



Breath and Heart work

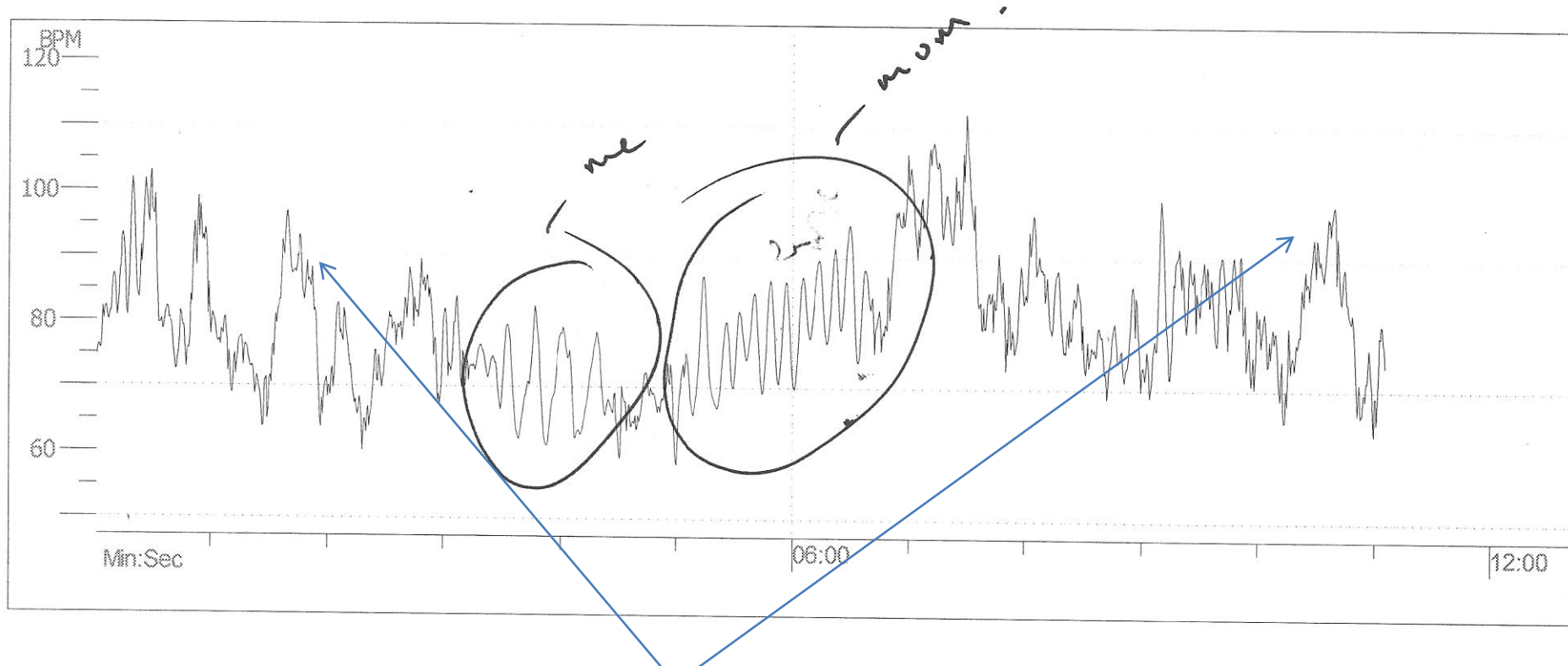


Heart Coherence

A child with ADHD

04 Sep 2012 - 17:09pm

Challenge Level:1



Irregular spikes – non coherence

Breathe – the No.1 health practice

- Most people (90%) breathe shallowly (in chest) suffering from mild hyperventilation and hypocapnia.
15 to 25 breaths per minute - 10 to 18 Litres of air per minute
- Less than 10% of people have normal breathing parameters and oxygen stores in the body
8 to 12 breaths per minute - 6 Litres of air per minute (MV)
- Healthy breathing = minimal flow + less breaths per minute .

Tidal volume (TV) X Respiratory frequency (RF) = Minute ventilation (MV)

Are we getting enough Oxygen?

