



# **Breathing Techniques For Acheiving Inner peace**

**How you can promote your health, reduce stress and  
acheive pleasure with innovative breathing  
exercises.**

***Ryan James***

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# FOREWORD

*The breath is like the sea: deep, alive and full of energy at the same time.*

But one thing is clear: we cannot do without it for long. We can go weeks without food, days without water, but only a few minutes without air. Why is that? It is said that the breath is what connects us to the world. It seems all the more important to give more know-how to all those who are interested in this topic and are willing to invest time in it, as well as to those who want to understand life better. During my research I came across very interesting information that can change your life.

I've spent a long time studying the human respiratory system, trying to figure out why breathing is so important to humans and how we can use this ability for something positive. The key question was whether the breath might not be more than we previously knew and might even contain powers from which we can benefit and heal ourselves. Does it have powers that we have never felt before? Is it perhaps more than just an unconscious mechanism?

With this guide, I have made it my task to give you a detailed insight into the energetic world of breathing. Be inspired and join us on an adventurous journey full of exciting information, insights and lots of "aha" moments.

This guide could change your life! You will definitely not regret it.

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# **1:THE HUMAN BREATHING SYSTEM**

## **THE HUMAN RESPIRATORY SYSTEM**

In order to understand breathing better and to be able to carry out the breathing exercises correctly, we must first learn how the human respiratory system is structured.

The human respiratory system basically consists of the airways, the pulmonary vessels, the lungs and the respective respiratory muscles, which also include the diaphragm and some smaller muscles. Via the pharynx, past the larynx and the vocal cords, the air is sucked into the windpipe (trachea) via the bronchi and bronchioles to the air sacs in the lungs (alveoli). This is where the actual gas exchange between the body and the outside world takes place and takes place as follows:

Oxygen ( $O_2$ ) is absorbed from the breathing air into the blood of the pulmonary circulation and transported to the individual tissue layers via the blood circulation. Oxygen is then consumed in metabolic processes in the respective cells, and the waste product carbon dioxide ( $CO_2$ ) is produced. The resulting carbon dioxide is now transported back to the lungs via the blood and released from there to the outside world.

The most important thing for our cells is oxygen, which we get through our respiratory system. However, we can only get the greatest possible amount of oxygen through correct breathing technique. First and foremost, breathing is an involuntary process that is centrally controlled at the respiratory center within the brainstem. However, humans can voluntarily intervene in this process, so that with the right breathing movements and techniques we can use the power of breathing positively for ourselves.

## **THE BREATHING PROCESS**

To give you an even better picture of breathing, it would be important to understand how breathing works: it's basically a complex process that takes place in the upper body, involving multiple muscles. A basic distinction is made between chest

and abdominal breathing. The breathing itself then happens via so-called negative pressure breathing. The diaphragm plays the main role here. The diaphragm is a thin layer of muscles and tendons that separates the thoracic and abdominal cavities in both humans and mammals. It is the largest respiratory muscle and is essential for this process. The breathing process occurs when the diaphragm contracts, creating a negative pressure, a so-called suction. In order to breathe in, the lungs must expand.

To do this, the chest is actively expanded by contracting the muscles.

Several muscle groups are involved, such as the intercostal muscles and the accessory respiratory muscles.

Through their interaction, the chest rises (chest breathing). The diaphragm (breathing muscle) contracts and makes room so that the lungs can also expand downwards (abdominal breathing).

There is a thin, protective skin around the lungs, the so-called lung membrane, also known as the visceral pleura. This lung membrane and the pleura (pleura parietalis) on the inside of the thorax and the diaphragm are very important for the breathing function.

They are “stuck” together like two sheets of glass by a thin film of fluid that fills the gap between them (the pleural cavity). The liquid film in the pleural cavity is enormously important, as it ensures that the lung and pleura can be easily moved against one another. If one skin moves, for example by lifting the chest, it automatically pulls the other with it. They always balance each other out. This creates a negative pressure and draws air into the lungs. When you breathe out, the respiratory muscles relax, the volume of the lungs decreases, and the air is forced out through the airways again. Exhaling is actually a passive activity that doesn't require any effort, it just happens.

This becomes clear, for example, when speaking, singing or coughing.

## **THE INDIVIDUAL PHASES OF BREATHING**

As a rule, breathing can be divided into four phases. Each breath begins with inhalation, the so-called inspiration phase. During the inspiration phase, a nerve impulse causes the inspiratory muscles to contract. The length of the inhalation and exhalation can vary from exercise to exercise. After inhaling, one usually holds the breath for a short moment (breath hold). This condition is also called fullness of breath, since the inhaled air is held in the lungs and fills them. Now exhale for a few seconds (four to six seconds, depending on the exercise). Then there is a short pause until breathing starts again on its own. This condition is called breathlessness because the used air has been exhaled.

### ***GOOD TO KNOW:***

At rest, the respiratory rate in humans is around 14

breaths per minute. About seven liters of air are inhaled and exhaled. Disturbances in the breathing rhythm be able through the various

Symptoms such as fever, cardiac insufficiency, pulmonary edema, some processes in the brainstem or mental illnesses occur. But shallow breathing, which can occur as a result of a concussion, or gasping, which only allows isolated breathing movements, are considered disruptive factors.

## **INNER AND OUTER BREATHING**

When it comes to breathing, a distinction is made between internal and external breathing. External respiration is responsible for gas exchange in the lungs. Oxygen is taken in from the environment when you breathe in and carbon dioxide is released when you breathe out. With each breath, a person can take in up to four liters of air.

Internal respiration is the biochemical process triggered by oxygen in the cells and which is used to generate energy in the body. With the help of oxygen, the glucose obtained from food is broken down into carbon dioxide and water. This releases energy, which is bound as a molecule of adenosine

triphosphate (ATP). Humans need ATP for all processes in the body, such as brain activity, muscle contractions or digestion.

## **THE LOCATION OF THE LUNG**

The lungs are anatomically shaped like an inverted tree.

From the point of view that we humans get our oxygen from plants, this makes a lot of sense. It is one of the most important organs because it ensures that oxygen is transported from the air we breathe into the blood. The lung itself is located in the bony area of the chest (thorax), the so-called chest cavity. In adults, the trachea is approx.

ten centimeters long and divides at its end into the main bronchi (right and left main bronchus). These main bronchi, in turn, branch into smaller lobed bronchi, three in the right and two in the left lung. The reason for this is that the heart is placed there and the left lung partially encloses the heart. The lobar bronchi in turn branch himself to several segmental bronchi. The right lung is divided into ten, the left into nine lung segments divided. Each segment will through a segmental bronchus and a separate branch of the pulmonary artery. In the event of a severe lung disease or injury, a segment can therefore be removed individually if necessary.

