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

Module 25 **Q&A**

Breathing and weight loss. Oxygen burns fat. The connection to weight loss is pretty direct. So yeah, just turning on your breathing, turning it up and things start to happen. And then you can turn breathing into an exercise. So very, very empty, squeezing, squeezing, squeezing, so you're actually using the fact that you're exhaling and also using that opportunity to really work the abdominals. Very, very empty, squeezing, squeezing, squeezing, squeezing, empty, empty, then hold it and stretch, and now you can get more out [exhales]. Hold it and stretch, now you can get more out [exhales]. Hold it and stretch [exhales]. So what you thought was empty, isn’t really empty. And so now you just keep going in that direction. You’re pulling in everything, you’re pulling everything up, you’re tensing everything, so you’re exercising all those muscles.

Getting a ball of  air, for example into the belly, and then holding it and moving that ball into the chest, and then back to the belly. So get that ball of breath and move it up and down in your body, and move it around in your body whilst you’re holding your breath, a really good exercise for weight loss.

Audience member: On a similar note to that, I’ve experienced first hand fighters getting to that one week, two weeks out from their fight, they’ve been losing their weight with a steady flow, everything’s been going well. And once it gets to that clutch point, you know it’s getting closer, the stress levels have risen, the training levels have risen, so there’s more stress on the system itself because of the intensity of the training has gone up. And all of a sudden, the weight plateaus. [So that’s] really interesting with the relaxation. When you see the one’s that are going “oh it’s just another weight cut, it’s alright” and then, it does, just continues, and they’re fine. But the ones that really, I’ve found it a lot with people doing their first fight, where everything has been going beautiful, they’re dropping weight beautifully and then they get to that last point where they’re expecting to lose more, they’ve been cutting down their food intake and have been heating things up and they’re not [losing weight], and it’s interesting that stress is a key factor into that. Knowing what you know with the breath aswell.

Speaker:

Yeah and sometimes weight loss has to do with letting go of heavy thoughts. You need a mental diet of sorts. And extra weight can be a way of protecting yourself. So sometimes doing work on a whole other level, weight drops off by itself.

There’s this section in the book on detoxing and a particular pattern called hypo-pressive breathing which is worth playing with and experimenting with.

Reverse-respiration. Paradoxical breathing. Pulling in on the bellybutton, pulling up on the [peroni] whilst you inhale. And then doing the opposite on the exhale, pushing. That’s crating these great, intra-abdominal forces. Really useful. Increasing the burning of energy, you know, you’re burning up energy, which is burning away, having to feed off the body for that extra energy and so weight loss is going to get to that.

And then this simple, but maybe two people can feel it and you can see what’s happening. [pulls up two audience members].

I’m going to be exhaling and inhaling, but when I first start it’s an exhale and you can feel what’s happening inside, alright. Now it’s going to continue on the inhale, it continues on the exhale, it continues on the inhale.

[audience members feeling speaker’s stomach as he breathes]

So that constant pulling in through the inhale phase and the exhale phase, you’re going to start sweating, it doesn’t take very long to start to burn a lot of.

So reverse respiration, hypo-pressive breathing, exaggerating. So breathing turns into a physical exercise. And then you’re getting more bang for your buck. Breath-holding whilst exercising, really useful for weight loss.

Mental diet. And do some meta-physical searching on how is the extra weight serving you.

Weight loss and anxiety. Are they linked? Oh my god, I’m losing weight.