- “All Chronic pain, suffering and diseases are caused from a lack of oxygen at the cellular level”



Oxygen = Energy

Prof Arthur C Guyton

- The textbook of medical physiology
- World's most widely used medical textbook of any kind*
- World's best-selling physiology book*

- “The whole mechanism of the body works by the power of breath, and every disorder in the working of the mechanism is caused by some irregularity in the breath.
- The physician will say that it is physical illness of the body that has caused the change in the pulsation and in the beats of the heart, but the mystic knows it is caused by the breath”. Hazrat Inayat Khan



Hierarchy of health

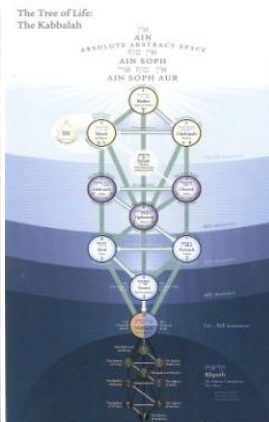
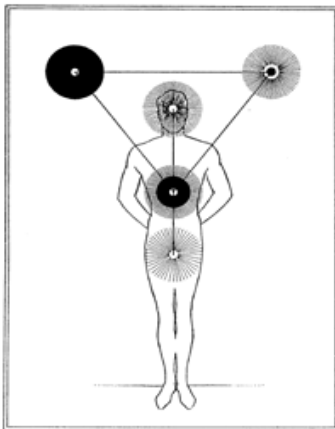
Ordering the drives

Ace: Breath (respiration)

King: Heart (circulation)

Queen: Sex (reproduction)

Jack: Mind (cognition)



Turning unresourceful emotional states (ALIEN FIRES) into resourceful states

UNRESOURCEFUL STATES

High Energy

Angry
Fearful
Anxious
Defensive
Resentful
Disgusted
Jealous

Low Energy

Depressed
Exhausted
Defeated
Apathetic
Sad



RESOURCEFUL STATES

High Energy

Invigorated
Confident
Challenged
Joyful
Connected
Surprised
Proud

Low Energy

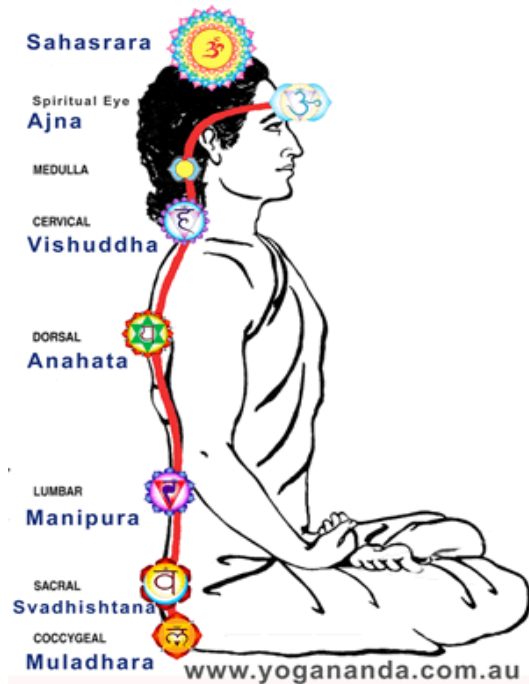
Relaxed
Mellow
Peaceful
Tranquil
Serene

How do you Breathe?

People with panic attacks, seizures, sleeping problems, anxiety breathing disorders, chronic fatigue, depression, bipolar disorder, senile dementia, Parkinson, Alzheimer disease, and many other chronic and degenerative health conditions have ineffective, or heavy or irregular breathing patterns often accompanied by habitual thoracic (chest) and mouth breathing.

<http://www.normalbreathing.com/diseases-Brain.php> (multiple studies)

Acid/Alkaline balance



‘Breathing levels’ are more significant factors in blood pH control than food.

- High CO₂ or over breathing causes blood acidification. This makes blood more viscous and increases the fight/flight response (immediate reactions when stressed) as well as causing blood vessels to contract/constrict.
- When we breathe normally or LESS, CO₂ (0.1%) & O₂ (98-99%) become balanced, causing blood pH balance (7.3-7.5).
<http://www.normalbreathing.com/CO2-blood-pH-respiratory-alkalosis.php>

Buddha's technique

Anapanasati – mindfulness with breathing

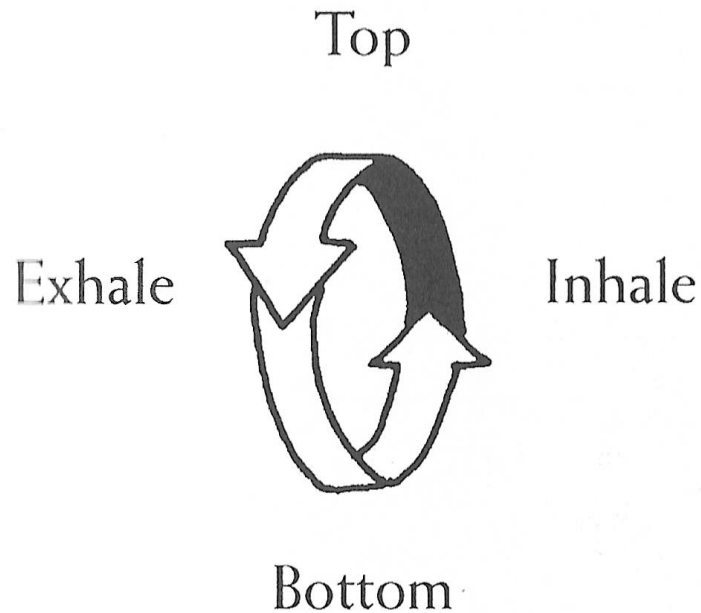
1. Follow the breath – contemplate what's happening
2. Concentrate on the breath at a certain point (e.g. tip of the nose)
3. Create an imaginary mental image associated with this location
4. Manipulate/play with the image and sense your power/control by changing the images
5. Select a soothing uncomplicated image and contemplate it in the most concentrated way

