

WILLOW HYPNOSIS

This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the practices contained within part of your daily practice.

Breathing-Release Technique #1 – The Tarzan Technique

- 1) Sit in a comfortable posture – either legs crossed in the lotus position or in a chair with your feet on the floor.
- 2) Focus your attention on your breath
- 3) As you exhale make a strong – continuous “aaahhh” sound and beat on your chest with alternate fists – like Tarzan
- 4) Pummel vigorously enough to make your voice crack
- 5) Allow the sound to arise from your chest, not your throat
- 6) Do Tarzan for 5-10 seconds
- 7) Let your breath return
- 8) Do a few more rounds

You should find that the resistances in your breathing are gradually becoming weaker and your breath is slowly reclaiming its freedom of movement – returning to how you used to breath as a child.

Breathing-Release Technique #2 – Gentle Rapid Breathing

Based on the yogic technique called bastrikha, which means “bellows” – also called the breath of life to stoke the purifying fires. The Tarzan breath is intended to dislodge the bigger blocks while gentle rapid breathing is a more refined tool that enables us to disperse subtle tensions and energy blocks that Tarzan can’t reach. Gentle Rapid breathing can also be used to direct prana with pinpoint accuracy. Tarzan fosters outgoing feelings of strength, courage, and determination, whereas gentle rapid breathing fosters feelings of inner calm and strength.

- 1) Think about how a dog pants to cool itself on a hot day.
- 2) Begin panting through your mouth like a dog
- 3) Pant gently and be sure that your in and out breaths are reasonably even.
- 4) Now do the same thing again with a closed mouth and pant through your nose.
- 5) Once you've gotten the hang of it – sit in a comfortable posture and meditate on your breath.
- 6) Then do GRB for 5-10 seconds, discontinue the technique and watch your breathing.
- 7) Let your breath readjust it's movement and do another round – working your way up to 3 consecutive rounds
- 8) Each time you do the technique change the speed at which you breathe. You can also vary the force and intensity
- 9) The technique should be done through your nose

As your breath readjusts its tensions, it may develop an erratic catch – a kind of sobbing effect like a child who's very scared. This effect is a sign that some hidden layers of anxiety are being released so just allow it.

To integrate both the Tarzan and GRB do 3 rounds of Tarzan followed by 3 rounds of GRB

WILLOW HYPNOSIS

This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

Grounding Technique #1 – Solidifying the Breath

This technique allows us to bring the compressive forces of our breathing into perfect sync with our muscular state.

- 1) As you meditate on your breath, pay attention to how deep or shallow your breathing is
- 2) Once your in touch make a fist with each hand by closing the fingers loosely over the thumbs. As you watch the breath squeeze the thumbs firmly with one steady pressure and hold if for a minute or so.
- 3) As soon as you squeeze your thumbs your breathing will become deeper and stronger. The harder you squeeze the deeper it will become.
- 4) Squeeze your thumbs harder and hold for another minute or two. Each time you increase the pressure it deepens and strengthens your breathing and brings increased feelings of strength and groundedness.
- 5) Continue squeezing and when you're ready to end – release the pressure on the thumbs gradually and gently
- 6) You can also use rubber balls if squeezing your thumbs is uncomfortable..

Grounding Technique #2 – Meditation on the Heartbeat

People who suffer from panic attacks, shortness of breath, or heart-related problems will find this technique useful in reducing symptoms

- 1) Meditate on your breath
- 2) Do a few rounds of Tarzan and/or GRB
- 3) Focus your attention on your heartbeat without losing track of your breath.

- 4) As you meditate on your breathing and your heartbeat at the same time their rhythms will come into sync. Don't try, just allow
- 5) As the rhythms entrain, new feelings of peace, wholeness and inner well-being will come in – the longer you stay in this synchronized state, the deeper and stronger the feelings will become.
- 6) Your heartbeat is present in every, artery, vein and capillary – by feeling your heart throughout your body the beneficial effects will be multiplied.

“The heart controls the whole body. It is the king of the five viscera. If one contemplates on it both in action and quiescence, the powers of chi will function.”

Grounding Technique #3 – Strengthening the Heart

The compressive forces within our breath should always match the compressive forces within our hearts as it pumps the blood through our body. The heart is a specialized muscle – the harder our muscles work the harder our heart must work and the harder our heart works the deeper and stronger our breathing must be to support its actions. When their compressions and timings are evenly matched breath and heart function at their highest levels of efficiency and power. Most of the time their rhythms are out of sync which is what causes heart attacks.

