

# Breath Training 101

Part of the series from:  
“The Necessary Nine of  
Human Health.” ®

“Choose health.”

I love Jesus.  
Jesus loves us.

Fear not, be strong and courageous.  
May you always see the beauty.  
Love, truly.

## Breath Training 101

Howdy! Before beginning, please, consult a doctor or licensed physician and get clearance if you have concerns or health issues that you want or need addressed. Otherwise, it is understood that this is for educational purposes and that you are a free individual acting on your own behalf and taking responsibility of yourself. With that being said, I did my best to be as clear as possible, to illuminate any concerns, and to focus on healthful ways to do these breath training and breathwork practices. Enjoy! Have fun, do your best, use wise judgement, and be healthy. Be real. Be you. Be free. Follow your own heart, listen to your own gut instincts, and make up your own mind. May you experience the love, peace, enlightenment, bliss and health benefits that I, and many others, have from breathwork and the doors that breathwork opens.

What is breathwork? **“Breathwork is the use of Breath Awareness and Conscious Breathing for healing and growth, personal awakening, and transformation in spirit, mind, and body.”** p.3 of “Just Breathe” by Dan Brule, a practitioner and teacher of breathwork for forty plus years. Mark Divine says that breath is at the core of self mastery towards service. I believe healthy breath is one of “The Necessary Nine of Human Health.”® and a gift from GOD.

Outline for Breath Training 101 workshop by  
Fundamentals Academy

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Hopefully Breathwork 101 by Fundamentals Academy (leading to Breathwork 201, Breathwork 301, and Breathwork 411) enlightens you to the fundamental patterns, principles, and possibilities of breath training and breathwork. Thank you for your time, energy, resources, and all blessings. God bless us.

Salud, Aloha, Salutations, and Shalom.

### Applications, Practices and Useful Information for Breath Training and Breathwork

#### **Breath Awareness: Vipassana**

Vipassana is translated as “inward vision.” Claimed to be taught by Gautama Buddha, a philosopher and spiritual teacher. It is the process of concentration on the body or its sensations which is meant to be a path towards insight. This is aligned with teachings of Dr. Les Fehmi, who has authored “Open Focus Brain” which is the process of tapping into our natural sensations (sight, sound, smell, taste, and touch, which includes internal sensation of feel within space and time). When the body is calmed into a relaxation state, this can lead to the innate instincts being heightened and we can hear the voice of guidance more clearly. The application of vipassana has traditionally been taught as using breath concentration and breath awareness as a practice and path towards concentration and awareness of thought and body and a doorway to the oneness of eternal love through stillness. Be still and

know that GOD is GOD. Breath awareness is when we become aware of our breathing, without judging it, analyzing it, regulating it, trying to change it, or anything else other than just pure witnessing. If you have a thought on anything other than breath, or whatever you are inwardly focused on, let it go. Just witness your breath. If you have a thought, don't judge it, just witness it, let it go and bring your attention back to the breath. For this practice to be mastered, this is 100% focus and concentration on breath awareness. If you choose, I recommend having a breath practice in a traditional seated position with an upright, healthy and strong spinal position. You can sit in a chair (with vertical spine), sit against a wall for support or use the chair as support also. You can also practice standing, lying down, running, kneeling or anything else, truly. I do recommend beginning and working towards mastery of this practice in a self supported seated or kneeling position. Beginners may only do five minutes while well seasoned breath practitioners and meditators may do up to six hours or more per session. I recommend starting with 5-20 minutes.

**Observe Breathing mechanics & feel (volume, location, duration, order, energy, intensity)**

This is the application of specifically looking for, analyzing, and experiencing the breath. Breath awareness is not the endgame, rather it is the start of a beautiful journey of breath practice. We can train our breathing so that we can improve our health of spirit,

soul, mind, and body. Just like a person who maps out a route before a trip, or how a farmer does landscape investigation before seeding, or coaches watch their team, observing and analyzing our breath gives us a clearer understanding of where we truly are. This is our time to take on the investigative mindset and seek truth. Observe how much volume you are intaking. Is that within healthy range for your present moment in time? Observe the location of where you feel the breath in your body. Is that where you want it to be? Observe how long a breath cycle is, how long an inhale is, how long an exhale is, and whether you are experiencing pauses or not and whatever else you are experiencing with your breath. Observe the order of activation and release of the parts of your body doing the breath (your muscles, other organs and bones; everything involved with moving air in and out of your body). Observe the energy and emotion of your breath. Is it the energy and emotions that you desire to be having? Is your breathing leading to increased, sustained, or decreasing energy? Is your breathing tied to an emotion and is that emotion affecting your breath? Observe the intensity of your breath and the energy you are experiencing. Is it an overflow of happiness, peace, love, and joy? Or is it just a drop of this emotion and energy or anything in between? Also be aware of other emotions like anger, discontentment, frustration, malice, lethargy or depression. Our emotions affect our breathing and our breathing affects our emotions. Breathe in love gracefully, breathe out love gracefully.

If you need to, consult professional psychologists, defined as a professional or expert in psychology; which is defined as the scientific study of the human mind and its functions, especially those affecting behavior in a given context; and the mental and emotional factors governing a situation or activity; and the mental characteristics or attitude of a person or group. All to say that psychology is liken to mindset. This professional does not always mean someone with a degree, as research as told by Jim Kwik, a memory and psychology expert whose hand I am blessed to have shaken, shows that reading for one hour every day in a field for seven years can qualify someone as a world leading expert. Especially if that reading is done by world leading experts and also by those who have overcome great adversity and been through the darkness and came out with light or someone who has done both, like Dr. Viktor E. Frankl, founder and creator of Logotherapy, who then survived the holocaust, and then authored "Man's Search For Meaning." Peace be with him. For example, reading Michael Jordan's and Coach John Wooden's books are helpful for the psychology of winning and teamwork. I do recommend to see a licensed expert, especially someone who is hopeful for healing. Get multiple opinions if you need to; seek and find. Facts and research are great and do help so, so much but facts alone do not save a spirit, I believe only True LOVE can do that. (Miracles happen every single day. I am living proof of a miracle and I testify to the God and love and grace of Jesus Christ,



the Holy Spirit and the living body of Christ operating with his Holy Spirit for health, healing, hope, happiness and wholeness.) So, if you need to consult professional psychologists, do self improvement, emotional training, psychosomatic training, or seek spiritual guidance, do so knowing that someone has most likely experienced something similar to what you have and has been able to return to the light from the darkness. (And if not, if you are a first, Godspeed and believe.) Observe the breath, using breath awareness, with the mind of an investigator.

### **Count & Measure heart rate and breaths per minute**

This is the application of measuring fundamental vital signs. Our heartbeat varies from beat to beat, just like the breath varies from breath to breath. This is by natural intelligent design. Our heart rate and breaths per minute are fundamental vital signs that can give us an understanding of where your health is, which is a reason doctors and high level athletes measure this. The application for this is to find your pulse and count your heart beats for 60 seconds. For quicker counts you can measure for 10 seconds and multiply by 6, measure for 15 seconds and multiply by 4, or count for 30 seconds and multiply by 2. I recommend doing a whole minute or even two minutes and divide by 2. This is a good number to have before and after breathwork to see how it has affected your heartbeat. The application for measuring the breath that I like to use is to count and measure for 2 minutes of natural breathing and divide by

2. You can use 3 minutes and divide by 3 of course or even just measure for 1 minute. I like to use 2 minutes and divide by 2 because when we become aware of our breath and release it to its natural instincts, things change in our breathing naturally. Also, this extended time allows for a buffer zone to find an accurate number. Say you measure 8 breaths per minute the first minute and 6 the second minute, giving you a number of 7 breaths per minute. The difference between 8 and 6 can carry some significance in measurement. Also, when recovering from exercise or breathwork you may be at 0, 10 or 20 breaths per minute in the first minute and then be at 0, 6 or 7, 8 or 9 breaths per minute in the second minute. Again, by extending the test time, we can have a more accurate reading. These numbers are not indicators of where you should be, they are just examples that I have experienced.

### **CO2 Tolerance Test as taught in The Art of Breath**

The application for the CO<sub>2</sub> (Carbon Dioxide) Tolerance Test is popular among freedivers (those who hold their breath for extended periods of time under water without a breathing apparatus; hence they freely dive without equipment). It is also used by endurance athletes and high level athletes to measure how their body responds to the buildup of carbon dioxide in the body. The process for this test is to measure how long you can exhale. So, it begins with the intention to take the test. Then, it is recommended to take 3 complete normal breath cycles in preparation for the test. On the

fourth inhale, inhale completely, pause, or not, based on feel and preference, and then begin to exhale through the nose. The timer begins at the initiation of the exhale. The objective is to extend the exhale for as long as you can, staying conscious. The timer stops if you run out of air, swallow, breath in, pass out, or feel an extreme need for air. We can apply breath practices to improve CO2 tolerance and therefore improve our normal breathing rates, heart rate, athletic performance and overall health.

Go to <https://shiftadapt.com/breath-test-calculator/> type in your test time to get practices of cadences and breath holds aka apneas. (More on this in the assign section.)

The CO2 exhale test is something athletes can test daily in the morning, or before exercise, or whenever they freely choose, to see how recovered they are, however it's recommended to test once every 3 days or once per week, two weeks, or month and to readjust your cadences and breath practice as you go. It all depends on your intention. This is a practice where the test can become the practice. You can use an as long as possible exhale and use the benefits of one of those breaths or doing 10 in a row using a complete inhale and exhaling slowly, without forcing of course. That 11th breath just may feel absolutely amazing. Trust your instincts and listen to your body. Don't force and don't be afraid. Be strong and courageous. Be healthy. If you are hesitant or worried or have health concerns, you can skip this practice or just try it without going for as long as possible, maybe half as long or whatever is

comfortable until you feel secure in challenging yourself freely by choice. Even trying just one good long slow exhale, so that you can get an idea of the sensations and experiences of the practice and test. As with any test, there is a learning curve so allow yourself to practice and get better if you so choose. Remember, you are responsible for you. Enjoy your breathing and be free. You got this.

### **Relaxation Breath**

The relaxation breath is something I discovered in “The Way of the Iceman” by Wim Hof and Koen de Jong. This practice is taught by Koen de Jong. Simply it is written as:

1. Inhale deeply, deeper than your normally would
2. Exhale, let it go.
3. Wait

1. Inhale deeply, deeper than you normally would
2. Exhale, let it go
3. Wait

Repeat as desired or for the time you have committed. Truly, making the conscious choice to relax and let go of unnecessary tension in your body and mind, allowing and trusting the process makes this an even more powerful experience.

