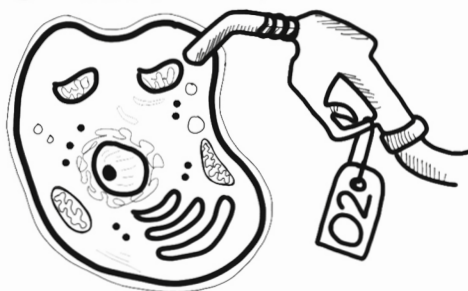


MODULE VI: FUNDAMENTALS

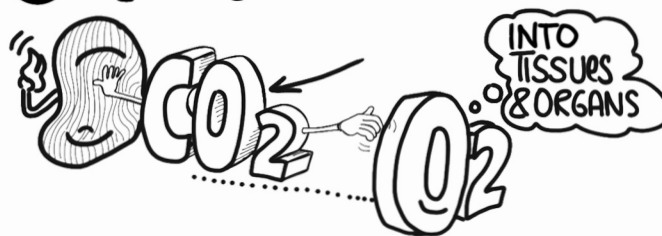
BREATHING

PART
V

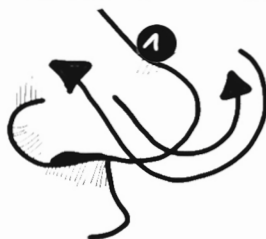
1 OXYGEN = CELL FUEL



2 $O_2 + CO_2$ + OVERBREATHING



3 RULE #1: BREATHE THROUGH YOUR NOSE



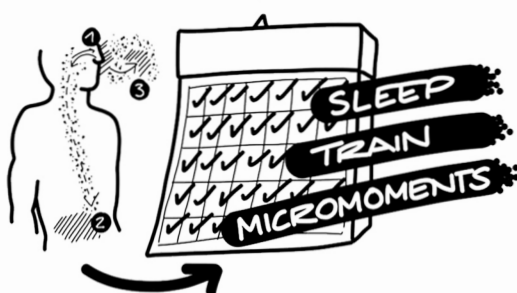
4 RULE #2: DOWN INTO YOUR BELLY



5 RULE #3: EXHALE SLIGHTLY LONGER



6 TRAIN IT: SLEEP + TRAINING + MICRO-MOMENTS



7 YOUR BREATHING COUNT



8 A VAGUS GETAWAY



9 THE 4 S's



10 THE PERFECT BREATH



11 BREATH PRESCRIPTION



COHERENT BREATHING

WHAT'S YOUR COUNT?

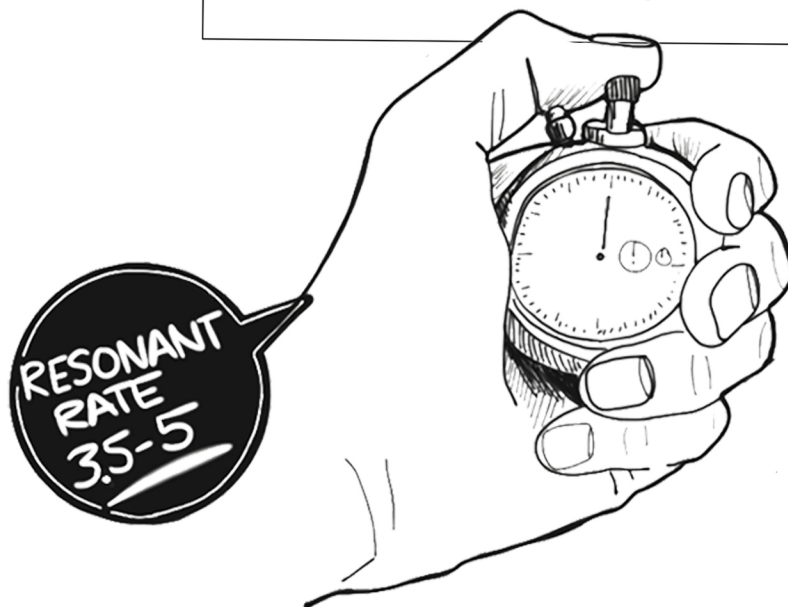
EXPERIMENT WITH DIFFERENT BREATH COUNTS AND
IDENTIFY WHICH ONE FEELS MOST RESONANT FOR YOU