## **LESS STRESS AND MORE HEALTH**

### **THROUGH BREATHING TECHNIQUES**

Breathing is the most natural thing in the world. It happens without us being aware of its process, let alone its importance. We could go weeks without food, a few days without water, but only a few seconds without oxygen. But what is the secret behind this amazing mechanism? Unfortunately, the reality is that most people breathe incorrectly. You might be wondering now: is that possible?

And whether! Proper breathing is rarely the case in today's society. This is often because we are constantly stressed and just running from appointment to appointment and can't think about breathing properly. But also simply because we were never taught how to breathe properly. You're probably familiar with shallow breathing, right? If you breathe shallowly, you

generally take in less oxygen and accordingly exhale less. Shortness of breath occurs. The result: it has to be inhaled more often. This releases stress hormones, which are not only bad for your mood, but also for your health. Proper breathing technique involves breathing slowly, deeply, relaxed, and rhythmically. This is how the human organism relaxes and inner peace returns. The body can thus be supplied with a sufficient portion of oxygen, which leads to better health and sleep quality as well as less stress. So if you breathe properly, waving has a number of advantages.

## **WHY IS PROPER BREATHING IMPORTANT?**

Proper breathing technique has many benefits. It is not only important because it supplies the body with more oxygen than the wrong one and thus stimulates blood circulation, but also because more oxygen has a relaxing and calming effect on our organism. This has a positive effect on our cognitive abilities and therefore also has a direct impact on the improvement our ability to concentrate. Studies also show that the right breathing technique strengthens the cardiovascular system and has a positive effect in that blood pressure is lowered and the heart is demonstrably strengthened. A small suggestion that I have personally experienced: If you breathe correctly, you will feel more self-confident and accordingly appear “stronger” and more self-confident. So the next time you’re around people, pay attention to their breathing. You will have more energy and feel better.

## **THE BASIC BREATHING**

Basic breathing is the foundation for a healthy and powerful lung.

It consists of three parts and should ideally be performed lying on your back or sitting in an upright position at the beginning. You should keep your eyes closed as much as possible.

That’s how it’s done:

- Breathe in slowly and deeply through your nose; the mouth is closed.

- Exhale through the slightly open mouth. Lips are relaxed and do not slow down the breath. (The exhalation can also be done through the nose, but the mouth remains closed)
- After exhaling, pause until breathing starts again automatically. Trust it.
- Repeat this process a few times.

The basic breathing will help you to be able to perform the other breathing techniques more cleanly in the future. It is therefore important that you take the time to consciously control your breathing and practice basic breathing, especially at the beginning. You will notice that you will immediately feel more relaxed and balanced.

## **WHAT ARE BREATHING PROBLEMS AND HOW DO YOU ARISE?**

Breathing problems can have many causes. Physical, in the area of the organs or muscles, but also psychological, in stressful or pressure situations. In the case of respiratory problems, it is often not the inhalation that is the problem, but rather the exhalation. Exhalation is so vulnerable because the large airways, the trachea and larger bronchi, are compressed by external pressure. As a result, the airways are completely compressed and the air can no longer pass through. But any respiratory disease or physical limitations also lead to problems, although they only have an indirect effect on the respiratory tract. Breathing can be hampered either by diseases of the lungs or bronchi and/or by diseases that cause the diaphragm to depress or expand or contract.

impede elevation of the chest. This type of “disability” can occur in sick as well as healthy, fit people. In stressful or anxious situations in particular, breathing becomes shallow and rapid. The problem with this is that the inhaled air can no longer be completely exhaled and you literally “pump up”. If not enough fresh air can be inhaled and stale air can be exhaled, this has a negative impact on the pH value of the blood.

Carbon dioxide builds up in the body and stress occurs.

By exhaling and the associated removal of carbon dioxide, the pH value of the blood can be regulated and the balance between feel-good and stress hormones in the body can be regulated. However, if too little carbon dioxide is exhaled, the stress hormones that are produced cannot be neutralized and the feel-good hormones cannot be stimulated at all. Means something like: Pure stress for you and your body.

It is all the more important that we keep a cool head when we have breathing problems and regulate and adjust our breathing.

## **SHALLOW BREATH WILL DAMAGE THE BLESS YOU**

Maybe you also know that moment when you just have to catch the train, it's super hectic around you, or the next appointment is just around the corner. Breathing becomes faster and therefore shallower. Shallow breathing is not particularly effective and is even harmful to your health. Getting a little nauseous every now and then when you need to catch the train or need to be on time for an appointment is perfectly legitimate. It gets more serious, however, when this shallow breathing becomes a chronic condition. A shallow breath is basically always a sign of general tension, insecurity and volatility. According to studies, 95% of all people breathe shallowly and thus breathe incorrectly. Groups of people who work in an office or generally all those people who have too much to do in front of a screen. Whether in front of the TV, cell phone or computer. If you stare permanently at the screen, you subconsciously breathe shallowly. In small, inconspicuous trains. The only obvious explanation for this is that screens of all kinds stress us. So this means that we take in less oxygen when we sit in front of a screen, which can lead to health problems. Poor concentration or chronic headaches, for example, are symptoms of shallow breathing. that we take in less oxygen when we sit in front of a screen, which can lead to health problems. Poor concentration or chronic headaches, for example, are symptoms of shallow breathing. that we take in less oxygen when we sit in front of a screen, which can lead to

health problems. Poor concentration or chronic headaches, for example, are symptoms of shallow breathing.

## **BREATHING AND ITS FUNCTION**

Shortness of breath is a phenomenon that can occur in a wide variety of situations and can trigger suffocation or even fear of death in those affected. Possible causes of shortness of breath can lie in the lungs or airways, but also elsewhere. It doesn't matter whether you are physically fit or less fit. It can occur, for example, when running, climbing stairs, in stressful situations or due to diseases in the respiratory tract. But how does shortness of breath actually arise and is it perhaps beneficial for us despite the unpleasant feeling? Shortness of breath, or dyspnea in technical jargon, is basically a subjective feeling. As previously explained, carbon dioxide is a waste product of oxygen that is produced when oxygen is consumed. The more oxygen you breathe,

Shortness of breath occurs when the body is unable to transport the excess carbon dioxide out of the body and there is an excess compared to the oxygen inhaled. Our body then tells the lungs to increase breathing so that the carbon dioxide can be transported out of the body. The big problem with this is that the affected person breathes faster and the breaths become shorter. Shortness of breath occurs, which further increases the level of carbon dioxide in the blood. This in turn triggers even more shortness of breath and can even lead to fainting if not regulated. Even fit people suffer from shortness of breath in certain situations, this is quite normal. It only indicates that our body is currently unable to cope with the increased demands of physical exertion and that breathing is not sufficient. Shortness of breath is therefore actually not a bad thing, but rather a helpful function of the human body and thus contributes to human protection. The body should not strain itself beyond the tolerable level and thereby possibly be damaged by a lack of oxygen.