Australian Bureau of Statistics

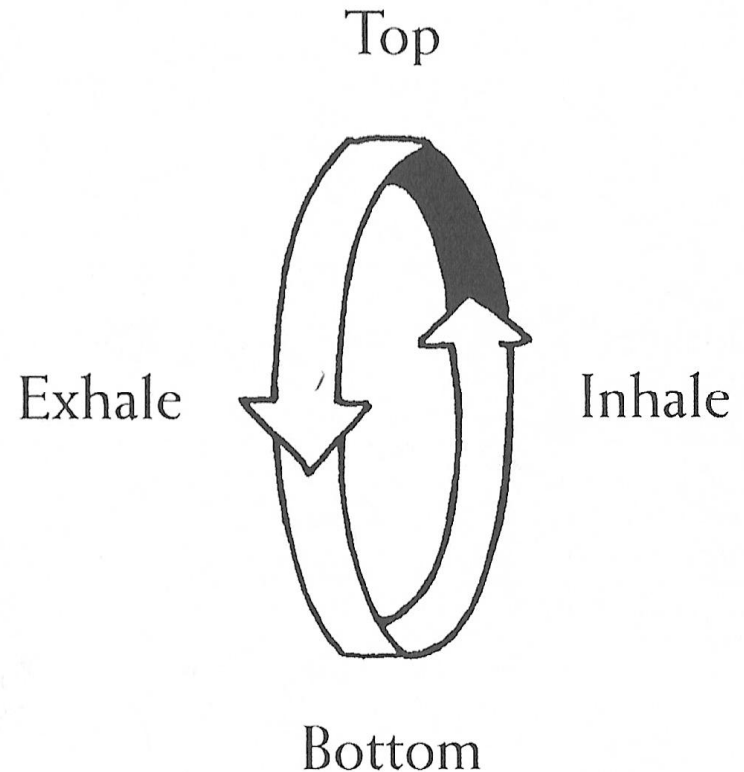
- 45% of Australians (7.3 million people) have at some point in their life time experienced a mental disorder.
Approx 20% severe 30% moderate 50% mild
- 14% of our population are affected by Anxiety (fear)
2:1 - female:male
- 6% of our population are affected by Depression (anger)
1.2:1 - female:male

Contemplating the long and the short breath

Normal Breath

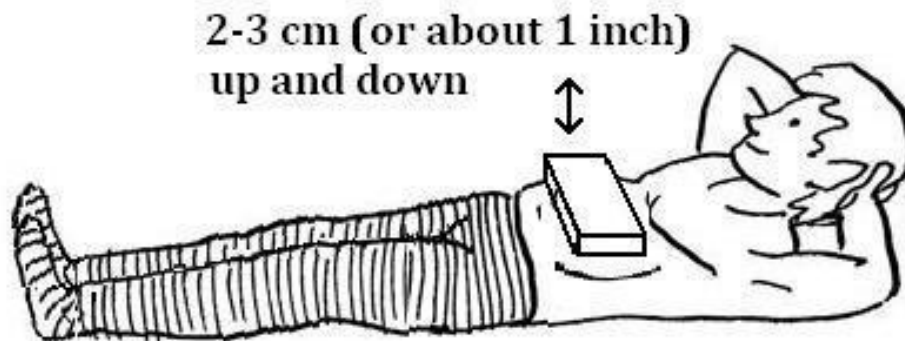


*After First Intervention:
Full Exhalation*



Abdominal respiratory exercises with books

- Take 2-3 medium weight books or one large phone book and lie down on your back with the books on your tummy. Focus on your breathing and change the way you breathe so that
 - 1) you can lift the books up about 2-3 cm (1 inch) with each inhalation and then relax to exhale (the books will go down);
 - 2) your rib cage does not expand during inhalations.