The application of the relaxation breathing technique can be done through the nose or mouth. The mindset for the inhale is “open and expand.” The

mindset for the exhale is “let it go.” The mindset for the wait is to just experience. Allow yourself to be filled up with air. The inhale may be controlled or passive and aware. However, the exhale and the wait are called to be uncontrolled, passive and surrendered for this technique to be performed adequately to elicit the relaxation response. There are a variety of ways to “let it go.” You can set the intention to let it go at a slower, falling gently out of your nose, pace. Or it can be a, let it go all at once, opening the vault and letting all your air out at once, pace. Try them both. Improve the skill of each. Experiment with other varieties if you so choose. I recommend using the nose in and nose out as the default and to let it go at a natural pace, however, each has their own benefits, as for every action there is a reaction, and the intention matters very much so. This technique can be done breathing in and out through your nose or mouth. This patterned technique can lead to any other pattern of breathing, one being circular breathing, where there are no pauses, just one harmonious flow of coordinated breathing; breathing in and letting go, without pauses. Or it can lead to inhale, retention, exhale, retention. Again, this pattern of the relaxation breath can lead to other forms of breathing, such as spontaneous cleansing breaths, breath of fire, aromatic breathing (smelling, baby), inhale, inhale, inhale, exhale and more. This relaxation technique is said to be the breathing pattern of healthy individuals during deep sleep. This technique can be used to find and experience natural breathing patterns as well as a

practice in itself for relaxation and recovery. The pattern of healthy people during deep sleep is believed to be; inhale, exhale, and a pause. (Who would have thought? We can use the pattern of sleeping people to wake up to our potential physically, mentally, emotionally, intuitively, and spiritually. Truly transformative).

### **Effortless Breath:**

This is a highly advanced practice that healthy babies and breath masters have mastered. The effortless breath is known in many breath cultures as being one of the ultimate forms of breathing and a form of mastery that a breathwork practitioner returns to during and from the journey of breath control development. To train the breath intentionally and then return the breathing to our subconscious and allow the breathing to be effortless; regulating itself naturally within the mind-body-breath union, all without conscious regulation. This is the mastery ability of breathing the right breath at the right time, thinking the right thought at the right time, and having your body doing the right action at the right time, all without inference, an effortless flow of mastery and union. Right place, right time, right action. The effortless breath is found when you seemingly effortlessly breathe in and out. This does not necessarily have to come from breath training and breathwork, as it can be found in dancers, singers, artists, athletes, spiritual worship, babies, those in deep flow and more; the flowing with love, grace, freedom, and blessing. Whether you believe this is attainable or

not is a choice each individual must make. I choose to believe. I have conviction to a point that no one can convince me otherwise. As the Chinese proverb goes “the person who says it cannot be done should not interrupt the person doing it.” Personally, I have experiences that have affirmed this belief and I have witnessed others that have affirmed this belief. Whatever you believe, you can witness and experience the effortless breath. Allow yourself to be filled up with air and allow yourself to exhale effortlessly and allow yourself to wait for the diaphragm reflex, the natural instinct to inhale again. When that happens, let the breath breathe you. Of course there is more coaching and practice for this to be done and mastered, however, this is good information. Don’t take my word for it, try it out. Do the relaxation breath, with an active inhale and letting go of the exhale if you want to start and don’t know what you are looking for. Then wait. Wait for the diaphragm reflex, the natural instinct that inhales without conscious control. To consciously get to this place is considered a form of mastery. When that happens, allow yourself to be filled up with air to a satisfying point, no more, no less, and just witness to the process and surrender to the guidance. Allow yourself to expand and contract, surrender to the process. Effortless inhale, effortless exhale, effortless pauses; all creating satisfying effortless breath. Your effort is used to surrender, allow and be.

Those who do the effortless breath without ever doing breath training and breathwork to develop core

strength, breath capacity, and breath control (regulation) may not notice the improvement in their breathing, athletic ability and human performance. Breathwork and breath training is worthwhile if you choose to accept the call. However, having practiced conscious breathing for years, I got to the point where I was doing conscious breathing every waking moment of every day for years, or so it seemed. It got to the point that I was actually distracted from life because I was so focused on breathing and did not know how natural breathing and effortless breathing was done. When I discovered this technique and practice, life started to make more sense again. Everything happens for a reason. For every action, there is a reaction. Then again, all things are possible.

### **Breath Mechanics, Physiology, & State of Being pt. I**

From:

[www.powerspeedendurance.com/artofbreath](http://www.powerspeedendurance.com/artofbreath) now

<https://shiftadapt.com/>

“Art of Breath principles are based on three pillars:

“The 3 Pillars: The Pillars are a framework for understanding human performance and breathwork. If you effect one, you effect all.” from The Art of Breath.

STATE: State is about the mental game. It’s where biology and psychology meet. Breath offers us a tool to enhance cognitive performance in deep and lasting ways. This means access to both better mental health in general and improved creativity and decision making. Learn to tune-in to your physiology using breath



so negative reactions to stress do not hamper your potential.

**MECHANICS:** Mechanics is about movement. Breath plays a central role in how our nervous system organizes itself. Learn about the diaphragm, its central role in the way we move and how poor posture and movement can limit our ability to breathe efficiently. Ultimately, poor mechanics greatly limit our ability to create and use energy efficiently. In the seminar we use basic metrics to establish ideal position as well as learn some easy-to-use interventions.

**PHYSIOLOGY:** Physiology is all about what's going on under the hood. We often assume that just because we are still breathing that we are being efficient. Not so. Understanding the processes that govern how our bodies produce energy is essential if we want to maximize health and especially, performance. In the seminar, you will take part in practical sessions that demonstrate to you exactly how simple breath control techniques can enhance your performance.

Breathwork is both universal and scalable. No matter who you are, or what community you work with, everyone breathes. Take advantage of this nearly limitless resource and learn how breathwork can help you, and those you care about.”

“Breathing doesn’t just speak to us about our physiology, it’s a fundamental teller of position and the shapes we make. It literally speaks all languages.” - Brian MacKenzie.

end of quotes from  
[www.powerspeedendurance.com/](http://www.powerspeedendurance.com/)  
 artofbreath now shiftadat.com

This is an area that can take many books to write about and years of study and application to master. This includes all the mechanics of respiration from diaphragm, lungs, ribs, muscles, bones, central nervous system, and for all the possible applications like sitting, sleeping, running, thinking, working, and in all positions like bent over, standing, riding a bike, swimming, breath holding and the like. As for physiology, this includes the blood, all the cells of our being, hormones, athletic ability and performance, oxygen utilization, health, and all things under physiology and how breath affects our physiology and how our physiology affects our breath. State of being includes all states of being; transcendence, enlightenment, salvation, peace, focus, all emotional states, health and unhealth, love and unlove, peace or not peace, freedom or not freedom, deep flow, and the sensation of complete oneness with all of consciousness or nature or a person or people, like coactive flow and team flow.

As the saying goes, "Make everything as simple as possible, but not simpler." Albert Einstein. For this piece of work, I want to make this as simple as possible but no simpler. The history of breath practice has been around for thousands of years and is used for many reasons including spiritual awakening, enlightenment, psychedelic experiences, health, and human performance.

In my own words, these 3 pillars are State, Mechanics, and Physiology. State is our state of being, mentally, physically and emotionally. We can use our breath to intentionally change, induce, or enhance a state of being. Mechanics is our positioning and the coordination of our breathing movements. Physiology deals with the processes of how our breathing affects life at an organ, chemical, hormonal, and cellular level.

The reason to use the nose to breathe as much as possible is to develop CO<sub>2</sub> tolerance, improve oxygen utilization, remain in control (mentally, physically, and emotionally), build aerobic base (for exercise and fitness), maintain midline stability (posture), access nitric oxide, filter the air, warm the air, and boost our immune system.

Natural breathing is considered to be light, soft, quiet and graceful and through the nose during times of rest. The diaphragm is considered the main mechanism of breathing. There is a three dimensional expansion to the front, sides, and back of the ribs with a graceful rising and expansion of the ribs and chest during a complete breath in and a graceful release of tension and passive contraction during the fully relaxed exhale. Breathing light and soft does not require a full breath in. Exertion breathing has a different dynamic that is more active. You can use the relaxation breathing technique and effortless breath to discover your natural breathing rhythm and mechanics for your current state.

We can use our breath:

- to increase energy
- to increase relaxation
- for calm neutral focus
- for human performance
- spiritual / mystical experiences.

Included in human performance is singing, dancing, athletics, pain management, pain release, and homeostasis.

### **Mechanics, Physiology, and State of Being part II (a deeper and a simpler look)**

*Function + Anatomy + Psychology + Physiology + VO2 Max*

What's happening during breathing?

Functionally, air is moving in and out of us and there is an exchange of elements that keep us alive and healthy. During inhalation, the diaphragm contracts down, bringing air in, and the muscles on the outside of the ribs which are named the external intercostals, contract, which creates a hinging affect on the ribs, (which do connect to the spine as the thoracic spine is defined as the vertebrae of the spine that have rib connections) as the ribs and chest cavity expand three dimensionally and lift up the ribcage, also known as the rib basket. During activity when air exchange is needed more, there are accessory muscles in the chest, neck, mid back and upper back that help lift the rib cage so that the reverse pressure of the chest cavity can expand more so that

more air can come into our body. During exhalation, a completely relaxed exhale, air is expelled by the recoil and weight of the thoracic (chest cavity) and diaphragm, and the elasticity of the lungs. During a forced exhalation, muscles in the abdomen are activated helping to pump the air out easier; as well as the internal intercostals (muscles inside the ribs) that contract, and the diaphragm contraction that all help create a greater force to expel the air like a fire blower, or bellow, also known as Bouffadou in French, which means “to blow.” (This will make more sense for those who have studied Bhastrika pranayama, also known as bellows breath, a more advanced practice).

Healthy breathing has the ability of full motility of muscles, bones, and being: meaning the diaphragm can dome adequately towards optimally; as do the ribs with expansion and contraction as does the aura field (warning, I have read that some people lose time in the aura field and may miss life. Another warning, I have experienced a great sense of peace in this sensing the respiration of my energetic aura field). Using the most efficient form of mechanics for the maximum results; in a sustainable, calculated, and wise effort for the necessity of the movement or posture. This does require taking risks, learning, and also using restraint and discernment, and other aspects of the fullness of wisdom, knowledge, and understanding.

“Knowing is not enough, we must apply. Willing is not enough, we must do.” Bruce Lee. “Just do it.” Nike®. Go for it. You got this. Right place, right time.