## **WHAT YOU SHOULD KNOW !**

Did you know, that...

... you can take in up to ten times more air with a slow, deep breath than with a short, shallow breath?

...oxygen is always administered in medicine as the first emergency measure to prevent damage to the cells?

... the diaphragm is the largest muscle in the body?

... 10% of our waste is disposed of through the digestive tract, 20% through the skin and a whopping 70% through the breath?

... you can speed up the cleansing process of the lymphatic system more than eightfold by breathing slowly and consciously?

... oxygen has the highest priority in medicine?

... our brain uses around 80% of the oxygen we breathe in?

... you can speed up the cleaning process of your lymphatic system many times over through conscious breathing?

... we only use about every twentieth of about 750 million alveoli?

## **TIPS FOR BEGINNERS**

The most important thing for you: Be your own, always motivating teacher. A teacher who regularly voluntarily leads the training and enjoys the thought of one day mastering the perfect breathing technique and thus achieving improvement in all areas of life. In this context, self-confidence is the most powerful source of success. You must demonstrate a will to learn proper breathing technique. So practice every day, write down little reminders and notes and try to implement what you learn here. To get started and not to overdo it, it would be advisable to practice for a few minutes in the morning and evening. Start realizing the value of your breathing today and put it first. At the start, Even if the motivation and joy for the upcoming time and what has been learned increase immeasurably, do not ask too much of yourself. I recommend that you start with a maximum of five minutes for all exercises and increase as you feel. Listen to your intuition and pay attention to your body and its signals. You should be aware

that the breath uses immense energy and can also create negative moods. However, the breathing techniques I have carefully selected beforehand should generally be fun for you and only give you good feelings. Conscious breathing not only ensures serenity, but also makes you happy. Another point that has already been mentioned is sensitivity. Listen what your body is telling you and which exercises are best for you. It doesn't matter which exercise you choose. The main thing is that you practice consciously, full of joy and let the energy flow through your body.

Of course, if you're a total beginner, don't jump straight into the advanced exercises, but think of the process more as a marathon than a sprint that requires a bit of endurance. The more practiced and familiar you feel in dealing with the individual exercises and techniques, the sooner you can try out other techniques and also vary the times there.

## **THE TWO BREATH FORMS**

There are two ways in which humans can breathe in and out: with the help of nose and mouth breathing.

### **THE NOSE BREATHING**

Nose breathing is the form of breathing that you should definitely use for yourself. In the next chapter I will explain in more detail why this is so. When you inhale, the oxygen first enters the nasal vestibule through the nostrils, then into the main nasal cavity and from there through the rear nostrils into the pharynx and into the lower respiratory tract. On exhalation, the main flow of air sweeps in the opposite direction, back to the nostrils and out of the body. Here, the oxygen is first slowed down, cleaned and finally humidified before it reaches the lower respiratory tract. Long, bristle-like hairs in the nasal cavities prevent small particles from entering the nasal passage. This protects the delicate lung tissue from cold, protected from dry air and cannot be damaged by particles such as dust or pollen. This is of great importance as it protects against dry mouth. Dry mouth is the biggest enemy of a healthy, natural oral flora. The oral flora are oral bacteria that protect against diseases, inflammation or the like. Our nose

also allows us to smell the air we breathe, which is an important part of the sense of taste. When we breathe through the nose, nasal mucous membranes and facial cavities are activated and respiratory metabolism can already begin in the nostrils. Probably the most important point in favor of nasal breathing is that there is a close connection between nasal breathing, the autonomic nervous system and our brain, especially the emotional centers in the limbic system.

## **THE MOUTH BREATHING**

In contrast to the positive, health-promoting properties of to serious Follow how tooth loss, facial deformities or poor growth. The big problem with mouth breathing is, among other things, that the breathing air reaches the lungs unfiltered, which means that bacteria and viruses get into the mouth.

They damage teeth and gums and cause allergies.

Brain researchers have also found negative effects on our ability to think and concentrate. The mouth is only there for eating and not for breathing.

In the mouth there is a very fine film of saliva, which has an important protective function for teeth and mouth. It washes away bacteria and prevents new ones from forming. This prevents the mouth from drying out and helps to protect the oral cavity. Another unpleasant problem starts with the drying out of the saliva; the bad breath. The associated dry mouth changes the composition of our oral bacteria (oral flora), which favors and promotes bad breath. Ideally, you should always breathe through your nose. This also applies to the breathing exercises in this book, unless you are clearly instructed to breathe through your mouth.



## **PART 2: THE DIFFERENT**

### **TYPES OF BREATHING**

Each form of breathing has its own special function and advantages. Although chest breathing is not the ideal form of breathing, it can still be vital in some situations. It is an external breathing. In contrast to abdominal breathing, it consumes significantly more energy and is mainly used during heavy physical and mental stress. On inhalation, the external intercostal muscles contract, causing the ribs to rise and rotate outward about their longitudinal axis; the chest expands. A negative pressure is created, which allows the air to flow in via the respiratory tract.

It is beneficial for all those emergency and fearful situations you may find yourself in. Chest breathing allows the body to absorb a lot of oxygen in a very short time. At the same time, the internal organs are protected by the tension in the abdominal wall. In contrast to abdominal breathing, the auxiliary muscles in the chest and shoulder area are used for the breathing movement instead of the diaphragm. However, for many, chest breathing is the habitual form of breathing, which is the root cause of most breathing disorders. Tensions in the neck and neck area are the consequence.

### **THE COLLARBONE OR LUNG BREATHING**

Collarbone breathing, also known as lung breathing, is particularly important in situations of high stress, anxiety and shortness of breath. This form of breathing is very helpful, especially in melancholic moods, as it helps to balance the mood again. For perfect execution, place your hands on your collarbones with your fingertips in the pit above the collarbones. When you breathe in, your upper chest and collarbone rise, and when you breathe out, they come down. Like abdominal or chest breathing, lung breathing is not only a breathing exercise, but also intended as a concentration exercise. All breathing exercises are about not only breathing properly, but also gaining proper awareness of breathing. This

will make it easier for you to use them one day in everyday life. With lung breathing we have shallow and very rapid breathing. It occurs, for example, during sports or other strenuous activities. Like every function in the body, this also has its right to exist, which I will explain in more detail on the next few pages using full breathing.