Audience comments : [inaudible]

Speaker:

You know anti-anxiety breathing is low and slow. Slowing the breath down, breathing very low into the belly. The [oojaya] helps. Just deliberately slowing the breath down. Getting the breath low into the belly. And bringing into there, positive thoughts; I’m safe, I’m calm, I’m in control, I got this. All my feelings are safe. And safe to feel all my feelings. My feelings can’t hurt me. Low and slow. Feeding. Or if you can find out what the anxiety-producing thoughts are and identify them, then you choose the opposite thoughts and de-program. Lengthening the inhale, lengthening the exhale, to slow the breathing down. Stay out of the chest, don’t activate up in here. You can make the exhales even longer, leaning into the exhale, to the parasympathetic side, excellent. Relaxing muscles. When you’re tense, those tense muscles send a message to the brain that there’s danger, something to be afraid of. And when you soften all your muscles and relax, your brains says, ‘oh I must be safe, everything must be ok’. So physical relaxation, slowing down the breath, positive affirmations, power statements that calm, soothe you.

Audience member: [inaudible]

Speaker:

Yes, immediately focus on the breath, immediately slow the breath down. When you start to control the breath, you feel like you’re in control but you are in control. You have gotten a hand on the breath, you’re controlling your breath. Anxiety is like, you’re out of control, something is bigger than you, so as soon as you start to control your breath, you’ve established a felt sense of being in control. So the very first thing is get a handle on the breath and use sound, shh-ing is nice, because shhhh, humming. So shh-ing hum-ing, pursed lips. Even you know, whatever you can relax, you relax and just start the chain reaction in that direction.

Shift your focus. If you have some resourceful mantra or phrase or word. Who’s seen ‘Anger Management’ that movie? So you know, anything like that.

Audience member: [inaudible]

Speaker:

Yeah, you know, grinding teeth at night. Your jaw is tense during the day. If you’re grinding your teeth at night, your jaw is tense during the day. Become conscious of the tension in your jaw, keep visiting it and in the middle of different moments and times, turn to your jaw and go, oh yeah, the jaw is set and locked in that position, so loosen it, wiggle it, breathe in, relax the jaw. Do that 100 times during the day and it will stop happening at night. It’s just a habit of the system that just continues, you’re not conscious of it during the day. And so becoming conscious of it at night.

Sleep apnoea, same thing. If you have sleep apnoea, you’re holding your breath during the day. Guaranteed. Moments of putting a key in a door, trying to remember something, getting up, you know. There are so many times when you’re holding your breath and a thousand times during the day. So that establishes a pattern in your system so even at night, if you’re having dreams, you’re having those same reaction, your body has a habit, a pattern, a way that it reacts to energy and changes and thoughts and feelings and emotions and so you have to rewire your system so that you remember to relax, you remember to breathe in moments when you catch that tension. It’s unconscious, it’s habitual, you keep breaking, interrupting that habit. And you do that often enough during the day and it disappears at night.

If you become more and more sensitive to the holding of your breath, even when you’re sleeping, your body will be more sensitive to it. And if every time you notice that you’re holding your breath, you open and expand, relax and let go, your system takes that on as a strategy and when tension, breath-holding comes in, the system itself responds by re-establishing the relaxation, re-establishing the flow. The program and the autopilot, every time you do it consciously, and the autopilot is what’s running you when you’re sleeping. So depending on which way your autopilot has been trained is how it’s going to work at night.

Audience member: [inaudible]

Speaker:

[Name] University had a chronic pain clinic, this is back in the early 80s and they put together this very far-out team of a dentist, a chiropractor, this acupuncturist and me. And all of really tough cases that they just couldn’t crack at this chronic pain clinic, they said well, let’s through them at this weird bunch of people and see what happens. The dentist was creating this prosthesis thing, that he had people sleep with, the chiropractor was doing his thing, the acupuncturist was doing his thing and I was rebirthing people. And I had only worked with the first two clients and there was this really lovely jewish woman, the other was this really beautiful catholic woman. Neither of them were about to give up their pain. They just weren’t they weren’t going to give it up. And once they admitted it, we said ok, at least it’s out in the open now. The catholic woman, was you know, the more pleasure you have in this life, the more you’re going to suffer in hell. And so, the more pain you have in this life, the greater will your reward be in heaven. And she would have to stop being a catholic to have her pain go away, and she wasn’t about to stop being a catholic. The other woman just got so much love and attention and sympathy and compassion. She was an excuse not to have to get out of bed, there was an excuse not to have to take part in family things. It was serving her in so many damn ways, she wasn’t going to give it up and have all that other stuff overwhelm her.

