

# Life Mastery 2



## Session 3 / Focused Breathing

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# Focused Breathing

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## Shifting

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As explained in our last session, most of our lessons will teach you how to Shift States by changing your *thoughts*, however, in some cases, we will alter how you feel by changing your *behavior* ... and when it comes to *this* week's Shift 'Focused Breathing' you will be doing both.

And once again, the reason why we are offering ten different Shift techniques is because no single Shift will *always* work *all* the time. And even the Shifts that *do* work *most* of the time, still aren't ideal for *every* situation. Plus, many Shifts work even better when *combined* with other Shifts.

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## Focused Breathing

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Focused Breathing combines the best of several proven practices, most of which are aimed at creating a more calm and peaceful emotional and physical State.

In the case of Life Mastery, we have combined the best of Therapeutic Breathing and Meditation into a single practice that can be easily and quickly applied during a limited time frame or in conjunction with other therapies.

This is a simple process but one that you will want to take very seriously...variations of these processes have been proven highly effective for millennia.

You will be able to learn and even master this process quickly and easily. This is particularly good news because this will become a mainstay in your own life as well as in most of your efforts to help others 'Shift'. Many of our leaders use this process before beginning any other Shift (on themselves *and* others) in order to center themselves (and others), and put them in a healthier, more receptive state for additional Shift techniques.

As mentioned in the Introduction, Life Mastery **2** is designed to begin moving you from 'student-participant' to 'leader-participant', so you can further master the material, as well as better lead and support others. This is why we demonstrate throughout Life Mastery 2 ways to share these lessons with 'others'. We even refer to them at times as 'subjects' and call the time you spend with them 'sessions' to make the point more clearly. However, you will always want to first practice these Shifts on yourself before doing so with others.

Each 'session' (whether with yourself or your 'subject') can be performed in as little as five minutes or, you *could* fill the entire 'session' doing this one Shift alone, depending upon your goals and the individual circumstances.

**Focused Breathing** is much like *meditation*, but in most cases, it's simpler, faster, and less intimidating. Also, unlike conventional meditation where you allow random thoughts and self-talk to wander in and out of your consciousness, you will actually be *guiding* these thoughts in a 'positive' direction.

**Focused Breathing involves:**

- Managing your Breathing & Respiration
- Managing your Heart Rhythm and Heart Beat
- Managing your Self Talk and Emotional State

**The Purpose of Focused Breathing is to:**

- Turn off the 'noise' ... or negative 'self-talk' that dominates our lives
- Replace negative self-talk and feelings with positive thoughts and feelings
- Create a rhythmic flowing heart-wave pattern
- Synch up heart rhythm, pulse rate, respiration and brain waves (although it requires sophisticated equipment to monitor and measure such physiology, with time you will *know* it is working because you will be able to 'feel' it.)

**What does 'breathing' actually do?**

Aside from oxygenating your cells (crucial to all aspects of health and wellbeing), proper breathing dramatically affects your heart; the most recent studies have discovered that the human heart plays a more dramatic role in generating peace and wellbeing in your body than possibly even your mind! And breathing has much to do with how it functions.

**So what does the 'heart' do?**

Aside from pumping up to 2,000 gallons of blood per day, the heart generates an electrical signal approximately 50 times stronger than that of the brain. And scientists have now discovered a complex nervous system, complete with neurons ('brain cells') surrounding the heart and thereby, providing it with its own quasi 'brain'. As it turns out, the heart has *quite literally* a 'mind' of its own, and in fact sends more neuronal signals (more messages and commands) to the brain than the other way around! Unlike with other body parts and organs, the brain doesn't tell the *heart* what to do...(the source of the heart beat is within the heart itself as is the source of its rhythm and wave pattern) and in some cases the heart tells the brain what to do!

Unlike barely measurable brain waves, the *heart's* electrical signal can be measured anywhere on the body and extends up to five feet beyond the body itself. Because this powerful signal extends several feet beyond the body, *your* signal can greatly affect the signal of others. As a result of this, you may want to briefly engage in your own Focused Breathing exercise before every 'session' you conduct.

So, what do these heart signals do? When you follow the simple steps further below, you will find that they can reset the frequency and rhythm of the heart wave which, being 50 times more powerful than the brain signal, then resets the frequency of the *brain* wave as well, and once the Amygdala and Thalamus in the brain receive these synchronized signals, they send out other signals, until the entire body is synchronized and in harmony. And it is at this stage that those who are helping will feel a Shift in their body and mind.