Yoga Breath-practicing full exhalation

vaccine against the fear of death

- Lie on your back
- Confront fear by exhaling completely
- Do not hold breath
- Feel the emptiness before breathing back in
- Now sit up and count (between 10 and 20) with rhythmic pulse – even in all the way and even out all the way for 20 minutes.
- Fill/empty all 3 chambers: chest, lungs and belly



The Long breath – for a full life

Exhale

Inhale

*Moves toward Form,
Density, Boundaries,
Contraction, and
Individuality*

*Pull of Mind
and Spirit*

Belly

Chest

1
2
3
4
5
6
7

7
6
5
4
3
2
1

CURRENT OF MANIFESTATION

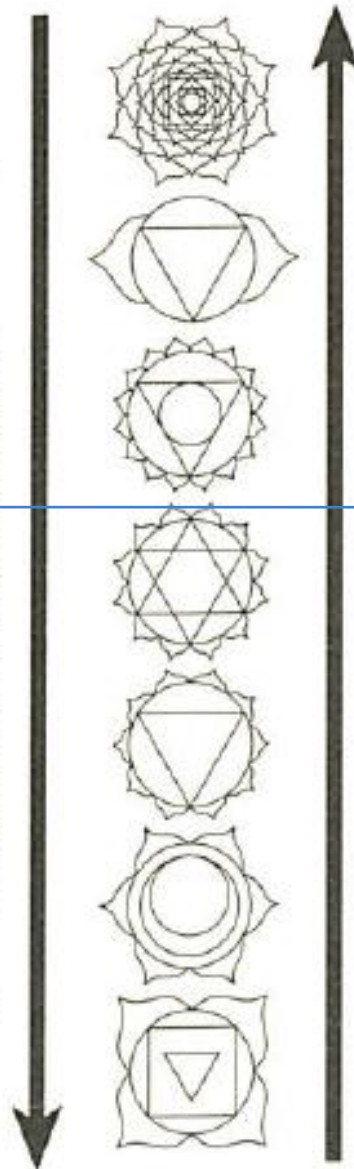
CURRENT OF LIBERATION

Chest

Belly

*Pull of Soul
and Body*

*Moves toward
Freedom, Expansion,
Abstraction, and
Universality*



Oxygen to Carbon Dioxide Ratio

EXHALE

Combating Anxiety

When we are too full
(over breathing) of
air/life we need CO₂



Hypocapnia = Low CO₂



*Pull of Soul
and Body*

INHALE

Combating Depression

When we are too empty
(under breathing) of
air/life and need O₂

*Moves toward
Freedom, Expansion,
Abstraction, and
Universality*

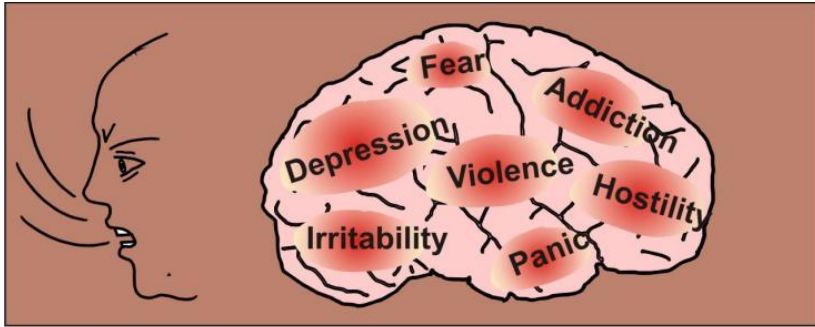
CURRENT OF MANIFESTATION

CURRENT OF LIBERATION



CO2

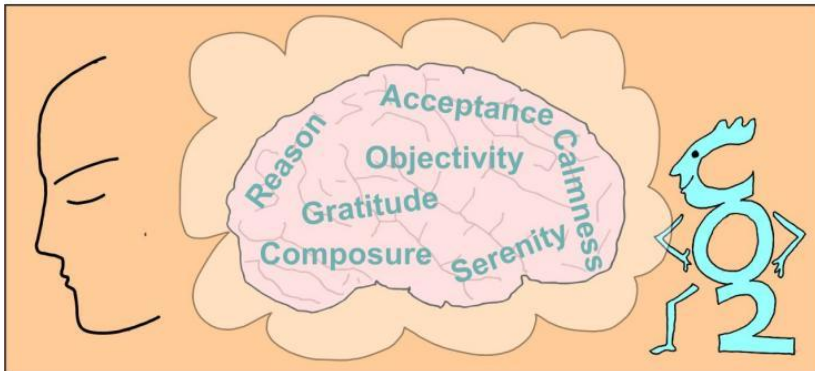
A tranquillizer (or sedative) of nerve cells.



Anxiety disorders are not possible in people with normal breathing parameters.



All anxiety disorders are caused by ineffective breathing patterns.



