**Module 8: The 3 Corner Stones of Breathwork**

 **3 FUNDAMENTALS**

1. Breathing for Mindfulness

If you’re gonna practice any kind of breathing exercises or any breathing technique. Start with one that makes you more conscious, more aware, more mindful.

1. Breathing for Relaxation

You wanna learn to breath that gives you the ability to relax. When you relax, something opens. When you relax, something can come out of you. Maybe something you think you need to dig, and work and fix and change. You’ve learn to relax and just leaves you. Relaxation opens the door for energy.

1. Breathing for Energy

The third basic skill. You’ve learned to breath energy and not just air. So that energy is prana, chi, chi, spirit, life force, whatever you wanna call it bioenergy. But, breathing literally generates energy, gives yourself energy, connect with energy.

So, in order of choosing breathing exercises and breathing techniques, I think this is the best order, a business.

As you become more mindful, you’ve gonna become more yourself tension, relaxation, reactions. All kinds of things. You’ve become more sensitive to subtle things that interferes in the breathing. And as you become more mindful and more conscious, you become to open up this door to energy. So, keep this in mind. And If you can find breathing practices that help you with all 3 of these, then, you’ve got yourself a really very powerful breathing technique or exercise or practice.

And also when your practicing breathing, there’s no limit to this how conscious can you become, how aware, how awake can you become. And relaxation is not a matter of being relax, or not relax.

There are levels of relaxation. And there is a spectrum of awareness. There is a visible light, we only see a certain little slice of what’s out there. And we’re only feeling a little fraction of what’s out there. And so, as we become more conscious, our consciousness expands, we start to take in more. The world life opens up to us. It was there all the time.

[I mean, if something is this big, and my awareness is this big, guess how big this thing to me. And my awareness grows and then wow]

So consciousness and mindfulness is also related to tension and relaxation. And one of the things we’ve learned is that, as you’ve become more relax, it often feels like you actually becoming more tense. And really what’s happening is your awareness of your tension is growing. And it seems like you have more tension.

So these are the fundamentals. You’ve breathing in a way that actually gives you energy, wake up energy, generate energy. And you’ve breath in such a way that you’ve become more conscious, more sensitive to energy. So there is a very subtle energy in the breath and it can’t move it with your muscles. You can’t move energy with your muscles. Energy is what moves the muscles is not muscles that moves the energy. Energy is moved with your consciousness, your intention. And maybe, there is no difference between energy and consciousness. Maybe consciousness is energy. Maybe energy is consciousness. When we play with the breath, you’re playing with your awareness and you’re playing with your energy. The two most important things we have to work with. The things you know consciousness would sets as apart or sets as above, many other life forms. It’s the essence of who we are is consciousness. When energy and consciousness come together, something is always created. That might be the essentially what the process is. Bringing together consciousness and energy. So when we breath, we’re doing exactly that, we are bringing together consciousness and energy. And so things are possible for us. Things start to happen. Those are the corner stones.

[end of video 8]