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

**Module 5 Breath Awareness & Conscious Breathing**

Two core techniques [break in video] foundation course.

Sigh of relief and the circular breath.

Master these two things. This is connected breathing. This is continuous breathing. This is a wheel of breath turning. Two core techniques. These two breathing patterns are impossible or very difficult to access when you’re at the end of your rope, when you’re under extreme stress, when you’re in pain, when you’re anxious and afraid, these two breathing qualities or patterns, are impossible or difficult to access.

And so if you train them into your system and you practice them in gradually increasingly difficult moments, you will master the ability to breathe this way anywhere, any time. No matter what’s happening inside of you, no matter what’s happening around you. And if you can access these two breathing patterns, you are free. You will get through whatever it is, you will be able to connect to your peace, your love, your clarity, you’ll be able to stay calm, be creative. Regardless of what you’re feeling, regardless of what’s happening around inside of you. That’s freedom. That ability to feel wonderful and feel connected and feel loving and be aware and be relaxed, regardless of what’s happening inside of you or around you. That’s freedom.

So you master these two techniques, these two core techniques and you practice them and practice them and you replace all your miscellaneous urges, and all your random reactions, with these chosen responses. And you will start to get more free. This is no, I don’t have the luxury of doubt any more, after 100,000 people, 55 countries, 40 years. It’s not an experiment for me, it might be an experiment for you, but for me the experiment is over. I don’t have the luxury of doubt.

That means training them into your system so that your system engages in them by itself in the same way that now your system engages in contraction or withdrawal or breath-holding or tunnel vision, or running around like a chicken with its head cut off. All those miscellaneous, random reactions are switched into two core chosen patterns. And something’s happening energetically. So the breath is one level of it, but really we’re using the breath to produce an energetic change you could say.

So its not working, so we need something like this, that you, if you’ve got it, it’s your job to practice these two things. Your choice. And then pass it to someone else so that at any given moment, someone is consciously breathing in this room. Imagine how difficult it was for the Buddha to wake up in a world where he was the only conscious person, everyone else was unconscious. That was very, very difficult. But if you’re surrounded by conscious people, it’s much easier for you to become conscious.

So, [demonstrates] that’s it, those are the two exercises, those are the two techniques. Really simple. You get a lot of freedom here. You can do it fast, you can do it slow, you can do it deep, you can do it shallow, you can do it through your nose, you can do it through your mouth. You have a lot of choice, but the breath is connected, it’s circular, it’s uninterrupted, it’s continuous. There’s no holding, there’s no pause, there’s no gaps between the breaths. It’s a continuous, connected, circular flow.

And if ever there was any moment when you cannot access one of these breathing patterns, forget about doing anything else. We teach this to navy seals’ special forces. You know if you’re in a panic, you don’t reach for your gun, you reach for your breath. If you’re confused and you don’t know what to do you don’t look at the map, you look at your breathing. And as soon as you turn your attention to the breath, you are reaching for the gun, if that’s what’s needed. You are looking at the map, if that’s what is needed. It’s not a choice. You are in the flow.

Marc Divine, someone I read about in my book, was parachuting and someone else lost control that tangled up in his chute and he had to cut himself loose and use his reserve chute. And you know, you’re trained to do that, although if it’s never happened before, it’s kind of like when you’re on the plane and the stewardess is giving the same old thing about the mask and the life vest, if that actually happened, you would be going, ‘wait a minute, was that the blue thing? Was that the red straps I’m supposed to do’? If you haven’t’ walked through the process, you might not be able to remember it in a moment of crisis. You would have had to be trained so that you just do it automatically.

So he talks about how he didn’t think to pull his reserve chute. He took a breath and while he was taking that breath, he pulled his chute. And he hit the ground at 60 miles an hour. He had seven seconds basically until he hit the ground from when he cut himself loose. Not a lot of time to think. Not a lot of time for the chute to really inflate. It slowed him down enough, but he was completely uninjured and guess what his first though was? What about that other guy? How is he? He didn’t choose to think about that other guy, he was trained and in that moment because he was in the flow, that’s where his attention went.

So we’re training breathing patterns into our system so that they happen by themselves in those moments when we don’t have time to think. And when they happen, what we need to do, we will do. What we need to say, we will say. And you don’t have to worry about that, you don’t have to think about it. It happens, it happens.

So, here are the two core techniques.

So long inhale. Medicine people, science people, really interesting how they define this. Don’t we all consider a sigh of relief the exhale part? I mean that’s what I always thought. You think a sigh of relief. But they measure or define a sigh of relief in terms of the inhale. And so a sigh of relief is an inhale that is twice as big as your normal tidal volume. A sigh of relief is an inhale that is twice as big as the normal size breath that you take. That’s a sigh of relief. And because you took this expanded inhale, because you took an inhale that was twice as big as usual, it triggered a bigger exhale than usual. And it triggered a ntural release. Which we call a sigh of relief.

So that’s what you focus on. You’re putting one inhale on top of the other. So here’s a normal breath. It turns around at a certain point. But I do a sigh of relief.

[demonstrates]

I’m putting one inhale on top of the other, that triggers a bigger exhale than usual. And then what I want to do is, I want to squeeze all the juice out of this that I can.