## **THE BELLY BREATHING**

Whether it's an actor, professional speaker or singer; they all master this form of breathing perfectly. Abdominal breathing, also known as diaphragmatic breathing, is the "correct" form of breathing. Newborns automatically breathe into their abdomens. Oddly enough, we forget them

"ability" throughout life and begin to breathe anywhere but the stomach. This can be for a variety of reasons, many of which are most likely stress related. But one thing is clear: it's not healthy. Countless doctors and studies confirm the assumption that breathing into the stomach is the healthiest form of breathing in normal cases. In contrast to thoracic breathing, abdominal breathing causes the intestines to depress due to the contraction of the diaphragm, which allows oxygen to flow in and causes the abdomen to bulge. But even if abdominal breathing is the healthiest form of breathing, it should not be used exclusively. A combination of chest and abdominal breathing is ideal.

Ideal breathing offers an enormous number of advantages. For example, stress hormones and blood pressure are reduced in the long term. This not only promotes digestion and generally makes us fitter, but also strengthens the cardiovascular system, which has a positive effect on the entire body. It is only important that you keep your mouth closed when breathing from your belly and breathe through your nose.

## **THE FULL BREATH**

Full breathing is not a natural form of breathing, but rather a combination of all breathing forms. It combines chest, abdominal and collarbone breathing in one and is therefore particularly powerful. It is also often used in meditation or

yoga, because there one is aware of its healing and energetic power. Yogis also know this special form of breathing under the name: full yoga breathing. It has a calming effect on the body and is the key to a harmonizing spirit, growing vitality and increased joie de vivre. An even breathing movement should fill the entire breathing space with air when inhaling via the stomach to the chest, up to the collarbone and empty it again in the opposite direction when exhaling. The lungs can thus be evenly supplied with air from top to bottom. The diaphragm creates the connection between abdominal and thoracic breathing. The full gifts of relaxation from chest and abdominal breathing come together in it. When you breathe in, your belly bulges forward and your chest and collarbone expand; as you exhale, your collarbone, chest, and abdomen return to their original shape. When practicing full breathing, we get into a powerful and at the same time relaxed state, in which we can master all the tasks that life has in store for us in the best possible way. Believe it or not, proper breathing is an essential part of achieving your goals. The full gifts of relaxation from chest and abdominal breathing come together in it. When you breathe in, your belly bulges forward and your chest and collarbone expand; as you exhale, your collarbone, chest, and abdomen return to their original shape. When practicing full breathing, we get into a powerful and at the same time relaxed state, in which we can master all the tasks that life has in store for us in the best possible way. Believe it or not, proper breathing is an essential part of achieving your goals. The full gifts of relaxation from chest and abdominal breathing come together in it. When you breathe in, your belly bulges forward and your chest and collarbone expand; as you exhale, your collarbone, chest, and abdomen return to their original shape. When practicing full breathing, we get into a powerful and at the same time relaxed state, in which we can master all the tasks that life has in store for us in the best possible way. Believe it or not, proper breathing is an essential part of achieving your goals. When practicing full

breathing, we get into a powerful and at the same time relaxed state, in which we can master all the tasks that life has in store for us in the best possible way. Believe it or not, proper breathing is an essential part of achieving your goals.

## **BONUS:**

### **THE 8 RULES OF BREATHING**

1. The individual exercises should not last longer than five minutes at the beginning, later 10 - 15 minutes.

2. If possible, free breathing should not be impeded by clothing. You should therefore carry out the morning and evening exercises with light clothing or no clothing at all, so that the skin can also breathe actively.

3. All breathing exercises are initially performed lying down, later sitting and then standing. When sitting, the posture should always be upright and straight: pull your shoulders back a little, relax your neck and arms and lean your head back slightly.

When standing, the same principle: slightly raise your chest and slightly lower your shoulders. Basically, you should always pay attention to a good posture, as it facilitates the absorption of oxygen and increases the concentration of thoughts. As is the attitude, so is the man!

4. Please breathe through your nose during all exercises unless specifically instructed. Only the nose cleans the air of pollution and disinfects it. Mouth breathing, on the other hand, dries out our mouth and the oral flora can become imbalanced.

5. Always breathe slowly and evenly. The breath should never be quick and hasty. Sudden, deep inhalation should therefore be avoided. If you become dizzy or light-headed during a breathing exercise, please stop the exercise immediately.

6. Full breathing exercises can be done anywhere as long as the air is oxygen-rich and free from smoke, toxic gases and dust.

7. No hour should actually go by without at least a little conscious breathing. Through conscious breathing you will

gradually become a different person and your zest for life and awareness of your existence will increase.

## **BREATHING CORRECTLY: HOW IT WORKS!**

To be really sure that you have the correct breathing technique, you should take a little time. To do this, you simply have to observe your breathing in a completely uncontrolled manner and pay attention to whether you are breathing shallow and fast or long and slow. It would be best if you lay down on your back for a moment and continue to breathe normally. This is the best way to check how your “usual” breathing is. Now place the hand of your choice with the palm of your hand on your stomach and continue to breathe normally. If your hand moves up when you breathe in and falls back down when you breathe out, you are probably breathing deeply and into your abdomen. However, if the hand hardly moves, they are most likely breathing shallowly and into their chests.

Proper breathing means that the abdomen arches forward as you breathe in and returns to its natural shape as you breathe out.

## **TIPS FOR BREATHING CORRECTLY**

Deep, rhythmic abdominal breathing is very difficult for most people, especially at the beginning. For most, breathing fast and shallow has become a habit. External circumstances such as stress or an unhealthy diet are often the reason for this. But incorrect posture or mental illness can also lead to problems in the respiratory tract. That’s why you shouldn’t worry. You’ll get it done quicker than you think. At best, stick to the following tips:

### **IMPORTANT IS...**

- First thing in the morning in bed you should start practicing proper breathing. To do this, do the breathing exercise described above before getting out of bed; Simply breathe in consciously and deeply and place your flat hand on your stomach.

- Once or twice an hour, set a little reminder and then try to be conscious of your breath; this should make it easier for you to become a little more sensitive to your breathing over time.
- As soon as you realize that inner stress is brewing; use breathing techniques. You will notice that you will instantly become calmer and more relaxed.
- Always pay attention to your posture. If you are standing or sitting up straight, you automatically breathe a little deeper. You should observe the following rule: The more upright our posture, the fewer disruptive factors when breathing. The breath can flow unhindered through the entire body.

