

## 1.2 Breathing technique

The space you are in defines you. It is not neutral, but very colorful, with its own patterns, frequencies and possibilities. Every person, when it is positioned in certain space, brings its own thoughts, maybe problems, concerns, happiness... All of this enters your head, but in a form of strange concoction. For now you are only interested in the smell of this liquid, but later on you will learn how to recognize its components. So, this space defines you because you are in it. And how do you feel this space you are in? By breathing. That is how the air enters your body and blood and reaches every cell. By breathing we feel the space, this concoction, but not as whole. We feel just certain segments, because every sense covers a certain range of frequencies. Today's lesson will show you the breathing technique that represents quality consummation of previously mentioned concoction. Breathing is the most important basic function, because every particle around us enters us through it – all the bacteria and viruses that are very much necessary for our organism. That is why inhales and exhales repeat autonomously, our system is constantly updating all the data around it. Because of this, you might experience a certain reaction, an emotional one for example. By inhaling you are taking in the data from the space around you, and now this space influences you from the inside – data influences you and you further modify the data. Then, you exhale your modification back into the space. That modification is now in the space and will start to influence it. These kinds of modifications happen constantly. When a person walks into a room, the space modifies right away. It is like one more ingredient was added to your concoction. The subjective experience of this change in space, maybe unpleasant or thrilling, is irrelevant to the entire concoction. Usually, people pay no attention to space around them, outside of it being comfortable for them to be in it, or they have a desire to make it more comfortable for them. But space is richer and offers much more than just comfort. In this course you will first try to feel space, and after that you will learn how to communicate with it and modify it.

The way you breathe is very important – while your body does this automatically it is not nearly as efficient as it can be. Efficient breathing makes your organism take all the data from the air with ease. For that we use the technique called “7-1-7-1” (measurements in seconds), where inhaling and exhaling last 7 seconds each because the Earth has its own biorhythm and breathing that corresponds to this measurements. The resonance with the Earthy waves is very efficient for humans.

Energy breathing exercise: in this breathing technique, you inhale for 7 sec. and then you take a 1 sec. break. Exhaling also lasts for 7 sec. after which you take another 1 sec. break. You should breathe using both your mouth and nose. While inhaling and exhaling, you can count in your mind if that helps you to be exact. While

breathing you should produce a specific sound made by right position of your mouth and throat. The position of mouth and throat is similar to yawning and therefore the throat is narrowing and making the flow of air difficult. Try to yawn and pay attention to what happens. The sound you produce is similar to wind howling.

- Assume the Standard Position
  - Inhale for 7 sec. and distribute air in the following order: stomach, lower part of the chest, upper part of the chest
  - Take a 1 sec. break
  - Exhale for 7 sec. in the same order: from stomach, from lower part of the chest, from upper part of the chest
  - Take a 1 sec. break
- Inhale and exhale for 5 times

Now you have formed the space, it has become evenly silent. There are no pressures now and you can work properly. Also, you have brought yourself into the neutral state, which is your base for energy treatments – your foundation.

*Homework: do this breathing exercise three times a day for the next five days. Also, read about cells, tissues and the human skeletal system.*