All you need to do is create a little extra space between your teeth, it doesn’t have to be a big [breath]. I mean it can be, but whatever the habit is, wherever the muscle-memory sets your jaw, you just have to tease it a little bit. You just have to get it out a little bit more open than what feels normal or natural or familiar or comfortable. It doesn’t have to be way outside of that place where it sets, but you gotta tease it and catch it. And as soon as you don’t think about it, the jaw muscles come back into where they’re familiar. So you catch it and recreate that space, and catch it, and recreate that space. And maintain that space as you do a connected breathing session. Very consciously you create a little extra opening, so you feel like a gate, you open up the gate and breathe through that extra opening. And then your mind wanders and the habit comes back. So you got to get back in focus, create that little space, breathe through that extra opening, until your jaw forgets the old place and lets go of its habit and it’s a lot easier.

So you could do a whole hour of breathing just focused on that one practice, that one place. Just recreating that little space between the teeth. And then maybe practice making the space a little bigger and a little bigger. But as long its outside of that programmed that muscle memory set point, it will have the benefit.

Audience member: [inaudible]

Speaker:

Circular breathing, no pauses, no gaps, right. Connected breathing, yes.

Audience member: Just to re-iterate, the circular breathing. Do you want us to [practice] that all the time?

Speaker:

Oh yeah, all the time, every day. You know, here’s my favourite practice formula.

10 + 10 + (10 x 2).

You want a serious practice, here’s what you do; ten minutes in the morning, ten minutes at night and ten times during the day for 2 minutes. And that could be yawning, that could be circular breathing, that could be diaphragmatic breathing, that could be playing with the tension in your jaw, whatever. The practice, that’s 40 minutes a day, that’s a serious practice. And it’s better than 40 minutes in the morning every day. It’s certainly better than going to church once a week for an hour, and then the rest of your week your devil-incarnate.

Audience member: [inaudible]

Speaker:

10 times a during the day for 2 minutes. So you interrupt your day 10 times. Sometimes you’re at the computer, sometimes you’re on the toilet, sometimes you’re driving, who knows. But you’re bringing it into your life, your making it part of your. And this works with push-ups, it works with playing the violin, it works with any skill you’re trying to establish a pattern in your system. Bringing these two ritual bookends, begin your day and end your day, with the practice and then interrupt your day 10 times for two minutes.

And circular breathing could be that, 10 minutes in morning. If you do 10 minutes of circular breathing, you might go into a process, you might go into your session. And if you haven’t done enough sessions, now you have a problem, maybe that uh-oh, do you want to come out of your session kind of half-baked, or do you have the luxury to give yourself that time, blow off a meeting and take care of yourself, I don’t know it’s up to you. But if a lot is coming up in 10 minutes of breathing, than you need to call Shane, Angie, somebody here, one of the practitioners and get some hour-long breathing sessions under your belt, until you can do the connected rhythm for 10 minutes. And you feel clear and light and are getting efficient.

And you can regulate this. It can be really intense, or really gentle, but the principle of connected breathing, no pauses or gaps. And any whatever, degree of intensity you want, so this is my favourite practice formula.

What was this again, the one…

Audience member: If you had one technique, out of all the things you do, what’s the one you definitely have to do?

Speaker:

Yawning and sighing, together with the circular breath. Triggering the yawn, triggering the yawn, activating the yawn, expand and relax, expand and relax, spin the breath like a wheel.

Until you get dizzy, until you get buzzy.

Audience member: You did really short yawns when you first started. Like have you built up to that? [inaudible]. It’s sort  of like, interupst the yawn sometimes when you bring the breath in, it like extends it, and you’re like, I just want to yawn but I can’t.