## **PROPER BREATHING IN PARTICULAR SITUATIONS**

As discussed above, paying attention to how you breathe is extremely important to you and your health. Correct breathing in special situations is also important and still somewhat underestimated nowadays. For example, during sports or during pregnancy:

- Some of us have had the experience of breathing incorrectly while exercising. The result is shortness of breath and the associated lack of oxygen supply for muscles and brain. This can lead to shortness of breath or even fainting. It seems all the more important that you take care to breathe properly when exercising. This increases your performance in the sporting area many times over. Therefore, always try to take a deep breath and exhale the air completely.

Also try to breathe through your nose as long as you can and only use mouth breathing when you are under a lot of strain.

Proper breathing technique during pregnancy can help make contractions easier to endure. It is therefore one of the most important criteria in the birth preparation course. The classic way is to breathe deeply in through the nose and out through the mouth.

## **3: THE POWER OF BREATHING**

### **PRANA**

Prana is the mother soil of all life. It is the foundation of our earth and the universe. It is strength, energy and vitality at the same time. The world is surrounded by an invisible energy that, like the soul, cannot be detected. She created the world and keeps it alive. It is omnipresent, it is consciousness. Prana flows through everything that exists. Prana is the link between spirit, matter and consciousness, making life possible on a material plane. For example, all our bodily functions, including breathing, oxygen supply, food intake, excretion and much more are regulated and controlled by prana.

Nowadays it is known that the air contains not only scientific components, but another extremely important element. It is known by the name of prana to the ancient Indians and as “living breath” in the western world or the Bible. It is the all-pervading elixir of life, the God-given becoming and growing. Its effects can be felt even if we do not know the essence. Ordinary oxygen uptake is more of a mechanical process, whereas prana uptake is more of a dynamic transformational process. Conscious prana breathing is considered in many circles to be the foundation for vitality, energy and health. It promotes creativity, strengthens the nerves and generally lets us live more active and lively lives.

### **TAKING PRANA**

The fact that prana plays an important role in life and therefore also in people should be clear by now at the latest. The beauty of this is that there are countless ways you can replenish your prana. Prana has many sources and can be charged, for example, through a healthy diet; you should consciously avoid meat, fish, tobacco, alcohol and mind-altering drugs. An unhealthy lifestyle disturbs your prana. Fruit and vegetables should always be bought and eaten fresh, but legumes and grains also have a positive effect on your prana. You should drink plenty of water and cut out coffee and all sweetened drinks. The main source of income is still the breath. With

plenty of fresh air, the energy of the sun, the power of the trees and Mother Earth can work on you.

## **PRANA AND ITS FIVE VAYUS**

Prana is divided into five “Vayus”, also called “Vatas”. Vata means something like: blown, moving air or intestinal air. Through this division, it is possible to distinguish the flow directions and functions of the different pranas.

1. The Prana Vayu governs the region between the diaphragm and the throat, moving downward and governing inhalation and swallowing. It is said that there is a close connection between our intelligence, breathing and our nervous system to prana.
2. The Udana Vayu located in the throat controls our energy, speech, memory, will and exhalation. Udana, it is said, governs positive energy, strength and increases enthusiasm.
3. The Samana Vayu lives in the stomach and small intestine and regulates the digestive system here. Their job is to distribute energy from food throughout the body. Samana is also responsible for mental digestion and gives us a feeling of balance and contentment. When samana vayu is disturbed, we tend to cling to material things and engage in possessive behavior.
4. Vyana Vayu flows through our nerve pathways and works throughout the body. It regulates the circulation and the movement of our joints and muscles. Weak nerves, circulatory disorders or nervous breakdowns result from a lack of Vyana Prana. It regulates the mental circulation and gives us independence in spirit, but also creates isolation and alienation in the next moment when it is not in balance.
5. Apana Vayu resides in the lower abdomen from the navel to the soles of the feet and regulates all downward discharges (urine, menstruation, defecation, etc.). In addition to excretion, Apana is also responsible for the elimination of toxic thoughts and negative emotions.

The subdivision of the individual pranas is to be understood more in a parabolic manner, since

## **WHAT IS PRANAYAMA?**

the control) together. Pranayama is a kind of breathing exercise through which we learn to consciously perceive and control our breath. In this way, life energy can be activated and made to flow. This releases energy in our body that no matcha or coffee in the world can trigger. You should therefore always pay attention to your breath, as it not only affects you physically, but also mentally. Due to physical imbalances such as tension, stress, poor posture or harmful habits, most people breathe shallowly. Improper breathing means that less oxygen circulates in the body and we are therefore more quickly exhausted and tired.

But why does pranayama have such a powerful effect on the body and mind?

This is mainly explained by the effect of the breath on the autonomic nervous system, specifically the sympathetic and parasympathetic nervous systems. In relaxed, balanced breathing exercises, the focus is on the exhalation. This activates the parasympathetic part of our autonomic nervous system, which, among other things, lowers blood pressure and heart rate. When the parasympathetic nervous system is activated, we can relax and the body can regenerate and heal itself.

Stimulating and activating exercises focus on inhalation. This activates the sympathetic part of our autonomic nervous system, increasing blood pressure and heart rate, making us more alert and efficient. This makes breathing a highly effective means of communication between body and mind - one that we can control.

### **THE INHALATION: “PURAKA”**

A fundamental pillar of pranayama is inhalation. There are countless inhalation techniques, but they all have one thing in common: Inhalation is generally, with few exceptions, through the nose.

The breath is lifted from below into the middle of the abdomen and ultimately fills the upper area of the lungs. This process

should be done without strain, pressure, or coercion.

### **THE EXHALATION: “RECAKA”**

In pranayama, great importance is attached to the quality of breathing.

If this is restless, slow and halting, the human being is not yet ready.

Uneven breathing is not only unhealthy, it can actually be disease-promoting. The exhalation is a big factor in the process of ridding the body of impurities and thus aiding in the body's recovery.

### **THE BREATH HOLDING: “KUMBHAKA”**

“Kumbhaka” describes the conscious holding of the breath along with the “Recaka” and the “Puraka”. Kumbhaka experiences its climax when the lungs are full, i.e. immediately after the end of the inhalation.

This not only supplies all organs with oxygen, but also with life-giving energy, the prana. This ensures that all metabolic processes in your body are revitalized. This in turn has a positive effect on your muscles, digestion and the nervous and cardiovascular systems. Not only does your immune system benefit from this, as it is sustainably strengthened, but also the lung volume, as it increases.