Hooyah. Remember the story of The Little Engine That Could who became The Little Engine That Did. The true beauty of the sincere effort of “I think I can. I think I can. I think I can.” becoming “I did it.” Hallelujah 8^)

If all of that did not seem simple enough, here is as simplified as I think it can be, as said and taught by Jason Masek from his 2015 NSCA presentation,

### BREATHING

“Inhalation Process: Results = air drawn into the lungs to equalize internal air pressure with air pressure outside.

- Diaphragm Contracts (lowers)
- Muscles Contract Raise Ribs
- Chest Cavity Expands
- Lung Volume Increases
- Air Pressure in Lungs Decreases

Exhalation Process: Results = air is expelled from the lungs to equalize internal pressure with outside air.

- Diaphragm Relaxes (raises)
- Muscles Relax and Ribs Lower
- Chest Cavity Contracts
- Lung Volume Decreases
- Air Pressure in Lungs Increases

Pro-Tip: Get athletes or clients to exhale. Most people are stuck in an inhalation state.” Jason Masek. My pro-tip: Breath perfectly. (High call. Aim for perfection without perfectionism and with grace so we may make mighty progress and still have an abundance of gratitude for the process.)

“By simply addressing your spinal position (and maybe doing some gut smashing to free up your diaphragm) you can easily and effectively restore optimal breathing function.” p.52 ‘Becoming A Supple Leopard’ by Dr. Kelly Starrett.

In “Breathe Strong, Perform Better” Alison McConnell writes that her book is one of the first to note “the pivotal role that breathing (or respiratory) muscles have as stabilizers, postural controllers, and prime movers of the trunk during sport activities.” p.3. Her work and dedication to breath practice has transformed the landscape of understanding within the academic community of breath. The diaphragm and the air inside of us plays a role in intra abdominal pressure that creates a stabilization effect for the spine and ribcage.

Being that the diaphragm connects in the same part of the spine as most of the psoas (hip flexor muscle which is part of the greater iliopsoas complex, which is part of the greater hip flexor complex, which is part of the greater you are one being complex, which is part of the...you may get where I’m going with this. Oneness), it’s important to have pliability of the psoas as well strength and length of the muscle complex for proper breathing mechanics. Also important is activation of core muscles, as the spine is going to find a way to be upright and stabilize, so we might as well use the major muscles that are designed to do the heavy lifting and learn how to use the fullness of our being for balance, harmony, and health.

To explain this more simplistically, “The primary function of the respiratory system is the basic exchange of oxygen and carbon dioxide. . . As air passes through the nose, the nasal cavities perform three distinct functions: warming, humidifying, and purifying the air. Air is distributed to the lungs by way of the trachea, bronchi, and bronchioles. The trachea is the first-generation respiratory passage, and the right and left main bronchi are the second-generation passages; each division thereafter is an additional generation (bronchioles). There are approximately 23 generations before the air finally reaches the alveoli, where gases are exchanged in respiration.” p.15-16. NSCA’s “Essentials of Strength Training and Conditioning” 8th Edition.

VO2 Max is referred to as the maximal oxygen uptake. The NSCA defines this as “The highest capacity for oxygen consumption or utilization by the body during maximal physical exertion; also referred to as *aerobic capacity, maximal aerobic power, maximal oxygen consumption*, or *VO2 max* and sometimes *functional capacity*.” p.661 NSCA’s Essentials of Personal Training 2nd Edition. Typical VO2 Max for men is 70+ for Extremely High, 63-69 for Very High, 57-62 High, 52-56 Above Average, and 44-51 for Average. Women subtract about 8-10 from each range to know your category. Example, 60+ for Extremely High and 54-59 for Very High and 35-43 for Average. Two basic ways to improve your VO2 max are HIIT (High Intensity Interval Training) and long distance steady state training (whether running, hiking for hours, rowing, and working



all day) and then adequate to optimal recovery from this training.

Again, in “Breathe Strong, Perform Better”, Ms. Alison writes on the subject of Optimizing Breathing Technique. Simply she states that, “**First, the fundamentals of good breathing technique** will be considered (i.e., how to develop efficient, comfortable, diaphragm-focused breathing). **Second, the optimization of breathing pattern** (the combination of respiratory flows, breath volumes, and the timing of breaths)” are used to find your optimal breathing. (Bolding is mine). Other fundamentals and pattern markers include volume, intensity, duration, rate, rhythm and quality of coordination of the capacity of all of your being and environment internally and externally.

Pressure change is a core fundamental dynamic. It's a continuum. Whether flow or choppy or whatever, breathing is a constant. Choose health.

### **Complete Capacity Breath**

The complete capacity breath is built from the practice known as the full yogic breath. Traditionally this practice is done by inhaling into the lowest portion of the lungs by using the diaphragm and expansion of the belly, inhaling into the chest using a 3-dimensional expansion and lifting of the ribs by using the muscles outside of the ribs, and then inhaling into the upper most part of the lungs by lifting and expanding at the clavicle region. Traditionally it is then taught to reverse these actions on the exhale, to first release the clavicle portion

of the breath, then to release and actively exhale from the chest by the lowering and contracting of the ribs and the muscles and soft tissue inside the ribs, then releasing the diaphragm and actively exhaling from the belly by contracting the diaphragm and abdominal muscles (rectus abdominis, internal and external obliques, transverse abdominis, and possibly the quadratus lumborum, all the spinal muscles, and pelvic floor muscles), expelling all the air completely.

Again, the traditional beginners practice goes as:

1. Inhalation: diaphragm, chest, clavicle
2. Exhalation: clavicle, chest, diaphragm
3. Repeat as desired

The alternative practice of the complete capacity breath is based on the natural mechanics of breathing. This is based on the knowledge of the diaphragm releasing and contracting at the beginning of the exhale. The practice goes as before with the traditional inhalation. Initiating the process by inhaling into the lowest portion of the lungs by using the diaphragm and expansion of the belly, inhaling into the chest using a 3-dimensional expansion and lifting of the ribs, and then inhaling into the upper most part of the lungs by lifting and expanding at the clavicle region. The difference of the exhale is to then release the diaphragm, chest and clavicle simultaneously (like you do on the relaxation breath when you just “let it go.”) Then after releasing the

initial tension, actively using the chest and abdominal muscles to expel all the air. Fully capacity in, fully capacity out. Some teach to expel as much air as you can completely without stressing your body or breath (unless your intention is to stress your body, mind and breath and you are doing an advanced practice intentionally and purposefully and healthfully).

Of course, I recommend practicing the skill of each the traditional and the alternative of these practices. Develop your discipline, practice, and experience so that you can earn trusting your instincts more.

### **Even Breath:**

The even breath is essentially an even part inhale and exhale time each. That is all. Traditionally it is used in conjunction with the full yogic breath. Some teachers teach beginners to lengthen the breath out and in and out progressively and to use the inhale to time the exhale and some teach to use the exhale to time the inhale. I say, begin with clearing out your lungs and then take a calm steady complete inhale and then exhale for calm steady complete exhale and find the even rhythm that you want to expand from that intention. Most healthy people can start with 4 seconds in and 4 seconds out if you are looking for a place to start. If 4 seconds is too hard, do 3, and if 3 is too hard then do 2 seconds and if you are at 2 seconds maximum ability, consult a doctor or licensed physician. If 4 is easy, try 5 and 6 seconds. Practice this technique until you can

inhale and exhale for about 7 to 8 seconds each before you begin to practice holds in your breath. Just know that some practitioners do up to 30 second inhale and exhales at an even rate as I have for a single repetition multiple times with recovery in between. I'm sure others have and could go longer than 30 seconds but don't force and earn your progression peacefully, patiently, and persistently. Your goals may not be someone else's goals so make up your own mind on what it is you want and what it is you want to experience. A healthy goal to aim for is 10 seconds in and out, calmly, comfortably, steadily, healthfully and in control. I trust that the more you practice this technique, the more you'll be guided well and use your own instincts and biofeedback.

Meditatively there is another approach to the even breath. This is done with the same ratio of inhale and exhales being at even lengths. The difference is that the inhale and exhale do not have to be lengthened out. It can be a complete capacity breath at a rhythm you just really like and want to stay in. Also, meditatively, it does not have to be the complete capacity breath. For example, you can use a calm half breath in and calm half breath out at even time lengths. Also you can find a rhythm that is soothing and calms you down and gets you out of beta wave lengths and puts you into those brilliant alpha, theta, delta, gamma, hyper gamma, lambda, and epsilon brain states; and whatever else that exists that just hasn't been measured or observed; as truth exists before proof. Science is looking for the proof of truth but truth exists before proof.

[Fundamentals of brainwave states, as taught by way of Gregg Braden on a HeartMath *Add Heart® Calls*. Please do your own research to confirm, dispute, or upgrade this data. Beta: typical waking brainwave (14-40 Hz) (Typical of the average person they measured. The average person most likely did not practice meditation or breathwork at the time of these understandings. These are people who are highly active, constantly under information overload, and for many, unfortunately defaulted into a fight or flight or freeze or appease sympathetic state. Just worth thinking about what's "normal" versus "designed" for what is healthy. Alpha: relaxed focus, creative (7.5-14 Hz). (Schumann Resonance of Earth's field is said to be 7.83 Hz so this puts you into the Hz range that is believed to be the natural state of wakefulness ancestrally). Theta: Long slow wave, meditation, sleeping (4-7.5 Hz). Delta: The long slow brainwave, deep sleep (0.5-4 Hz). Gamma: highly powerful / the insight wave (above 40 Hz). Gamma brain state is typically associated with compassion and gratitude. Christian monks and nuns and other monks and deep meditation practitioners have experienced what's known as Hyper Gamma (100+ Hz). Epsilon wave state (0.1 Hz down to zero). At zero, there was no recorded heartbeat, brainwave, zero recorded consciousness; allegedly. Other deep meditation practitioners were able to perform Lambda Brainstate (200 Hz per second) and is considered a new class of brainwave lengths. The Lambda and Epsilon states were reported to both lead to the same state of

consciousness where all parts of the brain are embraced that lead to a sense of unity with all things. Both awaken and sleep state. These hyper states are reportedly only accomplished through compassion and gratitude, that includes Gamma, Hyper Gamma, Lambda, states that are most high and Epsilon. These were also reported to be heart and brain coherence energy fields. It's reported that compassion creates sweeping waves. More to come, Good Lord willing, in further literature, workshops, and classes of applications based in S.A.S.S. spirit, arts, science, and scripture for my trademark "The Necessary Nine of Human Health." ®.]