Speaker:

Right, yeah, so you gotta get it so the breathing doesn’t interrupt the yawn and the yawn doesn’t interrupt the breathing. Until they marry each other, until they’re comfortable with each other, until they can both occur in the presence of each other. You’re not having to leave one to get the other.

Audience member: [inaudible]

And then when you do 4 short, 1 big.

Speaker:

Well it’s more freestyle I think when you’re doing the yawn. Your intuition will guide you but you want to be able to spin the breath like a wheel. And do the expanding and relaxing, the sighs of relief, whilst the yawn is engaged. And just keep layering them in together.

If there was one thing I was going to practice, that would be it.

And 10 minutes in the morning, 10 minutes at night, and bother your office workers 10 times during the day.

And it could be something as simple as just breath-watching. Some people, everything changed depending on how busy your mind is, how hectic and stuff you are. Just practicing breath-awareness for some people unlocks everything.

So you were a doctor right? Suggested first places for daily practice, guide on time, in time of days, etc.

Audience member: [laughs]

Audience member: [inaudible]

Audience member: what’s your idea of [inaudible], I understand you want to have flexibility and play with it, but what is the foundation you would want to build on? [inaudible]. So what’s the minimum where if I do this and then allow that to be the first foundation that we can pop other things on … [inaudible]

Speaker:

And right, depending on where people are starting you know, the 3,6,5, the heart coherent breaths, 6 breaths a minute, for some people. At least now they’ve established three times a day for 5 minutes, they’re doing a breathing. And now they’ve already carved that time out, and you can start playing with different techniques during those periods. Once it’s become a routine for you. It’s kind of minimum, five minutes, three times, could be a formula like this, and you might do the triangle breathing, ten minutes in the morning, ten minutes at night and ten times during the day. Box breathing, ten minutes in the morning, ten minutes at night, right? Circular breathing.

Audience member: I had one client complain whose complaint was that he was so busy, CEO type of complaints, I said that every time you go for a pee, every time you go to drink your water, that’s your breathing [inaudible]

Speaker:

Hang up the phone, [deep breath].

Right start linking. And we need reminders you know. So just having  a sticker somewhere “breathe” and catching in in the corner of your eye, on your refrigerator, bathroom mirror, corner of your computer screen, wherever, you know breathe, breathe. That really helps.

My father, when we were selling Subarus and I was getting paid in subarus, he was driving a Subaru of course and [break in audio]… the rear-view mirror. So every time he went over a bump or turned a corner, the bell would ring and he would remember to breathe, remember his prayer, his affirmation for the day. So we need a bell of sorts, we need something that’s going to keep reminding us. And you have to be creative about what that is for you.

And if you’re a couple, be careful that you don’t use breathing to beat each other up and shame and control each other, you know. “You should take a breath right now”. You know what, instead of saying that, I should have thought for me to take a breath.

Audience member: [inaudible]

Speaker:

I mean even me, as much as I like to breathe, if somebody were to say “you should take a breath”, I would say well fuck you, you take a breath.

You know that little kid in me is still not very far from the surface.

[reading]: Notice breathing for interventions when coaching.

I tested Tony the first time I met him in his, he keeps a suite at the Four Seasons in New York. Our appointment was at 3 o’clock, 7.30 I finally get into his room. And just before that, his assistant said, “oh he’s kind of busy, can you wait until 4”? “Yeah no problem”. “Oh can you wait until 6?” “Yeah no problem”. After a little while “He’ll be ready at 7.30, but he’ll only have 15 minutes”. I said no, no, ain’t going to do it. We need an hour, if he hasn’t got an hour, let’s just pick another day, another time. And he cancelled whoever he had waiting after me and he gave himself a solid hour and had his major breakthrough.