### **VOLUNTARY INFLUENCE OF BREATH**

As already mentioned, breathing is automatically controlled in the brainstem, so it is part of the basic autonomic function of the human body. However, most people do not know that breathing is part of the autonomic nervous system and is therefore the only basic function of the body that can be influenced at will, in contrast to blood pressure or heartbeat.

#### ***Good to know:***

The psyche has a strong influence on the respiratory center. Fear, anger, sexual excitement or joy increase or inhibit breathing. It can be influenced in such a way that we can decide how long we want to inhale, exhale or hold our breath.

It is said that by lengthening the exhalation, the body relaxes even more deeply and quickly. You can count to four on the inhale, two on the breath hold, and six on the exhale. This allows you to focus all your attention on counting and breathing. You will notice within a few seconds how your body relaxes.

## **RHYTMUS MEANS LIFE –**

### **RHYTHMY BREATHING**

The human body and every life are subject to the law of rhythm. Rhythmic breathing increases alignment with the rhythms of nature. This is also the reason why rhythmic breathing has a positive effect on our harmony with the universe and the laws of life. The benefits of rhythmic breathing are many.

It not only harmonizes the body, but also has a calming effect on the nerves and gives our thoughts greater power of realization. This strengthens gas exchange in the lungs and reduces susceptibility to diseases and infections. But also the activities of the organs within the abdomen are stimulated on all sides and the digestion and glandular activity are promoted. Rhythmic breathing means that you breathe harmoniously, devotedly and calmly without any effort or cramping of will. It is said that breath is life and life is rhythm. That is why the breath is only an expression of one's own inner relaxation, serenity and harmony. When breathing rhythmically, it is important not to tense any muscles, either in the face or in the neck area. The shoulders also remain relaxed when inhaling and exhaling and when holding your breath. Breathing should be slow, rhythmic, even, light and yet full. You will know what I mean at the latest when you start with the first breathing exercises.

## **4: THOSE INVOLVED IN BREATHING ORGANS**

### **THE SPINE AS A REMEDY**

For breathing, it is important that the ribs are attached to the thoracic spine and are therefore easy to move, as they actively rise during breathing. It seems all the more important that the spine, but also the entire area around the chest, is always kept upright. This position favors a good supply of oxygen, as the air can flow in and out unhindered. A hunched posture overconstricts the bronchi and chest, which can make it difficult for oxygen to pass through the bronchi and cause breathing problems. In the worst case, it can even lead to shortness of breath.

### **THE NECK MUSCLE AS AN AUXILIARY MUSCLE**

The neck muscles contract from various points in the cervical spine and from the lower skull to the upper ribs to the sternum to actively assist in breathing. The neck muscle is therefore particularly important in the inhalation phase. It helps lift the chest, which increases the volume in the chest and allows more oxygen to enter the body

### **THE ABDOMINALS AS A TOOL**

Similar to the neck muscles and the spine, the abdominal muscles are also involved in the breathing process. The abdominal muscles are not a single muscle strand, but are divided into the lateral, rectus and transverse abdominal muscles. They can thus be used ideally for the exhalation process. Under tension, they push the surrounding organs below the diaphragm inwards. This pushes the diaphragm up and shrinks the lungs, allowing more carbon dioxide to be exhaled.

## **SCAPULA, NUCKLE, AND CHEST MUSCLES**

Other muscles in the upper body, such as the shoulder blades, neck, or chest muscles, can also help with breathing. During physical exertion, these muscles support the expansion of the chest during the inhalation phase, which allows more air to flow in

## **UNDER THE DIAPHRAGM**

Below the diaphragm are the liver, stomach, bile, intestines, spleen, kidneys and some other abdominal organs. Additionally there is throughout the abdomen around two hundred lymph nodes, the With in that embedded in the lymphatic system. Probably the biggest task of the lymphatic vessels is to filter out waste products. Through the movement of inhalation, organs and lymph nodes are compressed and relieved again when exhaling. This creates a pumping movement that massages the organs and lymph nodes and thus additionally stimulates them.

## **THE PELVIC FLOOR AS A TOOL**

The pelvic floor is essential for breathing. It forms the muscular end of the pelvis below the abdominal organs. Anatomically, it consists of various transverse and longitudinal muscle strands attached to the pelvis. These in turn consist of circular muscles. In this area there are muscle pulls that cannot be contracted voluntarily, but only jump through reflexes to loads such as jumping or sneezing. Another task of the pelvic floor is to hold and support the abdominal organs. In this way, it controls our sexual desire and also ensures that childbirth runs unhindered.

The pelvic floor, together with the diaphragm, abdominal and back muscles, form what is known as the abdominal capsule. All internal organs are stored here except for the heart and lungs.

## **5: THINGS TO KNOW**

### **WHAT THE VOICE DOES WITH BREATHING**

Many people don't know that the human respiratory system is instrumental in forming the voice. The basic sounds of our speech are produced by the controlled exhalation of air from the lungs via the vocal cords in the larynx. They are then modified and amplified with the help of the mouth. The entire process is controlled from various locations on the cerebral cortex. The human voice is produced by the vocal folds, which lie in pairs in the larynx. This creates a wide opening between the vocal folds when you breathe, too

called "Glottis". When the vocal folds approach each other and begin to vibrate, a sound is produced. The more the vocal folds vibrate, the higher the pitch, the slower the pitch, the darker the pitch. The opening between them is smaller or larger, depending on whether you whisper or speak loudly. Additional sound amplifiers here are pharyngeal, oral and nasal cavities. This reveals the direct connection between breath and voice. Mind you, the voice is the most important means of communication between two people. The ability to communicate through language distinguishes humans from all other living things.

### **THE POWER OF THE BREATH AND THAT WITH IT**

#### **RELATED CAUTION**

Because of its healing powers, breath is becoming an integral part of renowned healing centers. Our breath has the potential to release great energies and to do a lot on a physical and mental level. It seems all the more important that you under no circumstances underestimate any breathing exercise. Respect the tremendous power and don't take it lightly. You should be aware that this can change your life. However, you should not be afraid of this, because in one hundred percent of cases it will develop in a positive direction. Feelings, moods and thought patterns can change. More energy from within you

means you have the means to push yourself beyond your own limits.

**The following applies to you:**

- Never overdo a breathing exercise or force yourself into anything.

Proper breathing is a maturing process. So ditch the thought of having to move fast.

- If you feel unwell, uneasy or afraid during the exercises, stop the exercises immediately.

A breathing teacher or even psychological counseling would be recommended here, since breathing techniques can definitely lead to the solution of deep mental blockages.

