**Breath Mastery Fundamentals Day 1**

**Module 3 Breath Awareness & Conscious Breathing**

So let’s talk about the 2 Basic Aspects of Breathwork. I’m still looking for a better way right now. It’s the only word I can phrase I can come out with.

Anybody else have a better idea, I’m open. I’m looking.

Basically, there are 2 things and you can see it on the definition.

1. Breath Awareness and
2. Conscious Breathing

Two different things. They’re yin-yang aspects.

 Breath awareness, you’re not doing anything. The breath is breathing you. It’s automatic, unconscious, it’s just being. You’re not doing anything. One very important part of breath work where you’re just a witness. You’re not doing the breathing, you’re not breathing in a special way. You’re backing up and you’re being the witness. You’re allowing the breath to come and go by itself the way it wants, how it wants. And you’re just present with it, observing it, experiencing it, watching it, sensing it; you’re the witness, detached objective witness. It’s meditated awareness. You are developing the capacity from the meditate of awareness, mindfulness.

The second aspect is Conscious Breathing. This is where you come in. This is your breath in a certain way, you give the breath a certain pattern, certain quality. Your breath what the certain tension. You take control of the breathing. You were doing the breathing. And it’s like 2 wings. Right? You’re really get good at these 2 basic aspects and you’re on your way. And the game is to go back and forth. You do a breathing for a while and you breathe a certain way and then you get out of the way and lets the breath the auto-pilot take over. And then you take over, you take control, and then you let go of control and you get out of the way. And you’re getting comfortable with this relationship to the breath as the leader of the dance and has the one those the follower. And you wanna develop that kind of relationship where you go from flip to flop. You can let go completely and trust. And you do that every night. You go to sleep. You have to think about breathing, you have to think beating your heart, you have to manufacture chemicals in your brain. You don’t have to know how to digest your food. Something in you needs to know that. And if you’re surrendering to it to breath awareness. You’re staying awake for it, and okay, what is this life force? What is this intelligence in my body and my being that knows my own good that is taking care of me that I trust completely I surrendered to. What choice do I’ve got? But you’re developing of conscious relationship with it.

One of my first teachers, Ken Keyes, required reading for practitioners, “handbook to higher consciousness”. He also wrote, “A Conscious Person’s Guide to Relationships”. Quick living story for Ken Keyes, has a living love way center, I don’t know where it is now, Crossfit Oregon, used to be in Kentucky when I living in Kentucky.

And I found this book, a handbook to higher consciousness. Literally, the day that I’ve got discharged from the military.

I went out and camp on the beach, and wow, in every beach, on the end of the road, I’ve met this fat, hippy girl, Bondy Johnson, she had a dozen different names. She had all these different ideas. She was your classic hippy scammer. She was just living off the dread. You know, really amazing girl. She was imprisoned with, what was her name, one of Charles Manson’s girls, Cream wrinkle, anyway. She’s in the cell, with one of this Charles Manson girl of the United States. Anyway, and she had a little son, 3-year-old son, Jeremiah Obleo, we call him “Jeo”. She’d lived on this huge partly giant motorcycle.

And the day I get out of the military, discharged, it was official. We went off through the beach. I just want to disconnect; I just want to live on the beach for a while. Just connect from everything. She’s the first person I bumped into and she’s got a book in her hand. She said, and oh, this must be for you. She’s happened to holding it when we met. And it was an orange book, with just a picture of hand on it. And she got me.

 A ‘handbook to higher consciousness’, by Ken Keyes. He had westernized all of the eastern philosophy that had a beautiful, beautiful job of it. The book totally woke me up. Totally it just, oh my God, this is it. And there was a cassette tape stuck on the back of the book. And listening to him speak is just beautiful. I said, okay, I have to meet this guy. It was months later before I finally met him, we talked on the phone and invited me to come to Kentucky. And when I’m met him, it was a shocked of my life. He was a quadriplegic, paraplegic, you know, wheelchair. And he was the most happiest, joyful, most brightest guy I have ever met. And my first thought is, Holy crap! How can anybody in this condition be happy? Somebody shoot me if this ever gonna happen to me, please don’t let me be on this state. I mean, literally, I would rather be dead than be like that. And he was just amazingly joyful. It such a lesson in my life.

So , Oh, what I’ve gonna thought of them because we’re talking about developing awareness. And he called it conscious awareness which I think a really good term because we tend to think consciousness and awareness synonymous. And so just taking that phrase, “conscious awareness” that makes us hmmm..

So anyway, this is your developing breath awareness. It’s breathing meditation.

So, it’s meditate awareness. The more meditate awareness you have, the more power, the more results you will get from any breathing technique you practice. So, here are the 2 basic aspects and you’re gonna go back and forth between them. And we’re gonna explore lots of different conscious breathing techniques. The antidepressive breath that I gave you is an example of conscious breathing technique. You’re taking over, you’re doing it, you’re in charged. Right?

And so, this is how we practice, we go back and forth between these two aspects.

The breath breathing me, just being. And

I am breathing the breathe, I am doing it. I’m in charged. And getting comfortable of getting back and forth because in life, you know, we need to get comfortable with that dance. And very often we’re resisting, and we need to shift. So planning with the breath will give you this ability.

[end of video 3]