Truly, whatever your intention is for the meditation and experience you are wanting can dictate the practice. The principle remains that it is an even breath ratio and the rest is free game; which technically, is an even breath. You can even inhale completely, exhale halfway, inhale completely, exhale halfway or inhale halfway and exhale completely, as long as the time of the inhales and exhale are equal. I think you get the point. Be creative if you so choose. Start with the traditional practice and the fundamental skills of mechanics to build your practice on a firm rock foundation and then you can do whatever you want, if you so choose.

This brings me to the mechanics practice portion of the even breath pattern, principles, and possibilities. You can focus fully and primarily on practicing your mechanics of breathing. The only thing that needs to be

accomplished is the even ratio of timing for inhale and exhale. Why is the even ratio beneficial? For one, it's not too relaxing and not too energizing. It's a calm neutral energy. If you're tired, used effectively, it can be energizing (unless you're going to time ranges that are stressful and releasing adrenaline and cortisol). If you're too energized, it can be calming but it won't necessarily put you to sleep (until you start getting into the 7-8 second exhale range, then it's arguable that it can be relaxing because of parasympathetic activation that happens during the exhale phase of breathing). However, the 4-6 second range is very neutral and great. The principle does remain that it's a neutral energy practice. Explore.

The Tactical Breath is a breath taught by Mark Divine at *Unbeatable Mind*® and SEALFIT®. This is the practice of starting with 4 and 5 second inhales and exhales during high stress situations to gather yourself and to call on courage and not let the stress or fear of the situation create shallow or shaky breathing or dictate your actions or reactions. This is powerful for high stress situations. By intentionally using continuous even breaths with complete breaths, you are able to slow down your mind so it's not racing, that way you can be present and intentional with your energy and actions and think more clearly and act with more coordination. This also helps process whatever emotions are flowing through your body and spirit. Again, it's all so you can be present and intentional; like loving, tactical and courageous.

**Zen Concentration Breath:** (Zen means meditation in Japanese)

Zen Concentration breath. This one is one that is a main pillar of zen training. This is an advanced practice of the vipassana, aka open focus, breathing. Now that you are aware of the natural stages of breath you can then use breath awareness to develop your concentration abilities. This is the bringing of 100% complete focus and single minded attention to one thing, and doing so for extended periods of time. That is elite concentration. To practice that level of concentration, zen practitioners may sit in a traditional seated pose and bring complete focus to just the breath. The development goes from 3-point to 4-point to 8-point concentration of the breath as taught by Mark Divine, a man who I am blessed to have shaken hands with and thank and honor happily in person, and who has a blackbelt in 3 forms of martial arts, including his first and foundational blackbelt in Seido Karate under Tadashi Nakamura, the creator of Seido Karate. Seido means “sincere way.” His form of art was founded as being all self defense and with the main mastery being in zen training. Tadashi Nakamura taught Mark the best way to win a fight is to avoid it in the first place. I am not promoting violence. However, I do not deny certain arts and practices exist that have beneficial life training skills for health. I am just doing my best to shine light on the history and tradition of this practice.



To do the 3-point concentration breath, bring awareness and single minded focus on your breath using natural breathing. This is the 100% full focus on the inhalation, followed by the 100% single minded focus on witnessing and experiencing the exhalation and 100% single minded focus on the natural pause after the exhalation. That's it from what I am aware of. Experiencing each part of the breath as it's own special present in time.

To do the 4-point concentration breath, it is the same practice as before and adding the retention at the end of the inhalation. This means having awareness and single minded focus on the inhalation (and all the experience and witnessing of that moment), and then the retention after the inhalation, and then the exhalation, and then the retention at the end of the exhalation. You can jump right into this or use the 3 point breath as a starter and grow into the 4-point concentration breath naturally and effectively.

The 8-point concentration breath is a highly advanced and highly meditative practice. I believe practicing this has many benefits that go beyond breath. This is the awareness and single minded focus on the very initial portion of the inhalation and all the feel and experience of that very first portion of the inhalation. Then, become aware and single focused on the main portion of the inhalation and all that that entails. Then, become aware and single focused on the end of the inhalation and how that naturally transitions into the retention. From there, keep that laser like focus on the

retention and pause, creating the fourth point, and be aware and focused on the experience and natural beauty of the stillness in space, time, thought, and body. Then bring your complete focus to the very initial start of the exhale, transitioning from retention to the first moment of exhalation. Then become aware and single focused on the main portion of the exhale, being intentional, aware, and focused. Then, bring 100% focus and awareness to the end of the exhalation and how that transitions from exhalation to the retention after the pause. Then, bring your awareness and single minded focus to the retention at the end of the exhale and experience all that there is to experience there, enjoying the stillness.

If you can master the 8-point concentration breath, you'll notice significant changes in your ability to focus on tasks and concentrate. It's taught by Mark Divine to build to the 8-point concentration by using the 3-point and the 4-point at the beginning of the practice and then doing the 8-point concentration breath for the period of time that you have committed. You are obviously free to practice this how you like, however, having a structured format is powerful to your growth and development as a breathwork practitioner.

### **Heart Focused Breath (HRV Breath and HeartMath Breath)**

This is one of my favorite applications. There are a few variations and advancements of the heart focused breath. I believe the ultimate is complete surrender to the pure, holy, and real love within your heart and allowing that place of true love to guide. However, for those who just want to focus and practice on breath training, the HRV (heart rate variability) breath is a good place to start. This comes from “Just Breathe” by Dan Brule who writes that Dr. David O’Hare and research from others showed that by slowing down the breath to 4.5 to 6 seconds for the inhale and exhale each, we can get into a parasympathetic state that also induces heart and brain coherence, where the brainwaves and heart energy transmission waves, are in alignment (cohered). By practicing 5 seconds in and 5 seconds out, we get our breathing to a rate of 6 breaths per minute, due to the 10 second breath cycle. The HeartMath Institute found the same.

The HeartMath breathing practice is an advanced energy technique that builds on the even breath of the HRV breath. You can find more in their public research and published literature in “Science of the Heart Volume 2” by the HeartMath Institute.

The application for the HeartMath heart centered attitude breathing is to inhale and exhale as if inhaling and exhaling directly from your heart. (Even breath has an equal time of inhale and exhale, whether it is 4 seconds in and out each or 5 or 6 or 11 or 30

seconds each and it does not have pauses. Once pauses are introduced, it is a different application and technique, which you can still use with the attitude meditation). It is recommended to inhale and exhale for five or six seconds or heartbeats each. For healing and a positive experience, the technique is taught that a person is to consciously conjure an elevated emotion like love, grace, gratitude, compassion, hope, belief and/or forgiveness. Use a memory, a hope, a vision, an imagination, a scripture, a mantra, or whatever is truthful and/or hopeful to invoke this elevated emotion. Breathe into that emotion and let it permeate through your entire body healing and uplifting your body, mind, soul and spirit and even socially and environmentally, as our energy influences the atmosphere.

More on: Heart Focused breathing. (aka heart centric breathing and HeartMath Breathing) I believe this to be a destiny of humanity and of those that breathe. To follow your heart means to have your consciousness in your heart and to stay connected and rooted there in your heart, as I seek to be rooted in my heart, as I believe being rooted in my heart will bring me the greatest amount of love, grace, peace, joy, and all that is good; like connections to others to expand my home from just my own bodily temple to others. The heart centric breath as taught by “The Science of the Heart Volume 2” by The HeartMath Institute goes as described:

<https://www.heartmath.org/articles-of-the-heart/the-math-of-heartmath/heart-focused-breathing/>

“Q. When the HeartMath Institute recommends that I do *heart-focused breathing*, what exactly is that? You can’t actually breathe with your heart. Right?

A. That’s right. You still breathe with your lungs. Heart-focused breathing is certainly about breathing, as the name implies, but HeartMath places great emphasis on the heart, and years of research says you should, too. Heart-focused breathing is about directing your attention to the heart area and breathing a little more deeply than normal. As you breathe in, imagine you are doing so through your heart, and, as you breathe out, imagine it is through your heart. *(In the beginning, placing your hand over your heart as you breathe can help you in directing your focus to your heart.)* Typically, HeartMath recommends that you breathe in about 5 to 6 seconds and breathe out 5 to 6 seconds. Be sure your breathing is smooth, unforced and comfortable. Although this is not difficult to do, it may take a little time to become used to it, but eventually you will establish your own natural rhythm.”

**Box Breathing:** (aka square breathing) 1-1-1-1 ratio of inhale-retention-exhale-retention.

I love this practice. It is a staple to my breathwork practice. Notice I use the word retention and not hold. They are a different energy and each have their own cause and effects. When you begin, just use a retention as described in this section and then from

there, you have freedom to experiment with your breathwork as desired, instructed, or guided.

The practice application is to get into a comfortable meditation or breathwork position, and then begin with clearing out your lungs and then taking 3 to 4 or 5 even complete capacity breaths to warm up your lungs and set your intention, if you have not already set one, for the practice. Then, inhale to complete inhalation without forcing it, pause to stillness (as if you are still inhaling), exhale completely and actively using your diaphragm and core and breathing muscle to expel the air, then pause to stillness (you can use the thought as if you are still exhaling), all at an even ratio of inhale, pause, exhale, pause. This retention can be experienced in a few ways. Practice feeling the different states of retention. Some say to practice as if you are still expanding and to experience the expanse. Some say to just pause and wait, like floating. Experiment with both as they each have a different intention and energy. I recommend practicing the skill of each so that you can be well rounded in your breath-ability and obviously you are free to do as you like and to just practice your favorite form. The main concern is taught that you should not clench down in your throat forcibly causing back pressure which can cause a spike in heart rate and blood pressure and a sensation of erratic breathing. This is not the common, and if it happens, don't worry, focus on one breath at a time and return to the rhythm whenever you are ready. For beginners, the pause after the exhale may reveal challenges as it did for me even

just beginning with a 4 second box breath practice before exercise. That's okay, practice with persistence and be patient and reap the rewards of your efforts. Don't force and do your best. You got this. Hooyah. "Jah."

This is an ancient practice that's been around for thousands of years and in many cultures like ancient pranayama yoga and zen practices and is being made publicly popular by Mark Divine at SEALFIT® and Unbeatable Mind®. This practice alone is worthy of a great deal of study and practice. There are different internal practices to be used with this breathing practice to advance spiritually. However, the purpose of this literature today is to focus on the breath. There are many ways to use this breathing practice and the mechanics of this breath practice matters, so be sure to practice your breathing mechanics such as core engagement, diaphragm being the initiator of the inhale, and allowing the ribs and chest to expand. (Mark Divine uses terms like, flattening the belly and chest actively on the exhale. Try this.) This practice can be used as a warm up before exercise, a cool down or recovery pattern after training, as a meditation, or a breath practice of its own and possibly more. You can find a ratio that works for you to stick with like a 4-4-4-4 pattern. Or you can base it off your CO2 tolerance from a CO2 exhale test and using that test to program a breath practice.