- Always do breathing exercises on an empty stomach and never immediately after eating.

- Never suppress the needs of the body. If you feel like you want to breathe a little faster or slower during a breathing exercise, always follow your body's signals. This is especially important for beginners.

*“The consciousness of creatures,  
is conditioned by breathing.”*

So trust your body's signals and see how you do

## **YOUR POSTURE**

The posture is fundamental and always important, not only in all pranayama or other breathing exercises. A curved spine prevents the flow of prana energy through the respective channels. Ideally, you should perform all exercises while sitting upright in a chair or in another sitting position such as the tailor's or half lotus position. The lotus position would of course be the non-plus-ultra, since the spine is upright and it is therefore the ideal sitting position for breathing. You can stay in it for a long time without back problems. The seat is firm and even with a strong energy experience, the body remains calm and stable.

## **YOUR EYE POSITION**

The eyes should always be closed and the gaze should aim at a point that is either between the eyebrows, on the tip of the nose or on our stomach.

## **YOUR TONGUE POSITION**

In order to achieve optimal breathing, yogis also pay attention to the tongue position and recommend that during the inhalation phase the root of the tongue is pressed lightly against the back of the palate. To get a feel for it, open your mouth slightly and pronounce a long “ng”. Notice how your tongue moves. Even if no breathing exercises are actively carried out, the tongue is located on the palate when the tongue is held correctly.

## **OPEN AIRWAYS AS THE CENTRE**

Another very important point in pranayama is the purification of the airways. The method of “water pulling” is suitable for this

terrific. To do this, simply hold lukewarm water in your cupped hands, hold one nostril closed and draw in the water with the other nostril. Now close both nostrils, lean your head back and open both nostrils. In this way, the water can be transported via the nose to the mouth and then spat out from there. Repeat this process twice in each nostril.

## **MUSIC FOR BETTER BREATHING**

It is said that good music lives and therefore also breathes. You have to imagine that every sound, rhythm or melody has an effect on our body and soul, so also consciously on our breath. That’s why the right music can help you reduce stress, anxiety, low mood, and even pain. In this context, 432Hz music is a great tool. I recommend that you listen to this music during your breathing exercises and let it sink in.

## **ENJOY SOUNDS CONSCIOUSLY**

As already mentioned, the right music can have a relaxing effect on the human body. In order to really let the music have an effect, it is of great importance that we perceive the music very consciously. To do this, you should get good speakers or work with good headphones that completely isolate you from the outside world. Find a comfortable place for this exercise, close your eyes and let the sounds and rhythms work on you and your mind. Pay attention to your breath and how it changes. You can also bring your attention to the music a few times, trying to notice how your breathing is doing, whether it's shallow and fast or slow and deep. The breath should flow naturally without personal involvement.

## **FRAGRANCES FOR WELL-BEING**

Already in antiquity, around 5000 years ago, the ancient Egyptians discovered that aromatic substances have a positive effect on soul and body. There are now many alternative medicine customers who work with scents and aromas. While unpleasant scents rob us of energy and literally take our breath away, soothing scents let it flow deeply and relax all by itself. Well-scented aromas can normalize your breath and even change your mood in a flash. It can even lead to a formal state of intoxication.

### **SUITABLE FLAVORS:**

- Fragrances such as bergamot, lavender, jasmine, rose or orange are best for relaxing the soul and breathing.
- If you want a more stimulating, invigorating effect, then lemongrass, eucalyptus or rosemary may be a suitable aroma for you. However, if you like it a little more exotic, then jasmine, stone pine, ylang-ylang or

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# **PART 6: THE SEVEN BEST BREATHING EXERCISES**

## **FOR EVERY SITUATION BREATHING EXERCISES ARE SUITABLE FOR EVERYONE**

The breath is probably the most important instrument of the body. Proper breathing can help everyone, but especially those who have respiratory problems and a reduced quality of life as a result. These people often find themselves breathing rapidly, or at worst, hyperventilating, even in non-stressful situations. Breathing exercises have been shown to prevent negative disease progression and thus improve a patient's condition. If you feel a little uncomfortable or even dizzy during the exercises, take a short break immediately. If done incorrectly, it can quickly lead to hyperventilation and cramps in some areas of the body. If you hyperventilate or cramp, then do not hesitate and inform a doctor immediately.

### **EXERCISES FOR RHYTHMIC BREATHING**

The exercises are performed sitting, lying or standing. They are the most difficult standing. So I recommend doing them either sitting or lying down, however you feel most comfortable. Breathe in for four pulse beats, letting the air flow from your abdomen, through your chest, to the tips of your lungs. Then hold your breath for two pulse beats and then exhale through your mouth for four beats with an "S" sibilance. Pause again for two beats and start again. Repeat breathing 7 times.

#### **RHYTHM:**

- Inhale for 4 pulse beats
- Hold your breath for 2 pulse beats
- Exhale for 4 pulse beats
- Hold your breath for 2 pulse beats

#### **THE DIAPHRAGM TRAINING – ONE**

## **MANUAL!**

Diaphragm training is so important because the diaphragm is the largest and therefore most important breathing muscle and ensures vigorous and deep breathing. Through intensive training of the diaphragm through the breathing exercises presented, you improve your body's oxygen intake, which in turn is good for regeneration after strenuous physical activity. In order to perform the diaphragm training particularly effectively, it is best to lie or sit on the floor and place your feet hip-width apart. You can place one hand on your stomach and the other on your chest. Tighten your abdominal muscles and breathe in slowly through your nose. Also, be sure to keep your lips closed. Count down from four exhale through your mouth leaving a small gap open between the lips. In this way, the air is exhaled slowly. This form of exhalation is also called called "lip brake". Then count to two and breathe in again. The chest should be fixed and not moving throughout the exercise.

### **1. STANDING BREATHING EXERCISE G**

Stand up straight with your knees slightly bent. Place your hands together, palms facing up, just below your belly button. Breathe in through your nose and move your hands along your body towards your chest. Just before your chest, turn your hands toward the floor, exhale, and move them back toward your navel. Repeat the process a few times.

### **2. SEATED BREATHING EXERCISE**

In the seated breathing exercise, sit in a very relaxed position.

You should sit upright in the chair with your feet shoulder-width apart at a 90-degree angle and your back touching the back of the seat. If the chair has armrests, you are welcome to rest your arms there.

Otherwise, place your arms on your lap. In the seated breathing exercise, you simply breathe in deeply and relaxed through your nose and consciously breathe out again through pursed lips. Repeat the process a few times n

### **RELAXING BREATHING EXERCISE**

For this breathing exercise, sit in an inverted chair and cross your arms on the backrest. Rest your forehead on your arms, breathe in, hold the air in your body for up to a maximum of 4 seconds and then breathe out very relaxed with pursed lips. Repeat the process a few times.

