

Breath of the mountain

BREATH AIR.

HANDOUT FOR THE BREATHING PROGRAM.

There are a few **basic rules** to consider for each breathing exercise.

- The most important one is to breathe consciously, establishing a natural connection with breathing, the body, and our consciousness!
- Do not overdo any exercise, and never force yourself. The body's needs should never be suppressed.
- If fears or discomfort arise, stop the exercise immediately.
- Have patience - not every exercise works and has an immediate effect the first time.
- Avoid wearing tight clothing or jewelry.
- Keep the spine straight; therefore, exercises are recommended to begin lying down or standing.
- And there should be some time between the last meal and the exercises.

The presented breathing exercises/techniques are not intended to replace a doctor or therapist and are always performed at your own risk.

Preparation.

FEELING BREATH MOVEMENTS.



Feel free to perform this exercise with your eyes closed. Breathing is done through the nose and can be done while standing or sitting.

Place one hand noticeably below the navel on the lower abdomen. Focus your attention there. Notice how the breath movement reaches under the hand into the **lower abdomen** and pelvis.



Now, place one hand noticeably below the collarbones on the chest. Focus your attention there. Notice how the **breath** movement reaches under the hand into the chest.



Next, place one hand noticeably with the **back** of the hand or the palms on the middle of the back. Focus your attention there. Notice how the breath movement reaches under the hand into the back.



Finally, place one hand noticeably on the **upper abdomen** again. Focus your attention there. Notice how the breath movement reaches under the hand into the upper abdomen.

DIAPHRAGM ACTIVATION - "SNIFFING".

Place both hands noticeably on the upper abdomen and close your eyes.



Inhale several times through the **nose**.



Then exhale slowly and **continuously** through the **mouth**.



Allow yourself, if possible, a brief **pause** in breathing.

Wait until the impulse for the next inhalation comes naturally, then inhale again several times by sniffing.

Pay attention to the movement you can feel under your hands throughout the entire process.

The number of sniffs depends on the length of each sniff and the length of your breath. Repeat the process three to four times, or more if comfortable, but be careful not to get dizzy!

Short breathing exercises.

5-CYCLE BREATHING.

The 5-cycle breathing exercise consists of a set of 5 cycles. Breathing occurs exclusively through the nose. Inhalation should be deep, while exhalation should be relaxed, controlled by the body. The pace of breathing should feel natural. There should be no pause between inhalation and exhalation; the cycles should feel smooth.

The first **4 cycles** of a set are **short**, while the **5th cycle** is **long** and deep - the lungs should fill up completely during this final cycle.



Inhale and exhale shortly 4 times



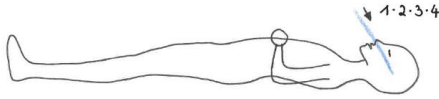
Inhale and exhale deeply once

Completing 4 sets of these 5 cycles will deepen your connection with your body and finer levels of your consciousness.

4 - 7 - 8 BREATHING.

Sit or lie down comfortably.

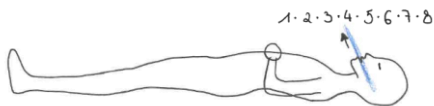
Inhale quietly through your nose. Count to **4** while doing so. Lightly press your tongue against the roof of your mouth.



Hold your breath and count to **7**. Do not hold your breath forcefully; instead, let it transition gently into exhaling.



Exhale through slightly parted lips and count to **8**. Completely empty your lungs during exhalation. Exhaling may be noisy.



Repeat the exercise as long as you like.

This breathing technique calms the nervous system, lowers blood pressure, promotes deep relaxation, and is very helpful for sleep disorders. It increases oxygen levels in the blood, reduces nervousness, and relieves stress. Fears can dissipate, and serenity can return.

VAGUSNER-BREATH.



Inhale gently through your nose until you feel your lungs are filled.

Then briefly **hold your breath** until you feel the urge to exhale.



Exhale very slowly and gently, without pressure, through your nose or mouth. Let your diaphragm control your breathing, not your mind.

Briefly **hold your breath** again until your body naturally takes in air.

Repeat this for several minutes. It's important that both inhaling and exhaling occur slowly and are solely controlled by the body. To intensify the exercise, you can form a voiceless "f" sound while exhaling through your mouth or hum while exhaling through your nose. Exhalation should be longer than inhalation. Breathing should never be done with force.

This exercise calms, brings balance, and promotes physical well-being. It supports self-healing throughout the body.

Longer breathing exercises.

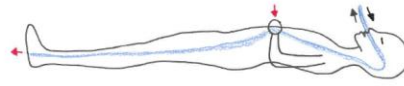
HAWAIIAN PIKO-PIKO BREATHING.

Sit in the meditation position (lotus position) or lie down. Breathe through your nose. Become aware of your breath.

Focus on the **top of your head** as you inhale. You can place your hand on this spot for support. As you exhale, shift your focus downward to the power center below your **navel**.



After a few minutes, breathe in through your **navel** and exhale through the soles of your **feet** several times.

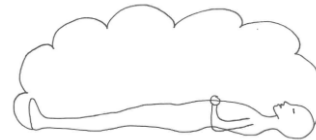


To conclude the exercise, breathe in and out through your **navel** a few times.



With each breath, your awareness moves from top to bottom until you feel relaxed, centered, and revitalized.

Now, visualize a cloud of light or some sort of energy field around you. Your breath steadily enlarges the field and fills it with energy until you feel strengthened and comfortable. You determine the length of the exercise.



This practice is used for concentration and centering. Moreover, it's practiced in Hawaii to provide the body with the necessary energy for self-healing.

You can also imagine colors in the light cloud:

YELLOW	- Cheerfulness, warmth, and optimism
ORANGE	- Trust, zest for life, vitality, and courage
RED	- Power, love, and passion
PINK	- Femininity, magic, dignity, and grandeur
VIOLET	- Passion, mystique, and fantasy
BLUE	- Calmness, reason, and longing
GREEN	- Happiness, hope, life, nature, contentment, and regeneration
BLACK	- Independence but also grief
WHITE	- Innocence, purity, order, and knowledge
GRAY	- Objectivity and sobriety

COHERENT BREATHING.

Lie down and close your eyes. Breathing is regular, meaning you take approximately the same amount of time for inhaling and exhaling. There are no pauses between breaths. Breathing follows a steady **rhythm** throughout the exercise. It's



recommended to aim for **4.5 to 6 seconds** for both inhaling and exhaling. The exercise should last about 8 minutes. Breathe through your nose, and your

diaphragm should move accordingly. To get a sense of the evenness of your breathing, it's useful to start with timekeepers like apps (Paced Breathing or Breathe+) or a device with a second display. However, it's best with sound as listening enhances relaxation.

Coherent breathing is about synchronizing breathing, heart rate, and blood circulation. This exercise has a positive effect on the entire body.