Easy exercises

For Anxiety

- Diaphragmatic breath for anxiety and panic 1:1:1:1
hold 4 – in nose 4 - hold 4 – out nose 4 – repeat to increase CO2

For Depression

- Diaphragmatic breath for depression 1:4:2
In nose 1 – hold 4 – out mouth 2 – repeat to increase O2

Oxygen self test – in the morning when you first wake, count your breaths per minute. If 14+ get sleep advice

<http://www.normalbreathing.com/l-6-best-sleep-positions.php>

<http://www.normalbreathing.com/learn.php>

Full Breath with Retention

Second Intervention

Top

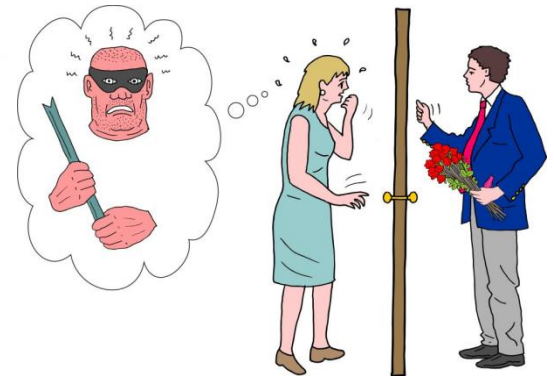
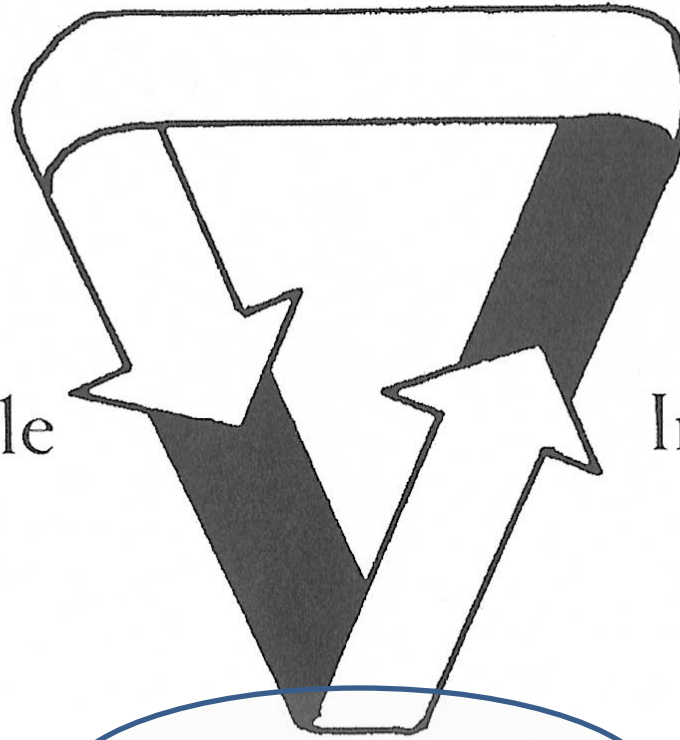
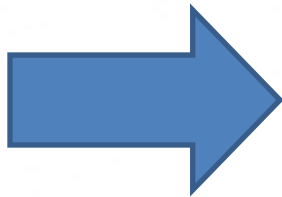
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Exhale