### **3. CALMING BREATHING EXERCISE**

Sit up straight in a chair and place your feet at a 90-degree angle, shoulder-width apart. Now bend slightly forward with a straight back and place your elbows on your thighs. Your body weight should be derived through your elbows. Slowly breathe in through your nose and breathe out with pursed lips. Repeat the process a few times.

### **4. OFFICE BREATHING**

Sit up straight and press your upper body against the back of the chair. Inhale and bring your arms up over your side. As you lower your arms, exhale slowly and evenly. Now put your arms on your stomach and wait until you feel the impulse to inhale again. Repeat the process a few times.

### **5. BREATH SNIFFING**

Stand up straight and relaxed. Your legs should be shoulder-width apart and your body weight should be evenly distributed. Now tense your buttocks and push your knees without using any force. Meanwhile, the shoulders are pulled back, causing the chest to open. Breathe in only through your nose with short but strong sniffs. You should take in a little more air each time, so that your stomach bulges more and more. After taking a few puffs, take a little break and then breathe out relaxed through pursed lips.

### **6. LUNG SWEEP**

Sit up straight and press your upper body against the back of the chair. Breathe in through your nose for up to six seconds and then use your muscles to hold the air in your body. Now let a small part of the air escape through the pursed lip and hold the other part that is still in the body in the body for a few

seconds. Then let a small part escape again. Continue this process until all the air has been exhaled from the lungs.

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# **7:SIMPLE BREATHING**

## **TECHNIQUES FOR THE BEGINNER**

### **EXHALATION AS A BREATHING TECHNIQUE**

Most exercises begin with a deep exhalation lasting four to six seconds. The rule: if you want to take a deep breath, you first have to breathe out deeply. To do this, sit or lie down in a relaxed position that is comfortable for you, relax your facial muscles and release any tension so that your face can unfold into a peaceful expression. The mouth should always be closed when inhaling. Breathe in deeply and relaxed through your nose and out through the slightly open one with a conscious “Haaa...”.

Repeat the process until you reach the feeling of empty breathing. Again, don't overdo it! There shouldn't be a scratchy or even rattling sound coming out of the throat. You should also not get a cough.

### **YAWNING: THAT'S THE RIGHT WAY!**

Yawning is a reflex that lasts around 6 seconds on average and is closely related to the respiratory center of the brain. At the same time, yawning also has a social and communicative meaning. Yawning is not only a sign of tiredness, it can also be a sign that the body is under stress. That's why the right yawn is all the more important. If the opportunity presents itself and you don't shy away from it, yawn with everything that entails! Don't be afraid to open your mouth wide, stretch your upper body and make the “yawn”

to let loose. Because these also want to flow out of the body.

According to the latest findings, tension can be released due to the release of “yawning sounds”. Just do it, it doesn't matter if anyone is watching. Like laughter, yawning is a contagious phenomenon. The reason for this are mirror neurons in our body. In this case, but also in that of laughter, let yourself be infected!

## **CONSCIOUS BREATHING**

As with all breathing exercises, full concentration and full awareness are required here. Find a position that is relaxing for you; my recommendation would be a seated position. Your seat should be relaxed and upright to allow air to flow freely through your body to your stomach. Place your hands, palms up, on your lap and form them into a small ball, as if you were holding a ping pong ball. The breath should flow calmly and relaxed through the nose and the speed should not be controlled by you. When you breathe in, your stomach bulges up to your ribs and when you breathe out, it flattens out again. The abdominal muscles are never tense.

Notice which fingers are touching. Please allow a little more time for this process, about two to three minutes. After that, bring your attention and eyes to your stomach and see how your stomach expands with each inhale and flattens with each exhale. Consciously follow your breath without influencing it. When you become one with the rhythm of your breathing, bring your full attention back to your fingertips, stay there for a few minutes, and then bring your full attention back to your stomach. Now you should be aware of the breath and feel it consciously.

## **BREATH COUNTING AS IMPORTANT INSTRUMENT**

Breath counting is an enormously important tool because, when used correctly, it can get you into a very conscious breathing process. By counting your breaths, you succeed in slipping into a kind of “observer role” so that you perceive your inner and outer processes even more consciously and attentively. This mindfulness is very important for all further exercises, otherwise you will quickly lose yourself in your thoughts with other breathing techniques and cannot concentrate on your breath. Practice creates masters! And no master has fallen from the sky yet.

### **EXECUTION:**

Very easily...

You breathe in and mentally count ONE, you breathe out and mentally count TWO, you breathe in again and mentally count THREE, and so on, until you reach TEN. Then start again from the beginning.

The real challenge, however, isn't just focusing on your breathing and counting and ignoring all thoughts, it's just letting the thoughts pass you by. If you find yourself thinking about something, just start counting again! The implementation may be a little more difficult for you, especially at the beginning, but that will subside and you will be able to perceive your breath more and more consciously. Just be patient with yourself and your thoughts.

**Another small tip:**

Take in the breath as intensely as you can, it will make the exercise a lot easier. Feel the breath going in and out at the tip of your nose and try to be mindful of every little detail.

**“SITALI”, THE COOLING BREATH**

For the cooling breath you should get into a position that is comfortable for you and close your eyes. Now stretch your tongue slightly forward and roll it up so that the middle of the tongue is at the bottom and the edges of the tongue are pointing upwards. Now breathe in the air slowly and deeply with a slight hiss and try to imagine that you are breathing in cooling, relaxing, harmonizing energy. Also, imagine this power filling you from head to toe. Then exhale the air completely through your nose. Repeat for about ten more passes. Then consciously let your breath flow for a few breaths.

## CONCLUSION

You probably didn't think that your breath would one day play an important role for you, did you? Nevertheless, or precisely because of this, it is very important that you deal with your breath and the energy it contains. In the individual chapters you will have noticed that the breath plays an important role for human beings and that it contains a lot more than you may have assumed before. I hope I was able to show you what is important for correct breathing, what functions it has, which muscles are involved in the breathing process and what unimaginable power the breath holds. I hope that this gave you a very good insight into this complex topic and that you will think more about your breathing in the future. Man is a very intelligent creature who can understand and implement what has been learned. It's all just a matter of habit. Make conscious breathing a habit and you will quickly see and feel changes in your life. Nothing stands in the (breathing) way of private and professional success.

*“Creature consciousness is conditioned by breathing.”*

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