To calculate those numbers, go to:

<https://shiftadapt.com/breath-test-calculator/>

Or you can even use Box Breathing between Wim Hof Method breathing or the Step Up protocol from the Art of Breath. You can also do a committed breath practice of building boxes which is the process of increasing the time of the ratio during a single practice at your own pace like doing 3 breaths with 3-3-3-3 boxes, 3 at 4 second boxes, 3 at 5, 3 at 6, 3 at 7, 3 at 8 (Steven Kotler practice) and keep going until you find a sweet spot to repeat and stay with that feels great or are unable to complete the three boxes. You can also build boxes by doing 5 at 5, 5 at 8, 5 at 10 and back down to 5 at 5. Again, this is the application of the skill of square breathing. When you understand the patterns and principles, you can create and experience your own methods in the seemingly infinite possibilities. There is so much more that you can do with this practice. I recommend starting with a practice at a box ratio that you can maintain steadily and strongly for 5-20 minutes as your foundation. Be happy with five minutes and develop your practice so you are happy with twenty minutes consistently. That is what is recommended by Mark Divine. He says even just doing 5 these breaths can help reset you in the present and that is something I have experienced many times. He recommends starting with 5 minutes and building to a daily practice of 20 minutes, once in the morning after waking, and once in the evening before bed, and using 1-5 minute “spot drills” in the day. Even if you only do 5-10 minutes in the morning with 5 second boxes, 5-10 minutes in the evening with 5 second boxes and never progress further



than that, this practice is still worthy. However, make up your own mind about what it is you want to accomplish (athletic performance, meditation, and whatever else your creativity, imagination, and spiritual guidance conceives). Along with a clear goal of what you want to accomplish, seek to know what your purpose of doing it is, what your intention of the practice is and of course, why you are doing it the way you are doing it. Truly, you don't have to go to full capacity of your breath for this practice, you can just use the time ratio. Feel free to practice each. Remember, don't force and do your best if you so choose.

Lou Corona, (another man I am blessed to have shaken hands with) a health teacher who teaches healthspan and has an absolutely incredible story (as does Mark Divine, Wim Hof, Jim Kwik, Patrick McKeown, Brian MacKenzie, Dan Brul , Tony Robbins and Jesus Christ), says that he uses 8 second boxes for 20 minutes twice a day going in through his nose and out through his mouth and calls it cellular exercise. Mark Divine recommends having a base practice of 4 and 5 second box breaths, however he recently reported on his podcast he typically expands to 8 second boxes when doing meditation breathwork. The timing and intention of the practice play major roles in dictating your time frame. This is another calm neutral energy if you choose a meditative tempo. Fun fact, if you are doing 4 second boxes, you are taking about 4 breaths per minute; 5 second boxes, you are taking 3 breaths per minute, 8 second boxes, 2 breaths per minute, and 15

second boxes, 1 breath per minute. A daily breath practice integrated with meditation of 5-20 minutes is highly rewarding.

### **Remeasure heart rate and breaths per minute**

Reasons as listed before. Notice the changes before and after breathwork. Measure your changes over time if you so choose. Compare with research or in person with healthy and unhealthy individuals and don't worry if you're not in the healthiest zone. Focus on how you feel, what are your goals, and trust the process.

### **Retest: CO2 Tolerance Test**

Practice and reasons as listed before. This is something you can test daily, however it's recommended to test once every 3 days or once per week, two weeks, or month. This is a practice where the test can become the practice. You can use an as long as possible exhale and use the benefits of one of those breaths. Trust your instincts and listen to your body. Don't force and don't be afraid. If you are hesitant or worried or have health concerns, you can skip this practice or just try it without going for as long as possible, maybe half as long, so that you can get an idea of the sensations and experiences of the practice and test. As with any test, there is a learning curve so allow yourself to practice and get better if you so choose. Enjoy your breathing and be free. Remember, you are responsible for you. I believe you.

## **Assign breathwork numbers for cadence and apnea for CO2 development.**

Go to

<https://shiftadapt.com/breath-test-calculator/> Then type in your CO2 exhale test and viola, it calculates that numbers the PowerSpeedEndurance team recommends to practice for two categories of practice based on their research of how to develop CO2 tolerance. For more information on practices of how to use these numbers, you can visit their website where they have great content, get certified in the Art of Breath, or work with a certified coach. I recommend practicing to master mechanics first.

## **The Step Up (aka The Gas Pedal)**

I love this skill. This is a technique and application that Brian MacKenzie, founder of PowerSpeedEndurance, CrossFit Endurance, author of “Power Speed Endurance,” “Unbreakable Runner,” and “Unplugged,” and also a man who has run 100-mile marathons and the man I got to shake hands with and say thank you to, along with Rob Wilson and Danny Yeager, when I got certified in the Art of Breath. Again, gentlemen, thank you. This technique is built from the Wim Hof Method with the intention of optimizing the technique based on research of nasal breathing. Mr. Brain Mackenzie trained and was certified under Wim Hof in the Wim Hof Method.

The Step Up: (also known as the Gas Pedal), like I have written already, was created by The Art of

Breath team and built from the Wim Hof Method. This can be used in the morning or before exercising or any time you want an energy boost. I recommend using before exercise unless you still prefer Box Breathing. It is stimulating and energizing and can be used to improve focus. There are few ways to tweak this practice to make it your own. Essentially, the practice is to inhale powerfully and completely and to let the exhale go, repeating as desired or towards the set goal, using nasal breathing only.

Formally it is taught to begin with 3-5 breaths of even breaths (controlling inhale and exhale) followed by 20 of the super ventilating (SV) breaths (fast powerful complete inhalation with a relaxed and released exhalation and no pauses during the super ventilation period. Essentially this is conscious hyper ventilation but different because of the usage of the entire lungs and the intention and conscious control of the situation). After the last exhale, hold your breath until you have the diaphragm reflex response occur naturally with a timeframe of :20 to :60+ (average about :30) followed by an inhale hold of :10-:15. This whole practice can be repeated as desired in rounds. The rounds and repetitions can vary based on intention as well. It is recommended to do 2-5 rounds, increasing the even breath time (so if you do 4 second even breaths the first time, doing 5 or 6 second even breaths the next round) as well as increasing the super ventilation breaths (so if you did 20 super-ventilation breaths the first round, you repeat 20 or you can add 5 each time. Brian MacKenzie

recommends doing whatever you want, really emphasizing the freedom and possibilities we have with breathwork. I agree with this. I also say, practice a structured practice at first if you so choose, get good at that skill, then explore. That way you have an anchored practice that you know works that you can return to and have the foundation and fundamentals developed.) Adding time and reps is optional. This technique is taught to be entirely nasal breathing. If you want to discuss further options for how to use this practice, please ask and I'm happy to share.

To give a clearer understanding of this history of this practice what are the principles, patterns and possibilities of the Step Up protocol, Wim Hof teaches in his Wim Hof Fundamentals online course, eventually you get to the point where you go based on feel and let your feel of the energy and sensations in your body, your instincts, and the intention dictate the duration of the how many reps you do in a row and the breath hold times, as well as how many rounds you do. Wim Hof teaches you can do this practice with your nose or mouth and is another practice all itself rooted in ancient Tibetan yoga practices. Essentially it is inhaling fully in and letting go of the exhale without pauses and after a certain amount of time, when your body is super charged up and energized, using a breath hold after the super-ventilation; sometimes after the inhale but mostly after the exhale. He really emphasizes not to force the hold and to just pause and experience and when your body decides to inhale again or exhale again, let it.

There are other techniques within his practices which have yoga and tibetan roots.) I do not recommend practicing these without coaching. Not a command or an order, just a recommendation. If you're a musician who wants to play Bach, get a teacher who has mastered Bach. Unless you're Beethoven, then do what Beethoven does. But even Beethoven is said to have gotten a few lessons from Mozart and was influenced by Bach. Moral of the story (or Storal of the mory as Gerald Garcia would say, Rest in Peace, I love you.), coaching from someone who has done what you're trying to do is a wise move.

Here is an example of the Step Up protocol that I recommend using to start.

5 breaths at :04 in and :04 out (you can use box breaths here.)

20 breaths of fast powerful nasal complete inhale, fast partial nasal exhale. No pause.

Complete the last breath and hold your breath after the exhale for :30. Inhale and hold for :10. Repeat this formula for 2-5 rounds.

You are free to customize.

Get coaching from a certified coach, or from Wim Hof and Art of Breath team themselves.

**Shining Skull (Kapalabhati)** Traditional practices and Alternative uses.

Another important practice to include is the ancient practice known as Shining Skull, written as Kapalabhati pranayama in Sanskrit. To practice the

detoxifying beauty of the Kapalabhati breath it is essentially to inhale and exhale all the way out, then inhale about halfway and begin with a power nasal exhale, followed by a passive nasal inhale, no pause. Yes, I practice these and many more that I love. Practice the detoxifying beauty of the Kapalabhati breath. The intensity, volume, and duration of this breath can vary. However, the principle remains of power nasal exhale followed by a passive nasal inhale, with no pause. Traditionally this is taught as being 1-3 seconds per breath with 1 breath per second being a healthy goal. Take responsibility for yourself if you choose to practice. Start with 1. Build to 10 in a row. And know that many practitioners and classes practice this for 3 straight minutes in poses multiple times in a session and sometimes 22 straight minutes in a specific pose. Power nasal out, passive nasal in, power nasal out, passive nasal in, repeat as desired. There are a few ways to dismount from this practice. Experiment with ending on an exhale retention, an inhale retention, suspended breathing, or transitioning to another conscious breathing pattern. (For education, I've tried to pass out and haven't. Just like standing up too fast (I have passed out that way), tunnel vision can happen. As told by a man who I was with when he passed out from a breath hold, you'll know if you get to that point. If sensations happen you don't want or you don't want to pass out, slow down your breathing and suspend the practice and when you are ready, begin the practice again if you so choose. I love this technique. Just like

exercise, you are responsible for you.) Like I said, start with one, and build to 11 and 15 and 21 and even to 30 or 40 in a row or 2 or 3 minutes without stopping. Don't let the fear of passing out keep you from doing 1 or even 10 great effort breaths in a row. That is extremely unlikely to happen and you would be missing out on such a wonderful, fundamental and healthy experience and breathwork skill. And the only reason I type extremely unlikely and don't say, won't happen at all, is because anything is possible, even if it never happens. Don't force the technique. Just use intention and build and improve your skill and experience. The feeling of doing it right and the buzzing like energy can feel like your head, your skull, is shining with light, hence the name, Shining Skull.) This is another, "high on your own supply" type practice.