1 GRAB A STOPWATCH OR TIMER AND, BREATHING NORMALLY, SEE HOW MANY BREATHS YOU TAKE IN ONE MINUTE

2 TRY THESE DIFFERENT BREATH COUNTS FOR ONE MINUTE EACH AND SEE WHAT FEELS BEST

BREATHS PER MINUTE	INHALE	HOLD	EXHALE
4x	6	1	8
5x	5	1	6
6x	4	1	5

3 WHAT'S YOUR COHERENT BREATH RATE:



BREATH TRAINING TIME

IDENTIFY OPPORTUNITIES TO TRAIN OPTIMAL BREATHING: NOSE+BELLY+EXHALE

CREATE ENERGIZED TRANQUILITY AND CALM CONFIDENCE

BY INTENTIONALLY TRAINING YOUR BREATH ALL DAY EVERY DAY

CONSIDER
TAPING YOUR
LIPS SHUT TO
ENCOURAGE
NOSE BREATHING
AT NIGHT

SLEEP

MEDITATE

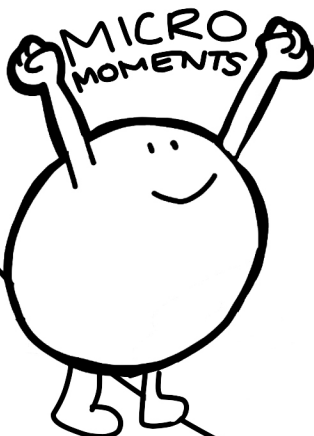
PRACTICE YOUR
COHERENT
BREATH RATE
OR THE BREATHE
LESS TO BREATHE
RIGHT EXERCISE

WHAT
PROMPT
OR CUE
WILL YOU USE
TO REMIND
YOURSELF
TO PRACTICE
?

WHEN
WILL YOU
PRACTICE
EACH OF THE
FOLLOWING?



LOOK AT
YOUR CALENDAR
AND SCHEDULE
TIME...



**MICRO
MOMENTS**

WHAT SITUATIONS
WILL YOU USE AS
OPPORTUNITIES
TO CHECK IN WITH
YOUR BREATH AND
PRACTICE? E.G.
WAITING IN LINE,
RIDING THE ELEVATOR..

**MICRO-MOMENTS
OF BREATHING**



**PHYSICAL
TRAINING**

BREATHE
EXCLUSIVELY
THROUGH YOUR NOSE
WHILE EXERCISING

REFLECTION

PERFECT BREATH TRAINING

NOSE + BELLY + EXHALE AT YOUR COHERENT BREATHING COUNT

GAIN WILLPOWER AND EMOTIONAL CONTROL

BY TRAINING OPTIMAL BREATHING AT LEAST THREE MINUTES A DAY, EVERY DAY

TIP

STACK WITH
JOURNALING,
MEDITATION
OF FALLING
ASLEEP

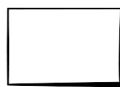
THREE RULES

#1 _____

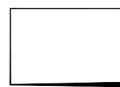
#2 _____

#3 _____

OPTIMAL
BREATH
COUNT:



N



HOLD



OUT

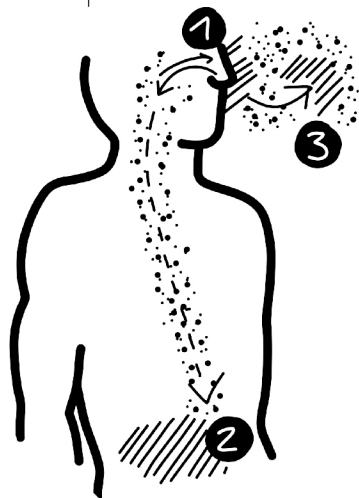
DATE/TIME

DURATION

IN BREATHS OR MINUTES

STARTING HEART RATE

ENDING HEART RATE



BREATHE LESS TO BREATHE RIGHT

OPTIMIZE YOUR CO₂ AND O₂

RECALIBRATE YOUR BODY'S CO₂ BASELINE AND HELP YOUR CELLS
GET MORE OF THE OXYGEN THEY NEED

PLACE ONE
HAND ON YOUR
HEART AND
ONE HAND ON
YOUR BELLY

1

BREATHE IN
THROUGH THE NOSE,
CALMLY AND QUIETLY, SO
THAT SOMEONE ELSE
MIGHT NOT EVEN KNOW
YOU WERE BREATHING

2

4

EXHALE SLIGHTLY
LONGER:
CALMLY, SOFTLY, AND
QUIETLY BACK OUT
THROUGH THE
NOSE

3

KEEP YOUR UPPER CHEST
STILL SO THAT THE HAND ON
YOUR HEART DOESN'T MOVE,
AND BREATHE GENTLY USING
THE DIAPHRAM SO THAT YOU
FEEL A SOFT PRESSURE
BENEATH THE HAND ON
YOUR BELLY

REPEAT
FOR SEVERAL
MINUTES



YOU SHOULD FEEL
SLIGHTLY UNCOMFOR-
TABLE AND CRAVING
MORE AIR, BUT NOT
FULLY OUT OF BREATH

TIP

USE THE HEART RATE
MONITOR TO TRACK THE
IMPACT OF THIS PRACTICE

BREATH PRESCRIPTION

CREATE CALM, GROUNDED CONFIDENCE AND FOCUS

WHAT'S THE #1 THING I KNOW I COULD DO BREATHING-WISE
TO MOST POSITIVELY CHANGE MY LIFE?

OPTIMIZE R_X
FUNDAMENTALS

Breath

OPTIMIZER

DATE

#1

#1 THING TO START OR
STOP DOING BREATHING-WISE
TO MOST POWERFULLY
IMPACT MY LIFE

THIS PRESCRIPTION WILL ENERGIZE, SO THAT YOU CAN
OPTIMIZE AND ACTUALIZE, VIRTUE-WISE, PEAK-PERFORMANCE-WISE,
AND SPIRITUALITY-WISE.