- 1) Sit comfortably and meditate on your breath
- 2) Once you're attuned to your breath, meditate on the rhythms of your heartbeat and breath to bring them into sync.
- 3) Once they're in sync, squeeze your thumbs (or a rubber ball) with one steady pressure to deepen and strengthen the breath and notice how it affects your heartbeat. Your heartbeat should become a bit stronger right along with your breath. This increase of strength is an indication that your heart and breath are rhythmically and compression synchronized.
- 4) Allow your heart to assimilate by continuing to squeeze your thumbs.
- 5) The harder to squeeze, the stronger the heartbeat becomes
- 6) You can increase the pressure 2-3 times with assimilation periods in between.
- 7) When you're ready to stop the practice – always release the pressure on your thumbs gradually and gently

Before you undertake any form of physical exercise that is intended to strengthen your heart – bring the rhythms of your breath and heart into sync,

WILLOW HYPNOSIS

This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

Breath-Balancing Technique #1 – Gentling the In-Breath

- 1) Begin meditating on your breath and become aware of the volume of air that enters your lungs each time you breathe in.
- 2) When you breathe in imagine that you're breathing the air into your body from between your legs. As soon as you do this, the amount of air that enters your body will increase becoming a bit deeper, longer and more refined.
- 3) This increase in volume is a sign that the tensions or your in-breath have begun to relax and your habit of clutching is growing weaker

Breath-Balancing Technique #2 – Correcting the Pause

This technique is designed to balance the elongated pause at the end of the out breath. The lingering pause is a passive form of blacking – an emotional state of limbo where our mind retreats to escape from its unwanted feelings. It's where we jump off into dissociation.

- 1) Sit and meditate on your breath.
- 2) Bring in air as if you're breathing from between your legs
- 3) When you exhale, don't allow your breath to linger before you breathe back in. When you reach the bottom of each exhalation, remind your breath to come right back into your body, breathing in as if from between your legs.
- 4) Practice bring vigilant about not allowing that pause at the end of the exhale for the remainder of your session.

Breath-Balancing Technique #3 – Strengthening the Out Breath

The out-breath represents the “masculine” or active aspect of our being and is sometimes called the manifesting breath.

- 1) Mediate on the breath
- 2) Breathe air in as if from between your legs
- 3) At the end of the out-breath contract your diaphragm with a moderate degree of force and thrust air from the body

WILLOW HYPNOSIS

This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

Detaching from Fear

- Detachment Technique #1
 - Hold your thumbs or rubber balls, close your eyes and Mediate on your breath
 - Once you've become attuned open your eyes slowly and allow your gaze to rest on any spot
 - Keep your attention on that spot – without straining your eyes or losing track of your breath. Keep your awareness between the spot and your breath.
 - If your eyes begin to wander or your vision begins to blur squeeze the rubber balls to regain focus – it's OK to blink
 - Keeping your attention suspended between the breath and the point in front of you will cause your consciousness to become delicately poised between your inner and outer worlds
 - You will grow calm and undistracted
 - After 5-10 minutes of gazing there will be a strong urge to close your eyes. Resist the urge for as long as you can without straining, then close your eyes and be instantly drawn into a deep state of meditation.

- Detachment Technique #2 – Tippy Technique
 - When you're anxious go for a walk and ignore your worried thoughts by meditating on your breathing
 - Then as you're watching your breath, focus your attention on the simple and obvious things in your surroundings and talk to yourself about them with great detail
 - Don't get into a dialogue with your worried thoughts. Don't try to figure them out or push them away – just ignore them by watching your breath and your surroundings.
 - The louder your thoughts bark to get your attention – the more determined you need to be to watch your breath and keep your mind focused on the simple things around you.
 - The harder you have to work to ignore your barking dogs – the more control you're gaining over your mind.
 - You can squeeze your rubber balls as you work

WILLOW HYPNOSIS

This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

Heal Triangle Meditation

- Sit with your rubber balls and meditate on your breath for 5-10 minutes
- Do rounds of Tarzan and GRB to be sure your breath is open and flowing
- Start scanning your body from head to toe looking for symptoms of distress that need help
- Work with the symptom that is calling your attention the loudest
- Without losing track of your breath, focus your attention on the most intense part of the symptom then squeeze your rubber balls firmly enough to match its intensity. This will bring your breath in sync with the disturbance tension
- On the next inhalation, find yourself breathing into the disturbance
- Then do 10 seconds of GRB directly into the disturbance and feel the disturbance begin to soften
- Continue to watch your breath and keep tracking the changes in the disturbance.
- Allow your breath to assimilate
- Continue doing a number more rounds adjusting the pressure on the balls/thumbs as the pressure in the disturbance diminishes.
- If the disturbance seems to move, just continue your focus on it and repeat the pattern.