Power nasal out

Passive nasal in

No pause, repeat as desired.

### **Freedom Breath**

This is my most favorite and the most best and the one I love most. Amazing grace, truly. True LOVE. Shalom (health, wholeness, protection, prosperity; peace. Good soil for the seed of True LOVE to grow). My interpretation of the freedom breath. (This is just a name. The application is the technique. So if others have named a practice the freedom breath, that does not mean it is the same practice, just like not all sandwiches are the same. Most don't even have sand at



all. For those who say the Holy Spirit is the only true freedom breath, I agree. The whole Bible explains the personality and character of the Holy Spirit, so, read the Bible).

We can use breathing as a way to induce and amplify a state of being and transform our physiology. This is part of what I believe it means to be spirit led. Example: thinking “I want to be happy.” or “...peaceful” or “courageous.” or whatever it is that the Holy Spirit is leading you to be. And then consciously tapping into your heart space and allowing your breath to be led by your heart and conscious intention without restriction but with surrendered faith (“Create in me a clean heart, O God, And renew a steadfast spirit within me.” Psalm 51:10.) Ask for, seek, and find the freedom breath. Ask for, seek and find the wisdom breath. Ask. Believe. Receive.

Shalom. Hallelujah.

With love, and for True LOVE, Taylor.

**Practice template** from Mark Divine (my input added. Remember, it’s about health):

- +Morning, after waking: 5-20 minutes of Box Breathing (or practice of your choice like HRV)
- +Before exercise: 5 minutes of Box Breathing (or practice of your choice like the Step Up)
- +Evening, before bedtime: 5-20 minutes of Box Breathing (or practice of your choice like CCB)

(You can focus on your heart during these breaths and during the stillness portion, recite a prayer or positive, good and true affirmation.)

**Alternative practice template:**

- +Morning, after waking: effortless breath and get present in your heart, reflecting on your dreams from the night before and asking for guidance of what they mean and possibly journaling them and the insights, then 1-11 meditative even breaths or box breaths to warm up your lungs; then perform 3 Rounds of 30x Shining Skull breaths. After the 3rd round, spend a few minutes in prayer and practice a gratitude, connection, and imagery practice by finding something you are thankful for about your life, about yourself, and about others. Then spend a few minutes in this elevated state focusing on connection, with God, others, your own heart, and send and receive healing loving energy. Then spend a few minutes visualizing your day, and also a future goal you want to accomplish. The more details to the imagery the better. See yourself and others in a state of love and health. (Similar to the practice Tony Robbins uses).
- +Mid-Day: 5 minutes of HRV breathing or HeartMath attitude breathing
- +Evening: 5-20 minutes of Box Breathing (using Zen Concentration breath to practice stillness for prayer) or you can do 5-20 minutes of the Relaxation Breath or Effortless Breath coupled with reflecting on your day and processing all the emotions and decisions you have made.
- +Use Freedom Breath throughout the day.

Be free to formulate a practice of your own or use a template that others have used.

**+ I recommend at a minimum to take 10 Conscious Breaths in a row each day and find at least one good and true thing to be thankful for in your heart and then take one more breath and send true love and truly connect lovingly to someone you love, truly.**

Resources:

The Bible

“Unbeatable Mind” by Mark Divine

“KOKORO Yoga” by Mark Divine, who says kokoro is the merging of heart and mind into action.

“Just Breathe.” Dan Brulê (foreword by Tony Robbins)

“Becoming the Iceman.” by Wim Hof and Koen de Jung:

“Wim Hof Method Fundamentals” Online Course by the Inner Fire team

“The Art of Breath” certification in person at CrossFit Los Angeles by PowerSpeedEndurance

Content from: [www.powerspeedendurance.com](http://www.powerspeedendurance.com) / now <https://shiftadapt.com/> by Brian McKenzie

“The Oxygen Advantage” by Patrick McKeown (student directly under Dr. Konstantine Buteyko)

“Science of the Heart volume 2” by the HeartMath Institute

“The Root of Chinese Qi Gong” by Dr. Yang, Jwing-Ming (beware religious spirit & empty ritual)

“Mind Your Breathing.” by Sundar Balasubramanian, PhD (beware religious spirit & empty ritual)

“Becoming A Supple Leopard” by Dr. Kelly Starrett

“The Detox Miracle Sourcebook” by Dr. Robert Morse.  
 “Original Strength Resets” by Tim Anderson  
 “The Art of Mental Training” by D.C. Gonzalez  
 “Beyond Training” by Ben Greenfield  
 “The Tao of Natural Breathing” by Dennis Lewis (be  
 aware of religious spirit &/or empty ritual)  
 “Breathe Strong, Perform Better” by Alison McConnell  
 “Introduction to Massage Therapy” Second Edition by  
 Mary Beth Braun & Stephanie Simonson  
 “NSCA’s Essentials of Strength Training and  
 Conditioning” 8th Edition  
 “NSCA’s Essentials of Personal Training 2nd Edition.”  
 “Breatheology: The Art of Conscious Breathing” Stig  
 Avall Severinsen  
 “Man’s Search for Meaning” Victor Frankel  
 Buteyko Breathing public research  
 Lou Corona (at David Wolfe’s Longevity Now  
 Conference: Blessed to shake DW’s hand too.)  
 Pranayama instruction (7 year personal practice before I  
 was set free from ritual into freedom).  
 MDH Coordinated Breathing (I had 6 total lessons for  
 breath and vocals development. Worth it.)  
 Many, many others. People who have kept sacred and  
 holy knowledge and arts alive.  
 My own heart, mind, and life.  
 Holy guidance.

To everyone who has made this possible,  
 Thank you.

My core values, all listed below: (Courage comes from Latin word *cor* meaning heart.)  
 Love, Grace, Wisdom, Honor, Shalom, Truth, Rightness, Freedom, Justice, Mercy, and Courage.  
 Love, Unity, and a desire to live out your design. (Ask the trees, stars, and angels of true light.)  
 From Mark Divine's book: "Staring Down the Wolf: 7 Leadership Commitments that Forge Elite Teams"  
 GREAT CoRe: Courage, Trust, Respect, Growth, Excellence, Resiliency, Alignment.  
 "Fruit grows; gifts develop." Preacher I love talking about fruits and gifts of the Holy Spirit.  
 Dedicated to the One, my family, and the one that all love songs are now about. I love you.

My obsession with breathing came after a health tragedy in 2010 when I had a jaw surgery to correct a minor underbite to prevent TMJ that gave me TMJ. I had a milkshake 2 days after the surgery when I was told to wait 3 days before having dairy due to reports that high doses of anesthesia flushes enzymes out of the body, like lactase, which breaks down the chemical lactose, which is in the breast milk of all mammal species, including the cow's milk that I drank. This was a decision I made in my own free will and take responsibility for and have to live with the consequences of my choice and how it has affected others. I pray for shalom and True LOVE for my family in the love, teachings, spirit and life; the name, of the Jesus Christ of Nazareth, the

anointed and the risen one, so I believe. The milkshake led to vomiting, diarrhea, and 104.9 fever. I breathed in stomach acid which led to white out pneumonia and auto-immune response. I was asked permission to be put in a medically induced coma for a day or two with the possibility of a tracheotomy. To sum up, in severe pain and trusting the medical staff, I said yes, and woke up 13 days later from this medically induced coma. During that time I had a collapsed lung, stomach peg feeding me (lasting for 6 weeks), was on paralytics losing over 40 pounds to muscle atrophy, a tracheotomy that created a hole in my throat that took weeks to close after removing the medical devices and this body also had infection in my pleural cavity at the time (and 3 months later after leaving the ICU the first time, I had a flare up infection in my left side, more surgery and ICU time, and a year later an infection in my right side. Each time I had multiple liters of fluids taken from the lining outside of my lungs.) There were also other medical issues at the time. Being that this was a medically induced coma and not a head trauma coma, I have memories. My mom told me later that she would whisper in my ear that she knew God was talking to me during that time, so remember what He says. She would also put my headphones in my ears and play the top 25 most played from my ipod (#1 "I'm Yours" by Jason Mraz). She would also rub essential oils on my feet and do reflexology massage every day for about an hour and continued to do so after I woke up and was in the ICU. She said she would get the diagnosis from the doctors

and look up oils to help those organs and also fight the diagnosed disease, and use reflexology points to help those areas as well. During this time my dad's parents put me on the prayer list for the Church of Christ. I ended up being prayed for in every state in the United States (with a prayer map to prove it) and multiple countries worldwide, including China and Canada. I am thankful to be alive. Thank you to everyone who sent love and support to the family. I am family. Thank you to the medical staff. Truly, thank you.

Fundamentals Academy was founded by I, Taylor Michael Holt. I have a Bachelor's of Science degree in Communication Studies with a minor in Psychology from SHSU. I graduated from Healing Handz Massage Academy with a 500 hour degree in Bryan, Texas. I am currently a California Certified Massage Therapist #75446, a certified Medical Massage Practitioner, a National Strength and Conditioning Association Certified Personal Trainer, and certified, in person at CrossFit Los Angeles in 2019, by PowerSpeedEndurance in the Art of Breath.

Learn "The Necessary Nine of Human Health."® focusing on 1. Mindset (heartset, soulset, intelligence, beliefs & all consciousness), 2. Breathing, 3. Hydration, 4. Nutrition, 5. Movement (Dancing and all movement), 6. Postures (body language and all stillness), 7. Recovery (sleep and all recoveries), 8. Environment, and 9. Relationships. All using S.A.S.S.

All put together so we can live our most best and our most favorite life and destiny individually and

collectively. True love exists. Hallelujah. Thank you Jesus.

Thoughts, words, actions, and habits create character. Character and divine intervention dictates destiny. So, watch your thoughts. There is an internal fight of every person of faith (courage) versus fear. Starve the fear; feed faith with love, trust, hope, belief, strength and courage. Love covers a multitude of sins and love binds everything together in perfect harmony. I believe God wants us to choose health and be healthy. I believe God is one and God is love. I have experienced wholeness. Hallelujah. Thank you Jesus. Why listen to me? I went 125 hours with no food, no water, just breath. About right after hour 120 being extremely thirsty, I looked at a jug full of water and the words just came out of me, "that's God." Water is life. Breath is life.