I personally attended a workshop on this process in order to begin mastering it. The workshop was taught by a cardiologist / heart surgeon who had mastered the process in order to help his patents. Although he did a marvelous job explaining it, the most remarkable part of the program was when he brought members of the workshop on stage and hooked them up to highly sophisticated equipment that monitored their heart, respiration and brain waves... their waves were then projected onto a large screen so we could watch the jagged lines and blips run across the screen.

In each case, the three sets of waves running across the screen would start out erratic... jumping up and down, changing in size and speed and in no case were any of them in synch with the others. To make sure we could see how responsive the devices were to measuring these waves he would talk with each 'subject' about various subjects and we could watch their waves change with each subject... especially if they were discussing something of an upsetting nature in which case the waves would almost explode.

And then, after a couple of minutes he would do a simple version of Focused Breathing (it didn't even include meditation, or some of the other things that *we* do) yet within as little as a minute or two we would watch all three wave forms begin to smooth out into a perfect algorithm / bell curve, where they would gently curve up then curve gently down then up, then down, and as this occurred, the waves would then synch up in harmony with one another as if they were all hooked up to the same source. After which, he would interview the subject who would be in a nearly blissful state. It was remarkable, and the images on the screen removed any doubt as to whether or not this process was capable of placing someone in a more calm and flowing state of mind, body and energy.

I myself have since used this technique thousands of times on myself and countless more on others. I use it not only to get through challenging moments, but to wake-up each morning, and to fall-asleep every night.

And the good news is, you don't need to *understand* any of this to *use* it. All you need to do is follow the simple steps listed below while you do your Focused Breathing.

**The actual process involves more than just breathing and goes a bit like this:**

At first you simply focus on the process of breathing, counting your breaths and visualizing pure, healing and soothing air flowing into your chest and surrounding your heart. Imagine the air sparkling and shimmering... see it in your favorite color... if you like... anything that makes it feel healing and energizing. Also, see it passing directly into your heart through your chest as opposed to traveling through your nose or mouth and into your lungs. And see it swirling around your heart, bathing it with healing light.

This step is very important because it not only alters your breathing but it also gets your mind off distracting thoughts and negative self-talk by forcing you to concentrate on the specific task at hand.

Once you begin to synch up your breathing with your heart rhythm and your mind begins to quiet, it is time to move to the next phase of the process where you will Shift your focus to pleasant, loving or calming thoughts.

It is easy to know when to Shift your own mind because you will become aware that your body and mind are feeling more relaxed and peaceful, however, the only way of knowing for certain when others are ready to Shift is by either hooking them up to expensive heart, respiratory and brain wave monitors, or to simply tell them before the session begins that you want them to either say 'I'm feeling more peaceful' at the time they begin to feel this, or, if you're in person and can *see* them, to raise their finger for a moment.

At this point you will begin thinking about people and things you love or care deeply about... the more fully you can immerse yourself in this process the better. It doesn't matter whether you are appreciating something wonderful that someone has done for you, appreciating your home, the holidays, mentally looking into your child's happy eyes, imagining holding someone you love in your arms, feeling someone else's love for you, or just enjoying the moment right here and now. Anything you can think of that generates feelings of appreciation or love will trigger the next level of peace and joy in your State.



At this point the session can either be sustained by continuing to focus on these thoughts, or, you can add another Shift technique, taking them even further into a state of peace, love, joy and serenity.

# The Shift

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## ‘Focused Breathing’

### **This Shift is used for helping yourself and others:**

- Create a calm, blissful State
- Create greater physical health
- Create a general sense of wellbeing
- Overcome feelings of Overwhelm, Stress, Fear and Anxiety
- Prepare for additional Shifts during the same ‘session’

When working with others, this Shift involves very little dialog between you and the person you are assisting. *You* will do most of the talking throughout the session. **You will also want to do these exercises along *with* them whenever possible.**

**Vocal style** (when working with a subject): Calm and Soothing.

**Music** (if you so desire): Soothing

**Aroma** (if you so desire): Calm and Relaxing

### **Set Up**

As a reminder, one of the first things you need to do is figure out what States you (or your subject) are in, and how far you need to ‘Go’ in order to be in the best possible State. You achieve this by asking yourself or them the following simple questions:

- 1) How am I (are you) feeling today (mentally and emotionally)?
- 2) How would I (you) *like* to be feeling when this session is complete?