Inhale

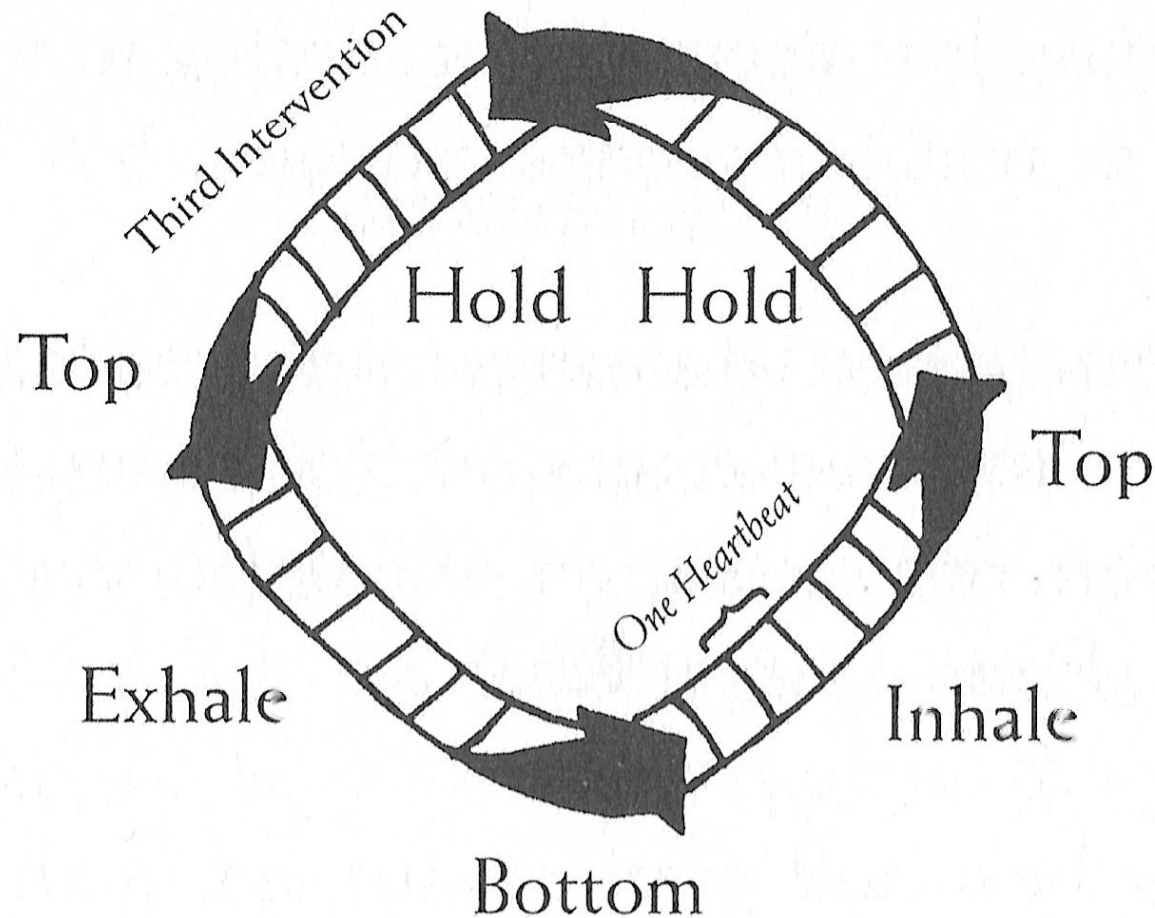
Bottom

Total
exhalation
for
overcoming
fear,
death,
anxiety &
anger



Breath and Heartbeat (Peace)

Square Breath



Element	Inhale	Exhale	Effective against
Earth	Nose	Nose	Spacing out, fear, lack of purpose
Water	Nose	Mouth	Rigidity, stubbornness, resentment, anger, aloofness, withdrawal, shyness, self-centredness, stagnation
Fire	Mouth	Nose	Depression, lack of freedom, pessimism
Air	Mouth	Mouth	Guilt, confusion, despair, grief, denial

“As there is need for sun and water for plants to grow, so there is a need for the four elements of a person to keep in perfect health. A person who knows how to breathe perfectly can keep the body free from every kind of impurity. Even the mind derives benefit from this. For the mind too is composed of four elements, the elements in their finest condition” Hazrat Inayat Khan”

Progression of purification

....Earth to Water to Fire to Air

1. Earth **filters**, strengthens your discrimination – matter/physical
2. Water **washes** the emotions
(baptised by water) – liquid/emotional - *MEM*
3. Fire **melts**/purifies the hearts intention
(baptised by fire) – gaseous/mental - *SHIN*
4. Air **expands** us (baptised by the holy spirit-active intelligence) – 4th ether/intuitional - *ALEPH*

The U path from subconscious to conscious awareness

The U Movement

Entry point –

EARTH

Sensing

'Observe, observe, observe'
- become one with the world

WATER

Letting go

Presencing

'Retreat and reflect'
- allow inner knowing to emerge



AIR

Realising

'Act swiftly, with a natural flow'
- bring forth the new

FIRE

Letting come

Earth Breath



- Take several long breaths thinking of what you would like to discard of and renew in yourself.
- Practice the square breath (6 counts, with pulse, with straight spine)
- Exhale - dispose of all you don't need physically, mentally and emotionally.
- Inhale - renew, rebuild and redeem all that you really do need. Imagine the Earth's magnetic field increasing your own.