Excerpt from draft of

"The Necessary Nine of Human Health."®

(coming soon, Good Lord willing)

## **Breathing**

Breathing. The act of respiration. There is inhalation and exhalation. There is also natural pauses that occur. The volume, intensity, duration, rate, rhythm and quality of coordination and environment internally and externally can, and does, vary. There are certain patterns though we can get into and repeat to induce certain mental and emotional states as well as influence our physiology. We can discover and invent these patterns. The principles of inhalation, exhalation, and



retention are the foundation. Other principles include the mechanics of breathing, that we have muscles and organs that are designed to breath. Also, the principle of pressure changes internally and externally. Another one is the principle of energy exchange at a molecular level and also energy transmission, impartation, and transformation at a cellular level (as proven by Dr. Masuru Emoto and talked about by Jahoshua Christ). Breathing, it's a continuum. Whether flow or choppy, breathing is a constant by principle. What are the possibilities of breathwork? I would say endless possibility. We have the ability to become spirit led, living a life of wholeness with true love and freedom. Also, we have the possibility to climb to mountain peaks without oxygen tanks and we have the ability to be resurrected from the dead and have the breath of life enter our bodily temples, as there are so many stories of people claimed dead that came back to life and we all probably know even CPR can do this. So what else is possible?

We live in an ocean of air. Praise God, there is plenty of air for everyone. Breathe in as much as you need. I encourage you to drink from this ocean of air and to experience the satisfaction of healthy breathing.

The inhalation breathing process is elegantly described in "Introduction to Massage Therapy" Second Edition by Mary Beth Braun and Stephanie Simonson. There, they write that "In the first phase of natural breathing, the diaphragm contracts and pulls downward until it rests on the abdominal organs. The abdomen expands as the diaphragm pulls air down into the lungs.

Once the organs stop the diaphragm, the second phase of inhalation begins. The diaphragm continues to contract and pull air into the lungs, resulting in an upward expansion of the rib cage.” To expand on that, there are muscles on the outsides of the ribs that contract, creating the lifting effect of the ribcage. Breathing is a miracle.

We are all capable of experiencing bliss. Breathe in the Holy Spirit, breathe out the Holy Spirit. A bliss so powerful and wonderful that we are thankful to be alive, which can often be combined with tears of happiness. This bliss, in my experience, can only be experienced when you are experiencing life with your heart fully there; either fully expressive, fully receptive, or in deep flow and connection to the oneness of the universe. This can come as the oneness of self, union of husband and wife, union of family, union of teammates, union of community, union of earth, or union with the Creator. Basically this is saying that there are different aspects and varieties of wholeness, unity, and bliss. This bliss that I have experienced seeking the Most High, is found through the love of Jahoshua Christ. Have you ever meditated on what his love and sacrifice means? I have, and I bowed. Not by force, but true humility and reverence dropped me to my knees and I declared Jesus is Lord, as I worshipped a love so great that I believe that could only come from God, the Father, the Most High. There are mysteries here too.

### **Health:**

Health has been defined in Chiropractic terms as “a state of optimal physical, mental, and social well-being and not merely the absence of disease and infirmity.” I would add spiritual, emotional, and environmental as well (some would add moral but I think that falls under spiritual). Spiritual, emotional, mental, physical, social, and environmental well being. In Craniosacral terms health has been defined simply as “freedom of limitations.” I think both of these create great river banks of where this idea of health truly flows. To me, this means that health is experienced and expressed as a state of love and freedom, gracefully

How does this apply to breathing? We breathe our entire lives. When we are able to have optimal breathing without limitations, we increase our capacity to heal, we give our spine better positioning, we give our heart, intestines, brain, and body the oxygen and spirit filled nutritious energy, improving our life and our capacity to be, serve, connect, and team.

### **Miracle + Healing + History:**

In ‘The Tao of Natural Breathing’ by Dennis Lewis, he states, “The process of breathing, of the fundamental movement of inspiration and expiration, is one of the greatest miracles of existence. It not only unleashes the energies of life, but it also provides a healing pathway into the deepest recesses of our being.” I agree. He also states that his work with a Chi Nei Tsang, Taoist healing, practitioner that, “it became

increasingly clear that the healing process depended in large part on my own internal awareness, I began to understand why the expressions “to heal” and “to make whole” have the same roots.” p.13-14 ‘The Tao of Natural Breathing.’

When it comes to the history of breathing, there is Hebrew word *ruach* (or ruwach) which is ‘breath, wind, spirit’, and more. There is the Latin word *spiritus* meaning ‘breath’ and figuratively meaning spirit. Then we have the Greek word *pneuma* literally meaning ‘that which is breathed or blown’. It is thought to also mean the ‘spirit’ and ‘creative force’ of a person. Also, there is the wonderful word *aloha* which literally means ‘(alo) divine presence’ and ‘(ha) breath’. Together *aloha* means love, peace, compassion, and more. Most of us are familiar with the Indian *prana*, which can mean ‘energy, life, and breath’. There are different schools of thought of what this means, but the fundamental aspect of this is found in breath practice as life force giving energy. This is closely related to the Chinese word *Qi* (pronounced *Chi*), which comes from Chinese (Mandarin dialect) literally meaning ‘air, breath’. ‘*Ki*’ is the Japanese word for ‘air, atmosphere, flavor, heart, mind, spirit, feelings, humor, an intention, mind, and will.’ Literally ‘*ki*’ means ‘energy, life force.’ And ‘*Lung*’ means ‘wind, or breath’ in the Tibetan language.

More on the beauty of “Aloha.” Aloha is the Hawaiian word for love, affection, peace, compassion and mercy; that is commonly used as a simple greeting or goodbye but has a deeper cultural and spiritual

significance to the native Hawaiians (they got there by boat a long time ago) such as “breath of life.” When used as a greeting, traditionally, people would put forehead to forehead and say “aloha” to each other. On another note, “Haole”: means he who is without breath and is used as an insult by the Hawaiian locals to people who they don't respect. (It's revealing. It's like calling someone a mouth breather. Usually it's people who aren't respecting the nature and peaceful way of life that is desired on the islands that receive the insult, or the mindless who go around consuming and being obnoxious, unaware and uncaring of others...unless it's just an angry and/or unhappy person who is just name calling. If that's the case, I say forgive and move on.

John 3:5 says ...“Jesus answered, Verily, verily, I say unto thee, Unless a man is born of water and of the Spirit, he cannot enter into the kingdom of God.”... That word spirit here is *pneuma*. This correlates to John 4:24 when Jahoshua (Jesus) is written to say ...“God is a spirit: and they that worship him must worship him in spirit and in truth.”... The direct phrase is “*theos pneuma*” meaning literally ‘God spirit,’ ‘God is spirit,’ or ‘God is a spirit.’ Again, *pneuma* means breath and more. And the word for ‘him’ is ‘*autos*’ which means ‘himself, herself, themselves, itself, he, she, it, and same.’ Commonly the word *auto* means ‘self and oneself.’ Being that the great commandment starts with “Hear O Israel, God is one,...” this is a powerful understanding. To love oneself is part of the design of God, as you matter very much. God desires for all of God's creation

to be loved, which is why the son came not to condemn the world but to save the world through him (John 3:17). I believe when we reach this place of self love we learn that service to others is a natural inclination, as a mom and a dad naturally serve their children and each other. And '*autos*' comes from the word '*aer*' meaning 'air' which comes from the word '*aemi*' to 'breathe unconsciously, i.e. respire; by analogy, to blow'. These definitions came by way of [www.blueletterbible.org](http://www.blueletterbible.org) and the definitions are by Strong's lexicon, which is used on the website. "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." Nikola Tesla. It has been worth my time, as many lonely days and nights as I've had to seek truth and to understand how this scientific observation applies to our health and spirit.

### **Spiritual Beliefs**

I would be doing you a disservice if I did not share my true heart, soul, and mind, on my source of love, happiness, peace, guidance and health as I seek health, wisdom, happiness and fulfillment by way of truth. Without the air we breathe, the water we drink, the life we eat (whether gift or sacrifice), the blood in our veins, the bones in our body, nearest star in the sky, moon (which is always full. And moonlight is mostly a reflection of sunlight), and innate natural hormonal balance, adaptation, natural divinely guided evolution of life, and so much more, none of us would be here. And without the courage provided to me by the story,

message, and life of Jesus Christ (known in Greek as Jesus Christos, and known in Hebrew as Jahoshua HaMashiach or Yeshua Mashiach; mashiach means anointed (christened) and messiah), and those who love Jesus Christ, and those who really love pure and holy love, I don't know if I would seek love, grace, wisdom, honor, peace, and righteousness as I do. This all came from being a truth seeker who truly believes the living GOD of all of creation is true: love, light, and spirit. I have studied deeply Christianity and Judaism, a good amount of Buddhism, Hinduism, Taoism and some, Native American and African tribes, Jainism, atheism, Stoicism, agnosticism, and more. Seeking truth that was transformative and saving so that love, grace, peace, hope, and freedom were the default, the rock of my life and bodily temple, I was led to and saved by the Holy Spirit of Jesus Christ; and I have found True LOVE is the only thing worth living for.

My interpretation of the freedom breath. (This is just a name. The application of the practice is the technique. So if others have named a practice the freedom breath, that does not mean it is the same practice, just like not all sandwiches are the same. Most don't even have sand at all. For those who say the Holy Spirit is the only true freedom breath, I agree).

We can use breathing as a way to induce a state of being and transform our physiology. This is part of what I believe it means to be spirit led. Example: thinking "I want to be happy." or "...peaceful." And then consciously tapping into your heart space and allowing

your breath to be led by your heart and conscious intention without restriction but with surrendered faith. Ask for, seek, and find your freedom breath. Ask for, seek and find the wisdom breath.