WILLOW HYPNOSIS

This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

- Respiratory Technique #1 - Healing Triangle for Respiratory Issues
 - Sit with your rubber balls and meditate on your breath for at least 5 minutes
 - Watch your breath as you scan the tissues of your upper respiratory system to discover the symptom that needs the most help.
 - Focus on the strongest symptom while keeping track of your breath and squeeze the balls to match their intensity then do GRB for 5-10 seconds right into the disturbed areas
 - When you stop GRB keep watching your breath and study the changes. You'll notice that they'll ease
 - Then adjust the pressure on the balls to match the reduced symptoms and do another round of GRB
 - As the symptoms fade, other feelings of distress (such as tension or irritation) might begin to present themselves. Treat these newly revealed disturbances just as you did the feelings of congestion.
 - Keep watching your breath and focus on whatever arises as the most prominent feeling keep working until you're comfortable or feel that your body has done as much clearing as it can at that time.

- Respiratory Technique #2 – The Solidifying Technique
 - Meditate on the breath while holding the balls
 - Focus on the nasal passages – squeeze the balls with steady pressure and notice the increase in flow
 - Hold the balls for two to three minutes maintaining that steady pressure and then breath as if the as is coming in from between your legs
 - Continue to meditate on your breath as you release the pressure on the balls very slowly and gently.
 - Continue steps for as long as improvement continues

➤ Respiratory Technique #3 – Relaxing The Throat

This technique is designed to release the chronic tensions that most people hold in their pharynx and throat

- Sit and meditate on your breath. As you do tune into your sinuses and get a sense of how open or blocked they are.
- Still watching your breath, focus your attention on the back of your throat , then swallow as gently as you possibly can. As you do your sinus blocks will ease.
- Allow your throat and sinuses to adjust their tensions and repeat, 5-8 cycles
- You can then increase the effectiveness by using the rubber balls, holding them with a constant pressure for 3-5 minutes and imagine breathing in from between your legs.
- When you're ready release the pressure slowly and gradually.

WILLOW HYPNOSIS

○
This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

- Emotional Healing Technique #1: Calming a Troubled Mind
 - Sit with your rubber balls in your hands, close your eyes and meditate on your breath
 - Once you've attuned to your breathing, get in touch with your troubled thoughts. Don't try to argue or reason with them and don't try to shut them out of your mind.
 - Watch your breath and look "behind" your troubled thoughts and find the anxious energy. These normally hidden streams of anxiety are the true source of your worried thoughts and stressful feelings
 - Once you're in touch with the streams of anxiety you can use the solidifying technique to slow them down and bring them under control.
 - Watch your breath, squeeze the rubber balls in one steady pressure to steady and deepen your breathing – as you do the anxious feelings will lessen.
 - Once your mind is a bit quieter use the Healing Triangle to clear the anxious energy from your system. Watch your breath, tune into the feelings of anxious, squeeze the rubber balls to match it's intensity then do GRB for 10 seconds directly into the anxious feeling.
 - Observe the changes that are taking place
 - Your breathing will become more strong and stable and your anxiety will feel less intense.
 - Repeat as many times as you want. Once your anxiety has diminished you can work with any of the balancing and strengthening techniques. The more balanced and stable your breathing becomes the quieter and stronger your mind will be.

Our troubled feelings aren't malicious enemies who are out to do us harm; they're simply the scared and conflicted parts our ourselves that we've abandoned in fear.