Earth Breath:

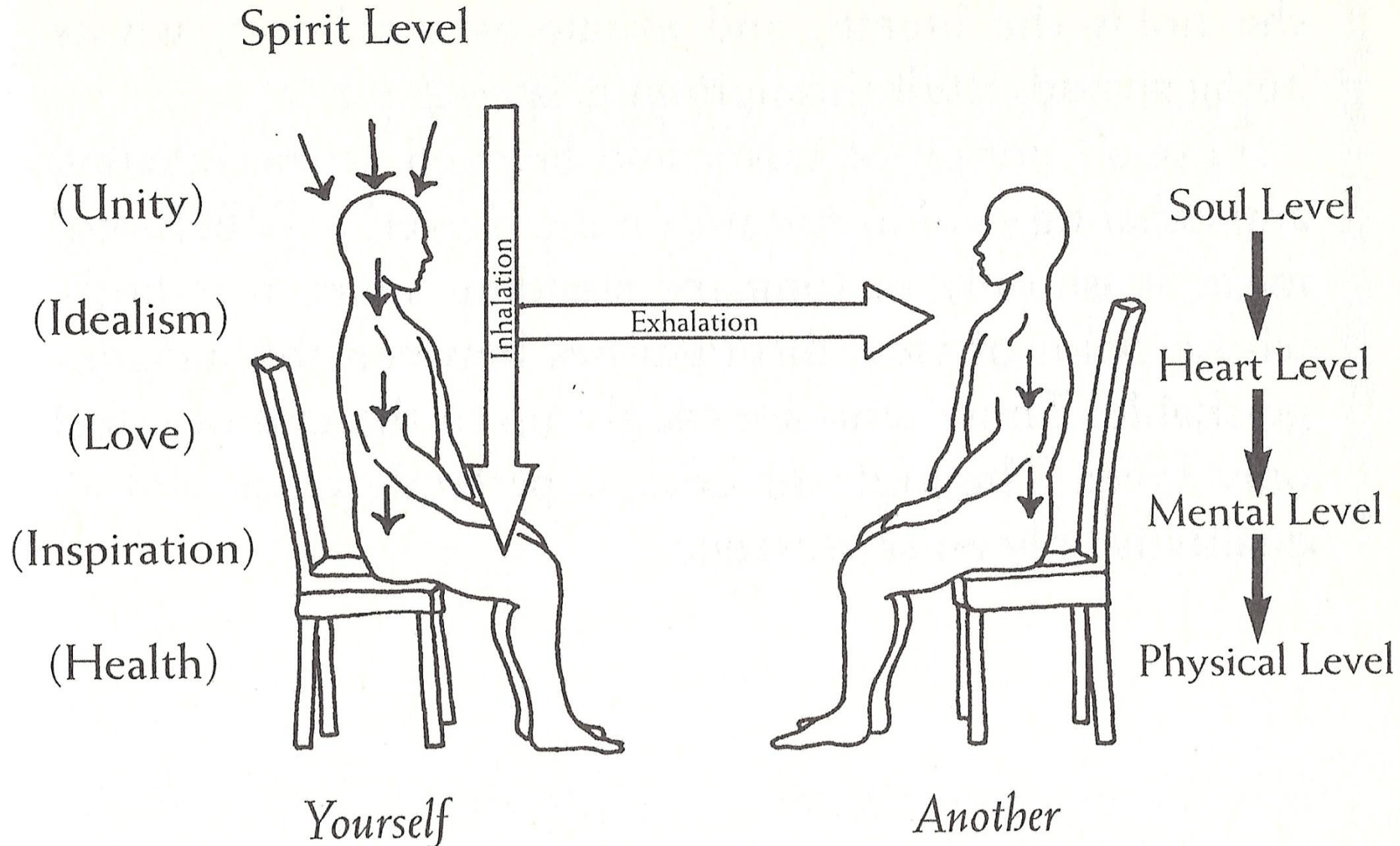
consider in your life where there is insufficient renewing

Contemplate

- Am I being productive, solid and substantial?
- Am I recycling my own waste (physical, emotional mental)?
- Whether I have a connected and alive relationship with nature?
- Whether I can sort and filter out what you do and don't need?
- Am I responsible and reliable?
- Can I maintain a good reputation?

Water breath-

The practice of loving kindness



Water breath:

Consider where in your life is there insufficient flow

Contemplate

- If I want to be admired, respected, considered and loved, then can I admire, respect, consider and love others?
- Do I make enough money?
- Can I do more for more people?
- Can I flow around obstacles?
- Can I allow another person to love me, move my heart and create beauty with me?
- Can I move the hearts of others, soothe their distress, sweeten their bitterness, smooth their roughness and fill their emptiness?