Essentially it is the heart and mind intention and surrendering to being spirit led. A more in depth approach to this is that the Freedom Breath is using the heart, soul, mind, and body as oneness and becoming intentional for what state of being you want to be in and breathing into that energy so that you can be spirit led. I believe there is blessing to always seek true love and freedom of heart, soul, mind and body and divine communion with the one true God. Because I love others I put GOD and my faith in GOD first, because I believe only GOD can save a person and that it is a personal choice each person must make to give, receive, and give truth and true love. I, and others, believe true religion is relationship with the one true God of all of creation. Really, it's about being in, kept in, and being love and living completely free. I believe the only one way to do that is found in and through the life, spirit, and teachings of Jesus Christ of Nazareth (aka Jesus Christos aka Jahoshua HaMashiach). Of course there is mystery and education needed to understand. Don't let those who have shamed or guilted or done terrible things dictate religion. Religion means devote and we are all devote to something. Most of us are devote to putting on clothes and shoes when we leave our houses, apartments and the like and also using toilets. Do not let the illusion of society stop you from seeing the



truth of all things. I understand that lightning could strike me, an asteroid could come from the sky, volcanoes can erupt, earthquakes can open up the earth, violence can happen, mosquito bites that create blood transfusion can happen, disease (unhealth) can happen, food poisoning, water poisoning and more could come at any moment and at any moment God could stop my heart, my breath, my brain, my life; which is why I seek to be Holy Spirit led, as Holy Spirit wants us to be healthy. I believe 2 Timothy 1:7 "For God has not given us a spirit of fear, but of power and of love and of a sound mind." To be single minded, and not double minded, written long before the common knowledge of two lobes of the human brain. This is why I seek true communion and faith with the one true God. I believe that at the moment of passing from this realm to the next that God provides everything needed in God's timing and washes over us so that we feel no pain. Those who believe and are connected to the source of true love testify. I have had the end of my finger cut off at five years old and the shock set in so quickly that I felt no pain. I have been in a 13 day medically induced coma where multiple professionals were telling my mom that I was not going to make it because of white out pneumonia, infection in my pleural cavity, a collapsed lung, tracheotomy, stomach peg feeding me, losing over 40 pounds, atrophying through my whole body on paralytics, all because of a jaw surgery and having a milkshake two days later when I was told to wait three days before having dairy; so I take full responsibility as the twenty

year old man that I was who let tradition and perceived peer pressure dictate my life to great repercussions that have sent me on a spiritual quest for True LOVE and shalom. I heard and read "But from there you will seek the LORD your God, and you will find Him if you search for Him with all your heart and all your soul."

Deuteronomy 4:29 (claimed to be written by Moses, aka Mosheh, written to have been a Hebrew born Egyptian prince for 40 years and was educated in all that the Egyptians knew. As written in Acts 7:22 "Moses was educated in all the wisdom of the Egyptians and was powerful in speech and action.") and I choose to believe. That "you will find Him" is translated from the Hebrew word "מָצָא" (read from right to left) and is translated as "matsa" meaning "to find, attain to" and is not defined as referring to a gender specific entity but was translated as so. Jesus is written to have been a man, and He called on God the Father, but again, this is a great mystery and something that people should continue to discuss and seek the truth and revelation by the Holy Spirit in your own heart and mind. Just as Genesis 1:27 (claimed to be written by Moses) when it is written in translation "So God created man in His own image; in the image of God He created him; male and female He created them." according to [www.blueletterbible.org](http://www.blueletterbible.org); a place where you can get the original languages of Hebrew and Greek, each individual meaning of the word, and every location in the entire Bible of every time that word is used. However, not all sources remain the same, some do remain, but [www.blueletterbible.org](http://www.blueletterbible.org) has

omitted the word “asher,” from the saying “hayah ‘asher hayah” from Exodus 3:14 (claimed to be written by Moses) as of today 3-16 and 17-2020 compared to my handwritten notes from last year at January when I started the journey of reading the entire Bible according to the chronological order of interpretations. There are other sources written in and by Hebrew and Jewish scholars that has the phrase still as “hayah ‘asher hayah” meaning “I AM THAT I AM.” or “I AM WHO I AM.” “Hayah” translates as “I am” and “‘asher” in Hebrew was translated as a pronoun of every gender and number. (who, which, what, how, because...).

So, if God is love, there is nothing we can learn that can take that away, so we can always live in and from that space, Good Lord willing and saved by grace. Look to those who are truly spiritually healthy and happy and living a life that you want to learn from. Seek holy guidance from within and be aware that the Holy Spirit can, has, will and does move through others as well. The spirit of prophecy is the testimony of the spirit of Jesus Christ. As written in Revelation 19:10 “And I fell at his feet to worship him. But he said to me, “See that you do not do that! I am your fellow servant, and of your brethren who have the testimony of Jesus. Worship God! For the testimony of Jesus is the spirit of prophecy.” There is obviously more to be studied here for the spiritual truth seeker. Otherwise, taking life advice from the bitter, the disheartened, the angry, the fearful of human, (all of those I have been but our mistakes are not our identity and we are washed clean

by the grace of God) and those who hate love, is like listening to a fifth grader at a science fair try and tell you about what a space rocket and flight in space is like, they may just know enough to convince you that they know what they are talking about but still; I say go those who have the actual knowledgeable experience. Why listen to someone who has never climbed Mount Everest about how to climb Mount Everest? God is love. I believe True LOVE is the only thing worth living for; everything else is just an illusion.

“Blessed are the pure at heart for they shall see God.” Matthew 5:8 written to be said by Jesus Christ. “Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.” 1 John 4:7-8 “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” 1 John 4:18. “For God did not send his Son into the world to condemn the world, but to save the world through him.” John 3:17. These three are attributed to John the disciple. “All those the Father gives me will come to me, and whoever comes to me I will never drive away.” John 6:37. Written to have been said by Jesus. If you want or need salvation from darkness, call on His Holy Spirit. He is faithful. Ask, believe and receive. Saved by amazing grace. I believe. We all get the free will choice to believe what we believe. This is part of the Gospel (good news) of Jesus Christ.

### **Metta Applications of Breath:**

We can use our breathing process in five macro ways, as I currently understand. I have tested this and looked for another option, but these five seem to enmesh five dimensions of experience in my understanding. Spiritual/mystical experiences which can be alignment with divine nature, and breath induced psychedelic experiences. Performance, such as athletic performance, physical feats, human performance for survival and thrival, including singing and smelling. Focus in which we regulate neural activity to get in a clear headspace to perform the task of the now. Relaxation to down regulate neural activity, anywhere from calmness to sleep inducing. Energize to become radically electrified and enlivened. And yes, there can be a combination of these experiences that are patterns and also rare personal experiences. Again, in no particular order or rank, we can use breathing to 1. **Increase energy** and vitality, 2. **Increase relaxation** and rejuvenation, 3. **Increase peaceful present focus** (calm, neutral focus, not too high, not too low, just a steady stream state of relaxed focused energy), 4. For **human performance** (athletics, moving, singing, smelling, and all things performance), and I believe most transformational, 5. **Spiritual (supernatural, mystical, and psychedelic like experiences)**. Just like God often speaks to us in our dreams, we can use our spirit (breath and heart) and core consciousness to reach a

state of connection to have a dream like or vision induced state in our consciously awoken state and much much, so much more.

And just like there is intermittent fasting to help with the digestion of foods we can use this principle for breathing for each breath. Stig Avall Severinsen who holds the world record with a 22 minute and 22 second breath hold. Yes, 22 minutes and 22 seconds underwater. (It has now been broken by Alex Segura Vendrell with a record of 24 minutes and 3.45 seconds: according to google search of Guinness World Records.) He did take in pure oxygen from a tank first, as did David Blaine when he held his breath for 17 minutes. However Stig, also has a 9 minute record with no added oxygen, wow. He writes in his book “Breatheology: The Art of Conscious Breathing” about many of the principles and mechanics that has been discussed in this writing. He says the art of relaxation is easy to master and it is the relaxation that allows him to hold his breath for such long periods of time. He is also a big believer that healthy and trained breathing leads to having more energy. Speaking on his ability to hold his breath, he quotes John Holt in his book, saying, “We learn to do something by doing it. There is no other way.”

End of excerpt from drafting of “The Necessary Nine of Human Health.” ®

I'm passionate about this work and sharing what I have found and experienced because it's about more than me; it's about all of us, individually and collectively, as the collective is created of us individuals. Individual then collective. Truly, I don't mind if I am never remembered for my work, I'm one of those people who just wants to make Jesus famous. No amount of science or facts can save a person's spirit and soul; only True LOVE can do that. Only God can provide the true love, peace, health, freedom, connection, and unity that our spirits and souls desire. Love, unity, and a desire to live out our design. True LOVE is pure, holy and real. Having experienced wholeness being baptized in the Holy Spirit of Jesus Christ by lovers of Jesus Christ and worshippers of Lord GOD, I have come to believe that True LOVE is the only thing worth living for; everything else is just an illusion. GOD of Wonders, Mysteries and Miracles.

Thank you. GOD bless you and GOD bless us.

Sincerely,

Taylor Michael Holt

"Choose health."

Mark 12: 29-31

Love and grace

If this blesses you, please send a donation, a blessing, a thank you note or spark a conversation; or all of them.

Thank you for your kindness. My email is

[tholt979@gmail.com](mailto:tholt979@gmail.com)

Mail a check, gifting, and/or pen pal letter with stamps

to: P.O. Box 3295 La Mesa, CA 91944

My **venmo** is **@Taylor-Michael-Holt** : it's a picture of me with a beard, beanie, and a smile.

My **paypal** is **paypal.me/taylormichaelholt** I'm wearing a green hat, jean shirt and a smile.

No one can know the Father unless they know Jesus. The Father is perfect infinite love. Jesus is one with the Father. Jesus brought perfect grace (forgiveness, blessing, salvation and mercy) to all those who receive him as Lord and Savior. No one can know perfect love until they walk through perfect forgiveness. If you have any unforgiveness in your heart, give it to God and let Him heal all wounds as He binds up the broken hearted and resurrects our spirits to our real life in Christ. God is one, God is true love, true light and Holy Spirit, truly the way of life. (Mark 12:29, 1 John 4:8, 1 John 1:5, John 4:24, John 14:6). Forgive as we have been forgiven.

The Gospel of Jesus Christ (Jahshua Mashiach, Jesus Christos; the messiah) is repentance of sins, forgiveness of sins, salvation and the kingdom of heaven. Hallelujah! Thank you Jesus.



Mark 12:29-31 “‘The most important one,’ answered Jesus, ‘is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” NIV

1 John 4:7-8 “Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.”

1 Peter 4:8 “Above all, love each other deeply, because love covers over a multitude of sins.”

Colossians 3:14 “And above all put on love, which binds everything together in perfect harmony.”

1 Corinthians 13:4-8a “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

1 John 4:18 “There is no fear in love, perfect love casts out all fear, for fear has to do with punishment. The one

who fears is not made perfect in love.” This is the Holy fearlessness.

John 15:12-13 “This is my commandment: love one another as I love you. Greater love has no one than this: to lay down one's life for one's friends.”

He has risen. I love Jesus Christ.

Love like Jesus Christ loves.



Dedicated to the One.

Life is experiential.

SO, what do you want to experience?

True LOVE is the only thing worth living for;  
everything else is just an illusion.

Let there be light, let there be love.

May you always see the beauty.

Sauld. Aloha. Shalom.

Thank you Jesus.

Hallelujah

Sat Nam

Ein Sof

A dios

+