- Emotional Healing Technique #2: Healing Disturbed Emotions
 - Sit with rubber balls in hand, close your eyes and meditate on your breath. Once attuned begin to study the symptoms of emotional distress or conflict in mind and body

- Steady your mind to keep your worried thoughts and anxious feelings from running out of control
- Keep watching your breath, squeeze the balls with a steady pressure watch your breathing become deeper and stronger.
- Look “beneath” the troubled thoughts, find the anxiety, feel it as clearly as you can, match the intensity with the pressure on the balls. Do 5-10 seconds of GRB directly into the anxious feeling
- Repeat the cycle

WILLOW HYPNOSIS

○
This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

- Meditation on the Space of God
 - Sit and meditate on the rhythm of your breath and instead of watching its movements, focus your attention on the pause that briefly appears at the top and bottom of the breath.
 - Stay alert and study these pauses to find the palpable feelings of stillness and peace. Study them and allow those feelings of peace to fill your mind. This is the peace of God
 - Remember the feeling as you inhale and exhale until you experience them again in the pause.
 - Each time you enter the space of God the feelings of peace will become deeper and stronger and as your mind becomes filled with these feelings of peace, they'll begin to overflow into your body like a fountain flowing into a basin.
 - The more peaceful and quiet your mind becomes, the more slowly your breath will move and the longer each pause will last. As you enter the early stages your breathing will become so slow and refined that its movements will be nearly imperceptible.
 - At the deeper levels of samadhi your breath will completely stop moving and only the pause will remain.

If you find it difficult to focus your mind on the pauses, it's a sign that your in- and out-breaths aren't well balanced enough to work with this technique. If this happens shift to meditating on your heartbeat for a while instead.

If your mind blanks during the practice – don't worry – just practice more

You can't force your breath to hold - the breath needs to stop moving on its own with no sense of strain or tension.

WILLOW HYPNOSIS

This Breathing Exercise has been excerpted from the book:
The Miracle of the Breath by Andy Caponigro

I highly recommend that you add this book to your reading list and make the exercises contained within part of your daily practice.

- Retention Technique #1 – Balancing the Stick
 - Sit and meditate on your breath.
 - Do a few rounds of GRB to enliven your breath and ensure that it's reasonably open and flowing
 - Once it's moving freely spend a few minutes balancing the tensions of your in and out breaths with any of the balancing techniques as soon as the in and out breath are evenly matched do a few more rounds of GRB and when it's rebalanced gently suspend your breathing. Keep your breath from moving for as long as you can without forcing to make it stay still.
 - You can keep your breath suspended at any point between breathing in and breathing out. Just gently coax it to stay still for as long as you can.
 - Once your breath wants to move again allow it to do exactly what it wants
 - When it's reestablished a steady flow repeat the process of coaxing it to stay still a bit longer.
 - Do 3 or 4 rounds of balancing
 - Your breath will get stronger and you'll feel more peaceful and quiet in both mind and body.

- Retention Technique #2 – Solidifying the Breath

Having breath energy in the body is like having water in a river... when there are deep waters, unusually large ships can be carried. When tremendous breath energy is accumulated, unusual life can be maintained

 - Sit with your rubber balls held loosely in your hands and meditate on your breath. Once you're attuned
 - Do a few rounds of RGB, then balance the in and out breaths. When they're evenly matched do a few more rounds of RGB
 - Then begin to coax your breath to hold and when it wants to move again squeeze the balls, your breath will lose it's desire to move so hold and when it wants to move again just squeeze the balls a bit harder. You can squeeze as many as 3 or 4 times in succession to keep your breath from moving
 - When your breath reaches it's holding limit keep the same steady pressure on the balls and allow your breath to move as it pleases.

- Your mind will become more peaceful and your body will feel much more solid and grounded.
 - Once your breath has readjusted slowly release the pressure on the rubber balls.
 - You can repeat the cycle as many times as you wish. If you begin to feel anxious or short of breath you're either forcing your breath or it's not the right time to work with the retention technique.
- Retention Technique #3 – Prolonging the Space of God
- Sit with your rubber balls and begin to meditate on the breath, focusing on the pause at the end of the breath
 - Focus on the feelings of peace and stillness in the pause and allow them to fill your mind.
 - When your breath tries to move again, prolong the pause by balancing the stick – meaning hold it gently to keep your breath from moving
 - When you've reached the point where you can't keep it from moving again – squeeze the balls and your breath will instantly lose it's urge to move and the pause will last even longer.
 - Keep squeezing and see how long you can hold the pause – the longer you hold the deeper the feelings of stillness and peace will become.
 - When it's time to let the breath in again focus on your breathing then release the pressure on the balls and let you breath do what it wants to do. Keep remembering the feelings of peace in your mind
 - Do another couple rounds
- OM is the source of all forms of matter and energy that exist in the physical world.