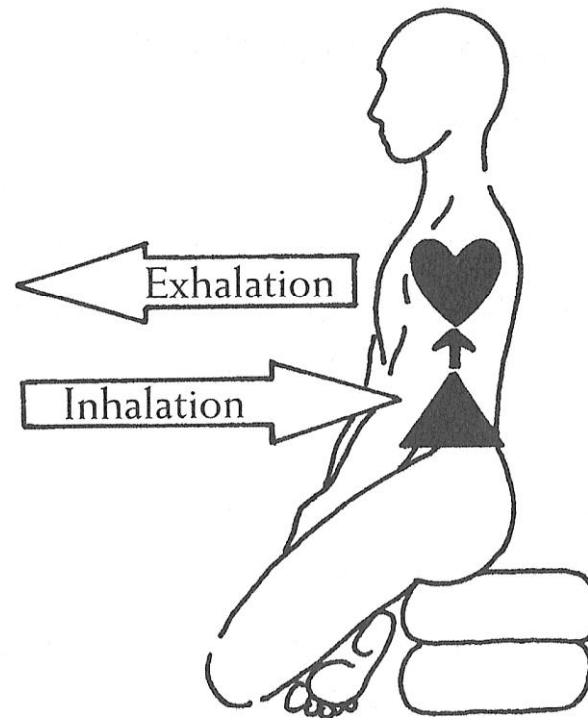
Fire Breath



- For zest, courage, enthusiasm, self-confidence and joy
- To be truthful and burn flammable impurities (e.g. deviousness and ambiguity)
- To strengthen and purify intent
- To lose weight
- To have a free, quick, sharp, clear and fresh mind
- Increases metabolic rate and Central nervous system activity

“When fire is produced, the heart naturally becomes warmer, and coldness, which is the common disease of the heart, begins to vanish” (Hazrat Inyat Khan)

The Fire Element

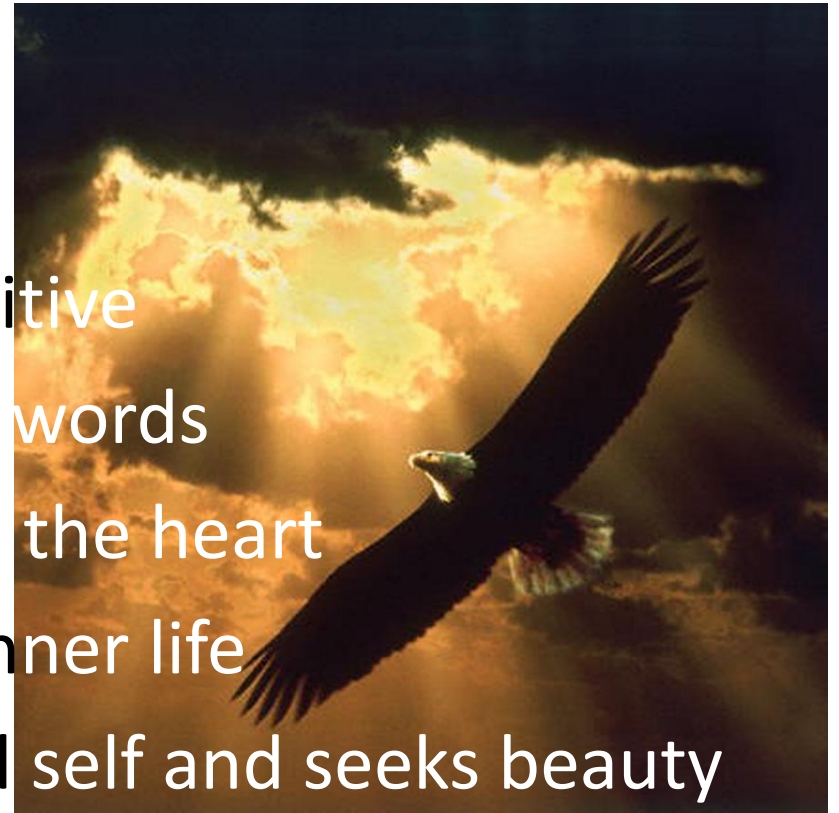


*Light in
the Heart*

*Heat in the
Solar Plexus*

Air Breath

- Makes the heart more sensitive
- to be more expressive with words
- Creates more space around the heart
- to allow inspection of the inner life
- Gently dismantles the small self and seeks beauty
- Expands consciousness – free limited thoughts
- Loving detachment from body and identification
- Gives a strong sense of independence
- Turns thoughts from particles (parts) to waves (whole)



- “The greater evolution is to see from another persons point of view also. By seeing from this point of view also you do not lose your own: your own point of view is still there; but the other point of view is added to yours, therefore your knowledge becomes greater. It means a greater stretching of the heart and sometimes the heart feels pain when you stretch it. But by stretching the heart and by making it larger and larger, you turn your heart into a sacred book”
(Hazrat Inayat Khan)

Air Breath

- Practice the long gentle mouth breath
- On exhalation gently expand your body/cells/molecules out into the world
- Remove the physical limitations that confine your body to a small space
- Have a sense of all the parts of you that make you (e.g. gender, race, trauma, status, birth order, ancestry, experiences) and now let those parts go.
- Feel detached and independent so your soul can fly free from the usual currents of life