It is at this point that you will determine which Shifts to apply during their session. If you decide on the Focused Breathing Shift (and you may decide to use this Shift to begin nearly all of your sessions), you will move to Step #1 below.

Keep in mind, if you, or your subject is highly agitated, or unable to fully relax for some reason, a Shift such as Focused Breathing can still be helpful because although you / they may not reach optimal levels, you are likely to at least settle into a more manageable State, which will help other Shift techniques to be more effective.

### **Step #1**

**Tell** yourself / your subject that you will be moving them into a calm, relaxed and joyful State during the session, beginning with ‘Focused Breathing’. If working with a subject, tell them that once they begin to feel calm and relaxed to softly say the words ‘I’m feeling more calm and relaxed.’ Or, to raise their finger for a moment if they have their eyes closed and don’t wish to speak.

Remind yourself / them that once you / they do, you will begin moving to a more *joyful* State as well. Let others know that if at any time during this session they wish to guide you or communicate their feelings to you they may do so.

## Step #2

**Ask** yourself / subject to close your / their eyes and softly smile, then to focus on the process of breathing, counting each breath and visualizing pure, healing and soothing air flowing into your / their chest, and surrounding the heart... as you / they imagine the air sparkling and shimmering like sunlight off of water... you can even see it in your favorite color... if you like... anything that makes the experience feel healing and energizing.

Make sure you / they also imagine that rather than breathing through your nose or mouth, you are breathing through your chest, right where your heart is. And all the air you are breathing is flowing straight to your heart... bathing it in pure, fresh, healing light. Ask them / yourself to think of nothing but this... focusing entirely on the images discussed.

As you do so, begin mentally counting as you take in slow, deep breaths to the count of five and then exhale slowly, relaxing further at the end of each breath.

### **In a soothing voice** (with a subject) **or in your mind, repeat the following:**

“Breathing in to the count of five, four, three, two, one... (exhale)... relaxing further... breathing in to the count of five, four, three, two, one... (exhale)... relaxing further (continue repeating).”

Smile softly (and remind your subject) from time to time throughout the process.

When with a subject, remind them to let you know when they are feeling ‘more calm and relaxed’, and continue the process until they let you know.

## Step #3

**Once you feel, or,** (when with a subject, *they* let you know) **you / they are feeling calmer and more relaxed...** Begin (or ask *them* to begin) visualizing people or things you / they love or care deeply about...

Mentally, or, (when with a subject, with a calm soothing voice), begin listing suggestions of things you / they might focus on... (list them s l o w l y ... so you / they have time to actually consider or imagine them).

“Please begin now visualizing people or things you love or care deeply about, such as:

- Something wonderful that someone has done for you...
- Something you love about your home...
- Or love about the holidays...
- Mentally look into your child’s happy eyes...and smile
- Imagine holding someone you love in your arms...
- Feel someone else’s love for you...
- Or just enjoy the moment right here and now...
- Anything you can think of that generates feelings of appreciation or love.

Go ahead now and experience these images and feelings.”

#### **Step #4**

**Wait** several minutes and ask yourself / your subject, how you / they, are **feeling** now (do not ask what you / they ‘think’ but rather what you they ‘feel’).

- 1) If you / your subject is feeling the way you or they were hoping to feel, then go to a Shift that simply reinforces the way you / they are now feeling. At this time you know of only this Shift and the Loving What Is Shift (which would not be appropriate to use at this state because it could cause you / them to focus on dark and negative issues as you / they compare your lives to those who have less) however, each week you will learn another Shift to use during your sessions and it will become apparent which ones are best for combining with *this* Shift.
- 2) If you or your subject still aren’t feeling the way you / they were hoping to, go to a Shift that approaches the same issues but from a different angle. (Again, you will learn more Shifts each week of this program).

#### **Step #5**

**Subject Assignments:** Before ending the session, remember / recommend that in order to sustain and build upon the positive feelings you’ve created that you / they will benefit by doing the following sometime that day:

Make a list of as many things as possible that you / they appreciate or love about your / their life, so it will be easier to think of these things the next time you / they use the Focused Breathing Shift.

