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

**Module 2 Student Teacher Relationship & Freedom and Safety**

We are working with the nature system. The body-mind system. And it needs new habits, new patterns, new programs, new structures. If it’s going to make the transitions to the next higher level. If you’re gonna bring your body with you to heaven. Something needs to happen to your body to be able to survive that transition. And the old way of living your body to get to heaven is an old paradigm. So, breathing keeps us in our body. So don’t go travelling often to the astro-world and take your body wherever you go. And you do that by staying grounded in your body with your breath. And because if you leave your body and your experiencing amazing beautiful experience and then you snap back in your body, you separate from that experience. And you’re gonna talk that, ohh, I’ll never forget about that, it was an amazing part of my life; it was Tuesday, it was 4 o’clock, you know I’m in Queensland. And you’re talking about it that something it came, and went, and happened. And it’s not there anymore because you’re not able to open and expand, and relax and let go. You’re not able to integrate it in your sense of being, into your sense of self. You did not allow it to percolates into the cells of your body and infuse your psyche, your mind. And launch yourself into your sub-conscious so that it had no choice about living with it. So that’s my quest upon story.

And how it can be connected to, how student become a teacher, and how teacher become a student. And if you are in the practitioner program and if you intent to do breath work with people, better to enter that relationship, already acknowledging that and acknowledged it to the other person. And for me, that sets me free because now I don’t have to deal with boundary issues, ethics, and standards that other people because they are doctors, they are pastoral councilors, because they are priests, because they are whatever. They are obligated by the contract they signed with the public to be a certain way. I don’t buy it. I recommend, I suggest, that if you’re going to be a professional breath worker, and certified that you signed on to the international breath work alliance and the international breath work foundations ethics and standards and signed on to them. I help to formulate them. Well, I tried my best to soften and loosen them because they’re basically took the ethics and standards from the American Psychological Association and they basically applied it to breath work.

And one of my great Gem morning Star, his newest book required reading for practitioners. He’s a clinical psychologist, and I know him for 40 years. His one of the original breath workers, beautiful man, is a clinical psychologist doing a therapy. And so , I signed on to this ethics and standards and we’ve tried to soften them. We called it “guidelines” instead of rules. But I leave that to you. You know as a psychiatrist for example, you don’t enter into financial deals with your patients. That would be considered unethical. If you’re in some other power positions, you don’t have sex with your clients. And so, you take those on as your own standards. And people know, and said okay, this is how the relationship is set up. I don’t do that. To tell you upfront, I don’t do that. And I allow the client, my teacher, that I am calling my client to determine those boundaries. And we agree, and we communicate, and we establish our own contract. Each time with each person. And having this rules and place, simplifies the life for a lot of people. You just need to deal with certain things. Things can be very complicated. It’s like doing business with your friend. It’s like doing business with your family. And all things come up, you know, you’ve gonna loose a friend because of that business. Or you gonna loose that business because of the person in your family. You know, we know already that there’s comes some sticky points and so you know yourself, and you know the people you’re gonna attract. And you’re gonna establish to your self cool, clear lines, guidelines, if you will or rules, a contract and honor on your side and you expect contract to honor their side. Everybody lives happily ever after.

So I am not gonna push that on you, I suggest that you do it and sign on to them. If you get my practitioner certificate, then, you’ll see that ethics and standards. And when you’re signed to it, you will be listed on to the directory of practitioners. And if not listed on the directory as a practitioner, you’re gonna be listed as enthusiasts, a unique teacher or whatever. You know, you wanna join a club that has certain rules, and you need to follow the rules of the club. If you’re gonna play a certain game, games have certain rules, and you wanna play the game, so follow the rules. I don’t have any.

Here are my two (2) rules which I hold and honor and I enforce:

FREEDOM and SAFETY.

This is also my philosophy in raising children. Anything else might help, probably will just complicate things. Probably will get in the way. Let the child be free, make sure they’re safe. That’s it. I don’t get why other people get parenting so complicated. It’s not complicated. It’s very very simple. Let the child be free, keep them safe and they will flourish and become what it meant to become. A lot of unnecessary conversations I see happening. A lot of unnecessary interactions.

So I give people a lot more freedom, than they give them to themselves. I can tell you that right now. I give you more freedom than you give yourselves. I don’t even doubt about that. And so, anybody stopping you, it ain’t me. I guarantee you, it ain’t me. And I do wanted to have safety and I have a sense of safety. And it’s been casted on the worst possible situations on how many times that I don’t have any doubt about it. You know, somebody says, what would you do if this, and this. I don’t know what I gonna do, but if that all happens, I know one thing, I would do what it need to be do in that moment. I don’t know what it is now, And I don’t want to know what it is. I don’t need to know anything until I need to know it. And we waste a lot of energy to know things before we know them. If something happens, and I really need to know it, I know that I will know it. It will come to me, it will come to me in that moment, not a moment before, not a moment after. And I have already survived the worst possible things that could ever happened to me. And so part of me is very easy to let go because no matter happens, I can just …( prrf), compared to that?... (prrf) This is a tea party. It’s not just a trick I used, mental kind of trip I’m running, it’s a total felt experiences undeniable. I have survived the worst things ever could happen to me. And so, I do have a sense of comfort and peace and it’s very hard to shake it. And I have also an aura of safety, my friend James Cook, the army general, calls it a shield. That we have all the protective shield. But, most of the people did not learn how to access it. They don’t know how to listen to their intuitive voice or to listening to their rational chatter in their mind. They don’t know if they’re responding into fear, or they’re responding to their higher self. They haven’t sort it all out.

Breathing sorts that out.

Breathwork is very very clear when you are listening to your higher self, when you are following your intuition, when you are guided with your spirit. And when you are just following program in your head. When you are just being led by some fun. Breathing sorts that out. And there’s no any doubt, there’s no any argument. And so decisions are very easily made, it’s the end of confusion. But the mind doesn’t like that. The mind likes problems. Like a dog likes to chew on a bone. And you look no doubt that the ecstacy the dog gets on ….(arrgnn,arrgnn)… It’s chew on and chewn on, and put it downs for a while and get come back and chew, and chew on. And try to take that bone away from a dog.

So the mind likes on chewing on problems. It’s like having problems. And you take that problem away the mind, and the mind will attack you. So this is tricky territory.

So these are my rules in our 3 days together.

[end of Video 2]