Ah! So one thing, when he finally got in the room and you know, one appointment after the next, the ever-ready bunny program just buzzing, going, going, going. When he finally sat down, it was like the most. And he literally, sat in a chair across, he spread his legs, he opened his arms and he didn’t say it, but I felt this ‘ok, go for it’. I felt a palpable opening in him. When he was finally ready to focus, I could feel him energetically opening. And it was felt, it was a real palpable, I’d never really felt it so strongly in any body. When he was ready to zero in and focus on the moment, and what its about is receiving something, damn, he was good at it. So before we had kind of gotten started, I was playing with my breath to see how conscious of it he was and if he responded. So if I did my thing with my breathing, I’m looking for a response in the other person’s breath. And my breath is responding to them so this game of energy is already happening, whether the other person is conscious of it or not. And just to see if he was conscious of it, and he asked me about my business. And he went, “ah I noticed that you… what was that about”. That I took a sigh of relief and the whole topic of business, are we going to get into 8 hours of my non-business acumen? You know, what’s it about? And so he interpreted that as what most people would, it was like, but it worked. He noticed, that I took that breath. And so that told me that, oh yeah, he is conscious of breathing and he is watching it in people, and he can tell when they’re holding back emotions because they’re holding their breath. So he’s already lit up about that, it’s not new to him that the breath is giving information. And he’s conscious of other people’s breathing when he’s doing interventions and so on. And so we watch for that. Intervention and coaching. As soon as, if someone starts to talk about something that you can see brings up emotional energy, maybe they’re getting choked up, maybe their eyes are starting to well up, stop talking, take a couple of breaths right now. We’ll wait for whatever you want to talk about and it will be there but as soon as this build up of anxiety or emotion starts to come, let’s not talk about it, let’s just practice right now, breathe.

Using the breath as an intervention tool. Injecting conscious breaths. I talked, I guess it was in the first weekend, about Bob [surname] who wrote ‘ The Cure for Positive Thinking’ architectural redirection and his stop, look, shift, move practice with golfers, tennis players, whatever. That stop is a breath, the look is  breath, the shift is a breath and the move is a breath. So you’re actually injecting breaths into these steps you could say. Replacing miscellaneous urges or reactions with a chosen response, which is the breath. So just interrupting patterns with the breath. Reinforcing moments of a-hah with the breath, until something clicks and they get it, and you know they just got it.

Being creative about using the breath to express and reflect an insight, a change, interrupting a pattern, reinforcing an insight or an a-hah. Doesn’t “a-hah” sound like a breath? So turn that into a breath. And it’s something as simple as a physical movement. Replacing it with a breath. Using like an NLP, you want to anchor yourself in a certain state right? Use the breath in that moment.

Strengthen an intention, interrupt the pattern, reinforce a realisation, shift from one mode to another, bringing attention to something in the moment that normally you wouldn’t and using the breath, creating a space between two things. So many ways to be creative with the breath in coaching. A release of the breath, an expansion of the breath, a holding of the breath, and if you just observe those things. And sometimes you don’t have to do anything about it. Sometimes just the fact that you are conscious of it is enough. Really sometimes just the awareness of it is enough. It doesn’t have to be communicated and you can test this yourself. If you are aware of someone’s breathing, they become more aware of their breathing, whether you talk about or not.

Reinforcing a shift in the breath. If someone’s breath opens, reflect that, express that, mirror that. Reinforce it.

Make people conscious when they are unconsciously holding their breath. If the breath starts to runaway with them. Point it out to them. Oh, hey your breathing just shifted, did you notice that? Hey, you just took a bigger breath than usual, was that my imagination?

Take it in. Take this in.

If something you say or do really touches the person, or something someone says or does touches you, what a perfect time to take a breath. And you could nod your head, or go ‘oh yeah right’. Those are ways of expressing the fact that wow, you just got something. Train yourself to take a breath as a way of acknowledging or integrating that a-hah moment.

Somebody says something that you really go, “duh, yeah of course”. It’s a very simple thing but energetically, you’ve just taken that mental lesson home to your body.

[End of video 25].

[**Mark As Complete**](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553754/posts/1794077)