When working with others, have them practice this Shift on their own so they will get better at it. That way, they will not only learn how to get to a peaceful and joyful State more quickly the next time, (allowing you more time to add other Shifts to the sessions), but it will help them feel more peaceful and joyful throughout the week, even when you’re not around.

#### **Summary:**

Two people can synch wave forms with one another so make sure *you* are in a peaceful and joyful State yourself when you treat a subject (whenever possible use Focused Breathing on *yourself* before each session).

Practice, practice, practice, the more you do this the better you get at it.

Focused breathing takes your mind off your problems and creates a feeling of peace, wellbeing and joy.

If you wish to become angry, agitated, upset or anxious all you need to do is the *opposite* of this exercise (which many of us do on a regular basis). Isn’t it amazing how much time we spend thinking about the exact opposite of what will bring us peace and joy?

Focused Breathing is so fast and easy you can use it anytime, anywhere... so do it! ☺



# Assignments

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Take on as many of these assignments as possible (remember, it isn't what you learn that will help you master this process, it's what you DO).

**Continuing Assignments:**

Continue enrolling others into your Support Community.

**Continuing Assignments:**

Continue sharing the lessons you've learned thus far with as many members of your Support Community as possible.

**Continuing Assignments:**

If you are involved in our Life Coaching & Mastery course or hoping to one day become a certified Life Coach, continue logging the hours you spend learning these coaching techniques and separately logging the hours you spend supporting others with them.

**Continuing Assignments:**

Practice applying the 'Loving What Is' Shift to your own life throughout the week

**Continuing Assignments:**

Do the 'Loving What Is' *assignments* for yourself (as listed above under Subject Assignments).

**Continuing Assignments:**

Practice applying the 'Loving What Is' Shift with members of your Support Community throughout the week

**Assignment #1:**

Practice applying the 'Focused Breathing' Shift to your own life throughout the week

**Assignment #2:**

Do the 'Focused Breathing' *assignments* for yourself (as listed above under **Step #5** Subject Assignments).

**Assignment #3:**

Practice applying the 'Focused Breathing' Shift with members of your Support Community throughout the week

**Optional Assignment:**

'Think about your Thinking': For the next week, pay attention to your *conscious* 'thoughts, Stories and Self Talk', notice throughout the day the kind of things you *tell yourself, think about* and *focus on*, then experiment by replacing any *negative* 'Focus, Thought, Self Talk or Stories' with more *positive* ones and see how differently this makes you feel and behave.

**Optional Assignment:**

‘Pay Attention to what you Pay Attention to ... Notice what you’re Noticing’: For the next week, be aware of what you are ‘looking for’ in your circumstances and in others, next, experiment by *looking for* new more positive things in each of these scenarios and see how this changes what you ‘see’ and consequently how you feel and behave.

**Optional Assignment:**

For the next week, pay attention to the difference between ‘what is happening’ and your *interpretation* of what is happening. See if you can remove your interpretations from the equation and see things for what they ‘really’ are. This is nearly an impossible feat, but just see how close you can come to pulling it off.

**Optional Assignment:**

For the next week, pretend that it’s all just a game... and view each challenge that comes along as you would if it were only Hide-N-Seek, and would all work out in the end.

**Optional Assignment:**

For the next week, begin figuring out how you can eliminate the things in your life that wouldn’t really matter if you knew you had only a year to live, and begin focusing more on the ones that *would* still matter.

**Optional Assignment:**

For the next week, refuse to look at anything negative that happens as being a catastrophe, see it instead as nothing more than an inconvenience... or better still as a catalyst for something wonderful.

**Optional Assignment:**

For the next week, do everything in your power to keep from judging others... accept that their behavior is appropriate for their perceptions and programs. And whenever you get the opportunity, ASK them to describe ‘what they see and how they feel’ so you can too can see inside of *their* Glass Box. Make sure you paraphrase what you’ve heard.

**Optional Assignment:**

For the next week, any time you feel yourself slipping into fear or self-pity, pretend that you are a ‘wild animal’... then go about your day as they would and just refuse to give it another thought.

**Optional Assignment:**

For the next week, take every single dark or negative thought as it occurs and immediately replace it with a better, more positive one, and then act upon it.

**Optional Assignment:**

For the next week, practice replacing your vacation-hells with vacation-heavens. Then once you’ve affectively climbed aboard the Bright Train, practice returning to NOW and appreciating the moment.