "Hey that's a nice watch". And I did it in a kind of charming, endearing way, we're social, we're social being. This is an a-social encounter, and we're responding with our social habits. That's like an illusionist. So when your attention becomes outward and narrow, I can do all kinds of things, you're just totally unaware now, I've taken your attention and I've focused it. And if I don't turn that back around, it's going to degrade. And once it starts to degrade, [sigh] good luck.

So basically this means that we need to be conscious of these dimensions, know when, who, how, is determining our attention and reclaim it. The way we do that with breathing. So right now, pick some tiny little point in your body. It could be your baby toe on your left foot. And you bring, like a laser, you bring all your attention to that one single point. And you breathe. So you're attention goes there and because you're attention goes there, energy is already flowing there. And you bring in the breath, and you compound that, you double-down on it, you increased what's happening. So now you're breathing into that little baby toe, with all of your attention focused like a laser. Nothing else is registering outside the rest of your body, nothing. That one, laser-like, single-pointed focus. Continuous attention on the left baby toe. Breathing into it. You are entering deeply into that narrow, internal dimension. And you could change that point to another single point somewhere in your body. Maybe far away, like your right shoulder. And now you move your energy, your awareness and your breath up to your right shoulder. And then maybe you shift to another point, maybe your [horror, your dantien]. And you, like a laser, you bring your attention, your energy and your breath to that place. So you are exercising a muscle, a consciousness muscle. And now you can switch to a broad, internal focus. So now instead of laser-like, you're distributing the energy, like peripheral vision but on the inside on the sensory level. If there's such a thing as peripheral vision, translate that into an internal experience on the level of feelings. You are distributing your awareness, your energy and the breath to every part of you equally. Wide, or broad, internal attention. And then you open your eyes and just pick some little thing. A light switch, a crack, a spot on the wall. Some little speck, some single item in your external world. Like a laser, go right to it. And then pick another single tiny item, and like a laser, your attention, your energy, your breath.

Now you remember, the head, the heart and belly? So when you were putting your attention, your energy, your awareness, that attention, that energy, that awareness is coming from all of your centres; heart, head and belly.

Then you open up, your attention, your awareness and you take in everything around you. You spread, now you have wide, external awareness, broad external awareness. Your eyes aren't focused on any particular thing, they're soft. Your peripheral vision is really lit up. You're feeling air on your skin. Sounds outside. Movements in the distance. Slight little movements inside, you're registering in your awareness, in the room. And you're very deliberately, you could call it radiating. You're sending the energy out in all directions, you're allowing your attention and awareness, even behind you, everywhere around, 360 degrees. Broad, external awareness.

And then you just play this game of switching from one to the other, going back and forth, getting really good at getting a handle on that awareness, getting control of your energy and using the breath. And the more you practice this, when your awareness is disturbed by someone else, by something else, you immediately catch it and you can turn it immediately, before this downward degrading kind of path starts to take over your life and your experience. So get really good, internal-broad, external-narrow, external-broad, internal-narrow, internal-broad, external-broad. Flipping, switching, back and forth. Getting very flexible and very quick and instantaneous with shifting your energy and shifting your focus.

Beautiful story of Galileo when he was 14 years old. He was in some church in Venice in Italy. There was a chandelier and it was swaying in the wind. And the kid is 14 years old. And he got mesmerized by this. Narrow-external focus. And then he did something that very very few people, would ever occur to them to do. He awakened an internal focus simultaneously and he began to count his heart beats. Who would think to do that in that moment? Someone who is very flexible at shifting dimensions. The most creative people are very naturally good at shifting dimensions, combining dimensions and the average person is not, they are stuck in one or the other and it's a process to go from one to the other. But creative people seem to have this natural ability, or they trained it into them, to be able to switch and flip and combine. And so he started counting his heartbeats whilst he's mesmerized by this thing, and he discovered the mathematical law, the law of physics that controls the pendulum. The world has never been the same since that moment that 14 year old kid combined external-narrow with internal-narrow and he had this great insight.

That's the power of being conscious of this awareness and energy and being able to play with them, combine them, shift them, bring them in. Because this laser-like focus can save your life. That ability to focus on something, and it doesn't matter what's happening around you, it has no affect on you, it doesn't stop you, it doesn't distract you. That's a powerful ability. But, there's a shadow side. Because when you become fixated on something, it's not the same. Each of these things has both sides to it. That broad-internal awareness or broad-external awareness is very useful. On a battlefield, that ability to have a broad-external awareness, to be conscious of all the situations and details, the slightest thing happens, you pick it up, the slightest sound registers, that's very powerful.

But it's also, the shadow side is you're kind of scattered and wishy-washy and you don't have any focus. So there's that negative side of it. And the same thing with broad or narrow-internal. I have a pain in my knee and because I haven't practiced working with my consciousness, my energy, my breath, I'm controlled by that, I'm trapped by that. My awareness, my attention is dominated by that pain. And I'm a victim of it. And so the ability to allow that pain to be there, but maybe shift to another narrow-internal focus, my other knee, which happens to feel really, really good. I'm not denying or ignoring or supressing the pain in my left knee. I am simply opening up my awareness to include something else that is equally real, equally true. And as soon as I do that, something happens to the pain. Because a big part of the pain was my focus, was my energy, was my attention. Or if I shift from the pain in my knee to the smell of the flowers around me. When I was focusing on the pain in my knee, I was oblivious to the joy and the ecstasy that was right here, equally accessible.

So this is very useful and very powerful on many, many levels; business, creativity, sports, having a conversation with a child or a teenager. I mean we get locked into something and we don't realise were locked into it. And we need to remember, or we get thrown off and we have to remember, right what was my focus? And boom.

So be creative with your breath and cycle through these dimensions and get really good and be conscious of when suddenly you realise you're in a dimension and how did you get there? Was it your choice? Did it come by a habit? Was it driven by fear? Just some unconscious whatever? Somebody else's energy?

So we reclaim our power, reclaim our soul, our being, our energy, our consciousness.

So let's spend some time right now, and I want you to just breathe and I want you to play with these dimensions. In random order, combining them in your own interesting ways. It's possible to have a broad-internal awareness whilst you're also very consscious of a single point. It's possible to have a single point, I see that flame on the candle, and I'm aware of every feeling and sense in my body, I'm combining those two dimensions.

[End of video 22].