So when I let the breath go, I really let it go. I let go. I let go of the breath, I let go of muscles, I let go of joints. I let go of whatever thought I had, I let go of whatever I was focused on, I let go of the past and if you want to be a Buddha, you let go of your sense of self. And you pass through that fear of destruction or disappearance or whatever the ego is afraid of, and you pop up in the next moment, and you go ‘oh, ok, so I guess letting go isn’t as scary as I thought’. And then you’re able to let go even more deeply. And even more deeply. And even more deeply.

So when you take that sigh of relief, you are 100 per cent absorbed in the process. You’re breathing in, you’re sensing the feelings and sensations of the air, you’re sensing the movement the muscles you’re using, the sounds, the feelings of expansion, you’re tracking those sensations, you are totally absorbed, it’s meditation, it’s a moment of meditation. Fully, totally absorbed.

And then when you let go, you let go of the breath but you also let go of the muscles, you let go of joints, you let go of thoughts, you let go of points of view, you let go of your position, you let go of what you think is right, you let go of what you think is important, you let go of this thing that you’re trying to convince somebody else is so right and so proper and so necessary. You just let go, you let go, you let go. That’s frightening because, “no, this is right and it should be and I want you to know it and this is how it is and this is the best” and we’re all so caught up in that, that’s a contraction. And in that moment, can you expand? Can you relax and let go? That might mean losing the argument. Ooh, egos hate that.

So I mean there’s a lot of stuff to work through, but the breath will take you to whatever it is you need to work through. It’s magical in that way. You don’t need to think about ‘what should I work on’? You know, what kind of therapy, what kind of… you don’t need to think about that. The breath will bring you right up, face to face, with whatever it is that you need to deal with, work on, let go, open to. What shift you need to make. The breath will just take you there.

Exaggerate it so somebody else picks it up and goes ‘ah right, thank you’.

This [circular breathing] takes a little more practice maybe because it’s not something that you have seen or felt happen so much as a sigh of relief. So it takes conscious, active focus. Circular, connected, continuous breathing pattern. It’s three days to really get that skill under your belt. So practice it at every opportunity.

So now we bring these two things together into a really beautiful process that Leonard Orr invented called ’20 Connected Breaths’.

Audience member: [inaudible]

Speaker:

Yes, thank you.

Audience member: [inaudible]

Speaker:

It’s nature’s way of re-setting, re-establishing stability. Maintaining metabolic balance. That pause after the exhale is natural. We’re gonna really talk about that. We’re going to move into that.

This is for transformation. This is for entering the flow state. This is for breaking out of patterns and conditions, it’s for restructuring, not for strengthening the structures that exist.

That breath he’s talking about, the pause after the exhale, when you’ve gone through a transformational process, you’re on a new level. That pause grounds you on this new level. Inhale, exhale, pause. Inhale, exhale, pause. So that’s what we were talking about, there’s a use and an application and a time and place for that. No doubt its really important, necessary. It’s one of the things you will master also in the next three days. But it has a different purpose.

20 Connected Breaths. Four short breaths, all connected, circular, continuous. Every fifth breath is a big sigh of relieve. So we’ve just taken the two core techniques and built them into a single practice.

So let’s spend a couple of minutes doing your version of that. Four short breaths, long one. Four short, one long. Everyone connected to the next, connected to the last, continuous, uninterrupted, seamless, circular breathing rhythm. Every fifth breath is a big, expanded inhale and a sigh of relief. Through your mouth, through your nose, however, that’s important information, what do you do? Without any further instructions, how do you do the 20 connected breaths? Are they fast? Are they slow? Are they through your nose? Are they through your mouth? That’s important information. We’re gonna get into that. But for now, do 20 connected breaths and feel what changes in you.

So I skipped a little piece that is before you do the 20 breaths, you meditate for a moment on the energy in your body, get a sense of every cell in your body, just checking out, where am I, what’s happening, ok. Then do the 20 connected breaths and then meditate for a few moments and see what has changed. Really important practice.

And then you do another 20 connected breaths, maybe in a different form, faster or slower. If you did it through your nose, do another 20 through your mouth. If you did it through your mouth, do 20 through your nose. If you did them fast, do them slow. IF you did them slow, do them fast. If you did it in your belly, do it in your chest. If you did it in your chest, do it in your belly. We’re starting to get into the parameters which we’re going to go into more. But for this one, just do 20, do another round of 20 connected breaths, feel meditate for a moment, because you want to see what’s happening with you. Then do the 20 connected breaths, and then notice what’s the strongest feeling, where is your mood, what’s happening inside of you. You want to check before and after each time you do this practice. And you can do it in increasing levels of intensity. And different versions of it. And at some point you’re gonna do it laying down on your back, on your stomach, on your side, sitting up, standing up. You’re gonna do it in different positions because each of those position is going to create different feelings and sensations.

[demonstrates]

So you have just absorbed the first fundamental practice that we call 20 connected breaths. And it’s bringing together the tow core techniques. And it’s bringing together several other things which we’re going to go into next.

I want to do one more set of 20 connected breaths and I want you to do it in a very different way than how you’ve done it. Just be creative, do another 20 connected breaths but in a very different way than the way you already done. Change it up in a dramatic way.

[demonstrates]

[end of video 5].