

Trust Your Breath

Global Respiratory Educational Advancement Trust

BREATHING IS GLOBAL



Breathe correctly for better Health
Learning without Stress
Simple Relaxation for Life

www.trustyourbreath.org.uk

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The picture opposite was painted by Janice Armstrong, former pupil at Hawick High School, the Borders.

This is what Janice wrote under her picture:

“This was my first attempt at expressing my beliefs. I wanted to place a cross between ‘good’ and ‘bad’ things, perhaps during a period when I myself was trying to work out what was ‘good’ and ‘bad’

This picture gave me the confidence to continue with the theme of ‘God’ and ‘Man’.”

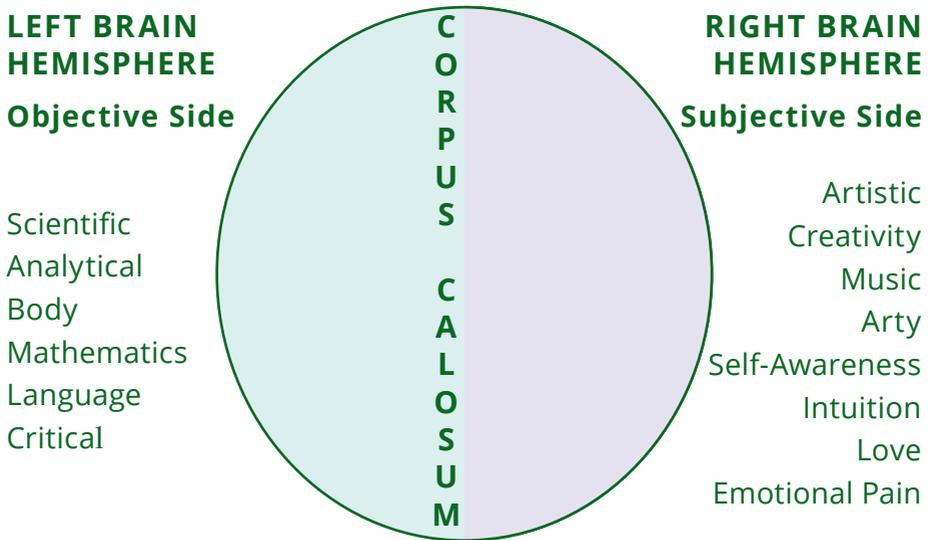
Can you understand what Janice was trying to say?

Discussion.

Intuition is a very powerful sense.

You can tap into your intuition and listen to what is right for you. Correct Breathing helps you to trust your intuition, which is very important.

Below is a diagram which shows what happens in each side of the brain. The Brain Rhythms can be measured electronically as frequencies (cycles per second) which are affected by the way we breathe:



BRAIN RHYTHM FREQUENCIES or 'Gears' are:

BETA	Stress	15-25	cycles per second
ALPHA	Creativity	9-15	cycles per second
THETA	Meditation Trance	5-9	cycles per second
DELTA	Deep Sleep	0-5	cycles per second

When we breathe correctly

the Alpha rhythm dominates the brain and as a result we feel calm and peaceful.

Some time ago, a nuclear physicist called **Robert Beck** went around the world researching the brain rhythms of people who can stay in Alpha rhythm and who can influence other people around them.

Do you know any people like this?

Robert Beck knew of the existence of **Schumann Waves** which are magnetic pulses which flow out from the earth and are always on the Alpha wavelength. When we breathe correctly and our brain waves change to Alpha, we feel peaceful and loving.

So do you think that the energy which created the earth must also be peaceful and loving?

Is that what we call nature?

Discuss this.

What do you think?

Here are some interesting facts about breathing:

We inhale around 2,500 gallons of oxygen a day.
(How many tanker loads of milk?)

The Nose

How breathing can help stop us getting colds.
Breath is for life, it is something you can practice.
The nose – we are meant to breathe in and out through the nose. The nose warms and cleans the air you breathe in. The air warms up as it passes through the nostrils.

Correct breathing results in better blood circulation, renewal of our cells and a stronger immune system.
What is the Immune System and where is it ?

Do you know about the waste material we excrete every day?

3%

is in the form of *solids*

7%

is in the form of *liquids*

20%

is in the form of *perspiration*

70%

is released in our *OUT BREATH*

Surprising isn't it?

If we breathe incorrectly this balance is upset.

Our blood-stream starts to become toxic because it is not circulating efficiently and getting rid of toxins.

We feel sluggish, tired and learning is difficult.

Correct breathing restores the balance.

We can train ourselves

to breathe correctly, stay calm and positive and be in tune or harmony with nature and the energy of the earth. Isn't that a lovely thought ?

When breathing correctly you also discover that you have the power to reduce stress, fear, worry and exam nerves.

So how do we re-learn to breathe correctly ?

Your first training sessions will take place at school under the guidance of someone who is trained in this work to help you feel confident with the process.

If you have asthma or some related condition you need more specialised help and would need a trained assistant or teacher to practice with you at school. It has been found that children will pick up their natural breathing pattern even it is only one correct breath at a time. Improvement and confidence in the process will follow quite quickly.

Notice we say re-learn to breathe.

We say re-learn because a little baby and small children usually breathe better than older people because they are more natural and closer to nature. Their breathing has not yet been upset by too much pressure.

In fact a wise lady called **Karin Roon** who wrote a book called *"The New Way to Relax"* said that a healthy baby is the perfect instructor in breathing and relaxation because the healthy baby uses its lungs and muscles correctly.

SO.....

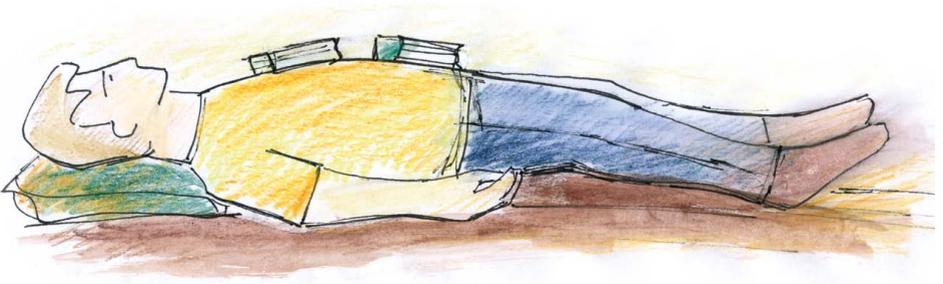
give yourself 10 minutes.

Find a quiet space or your bedroom.

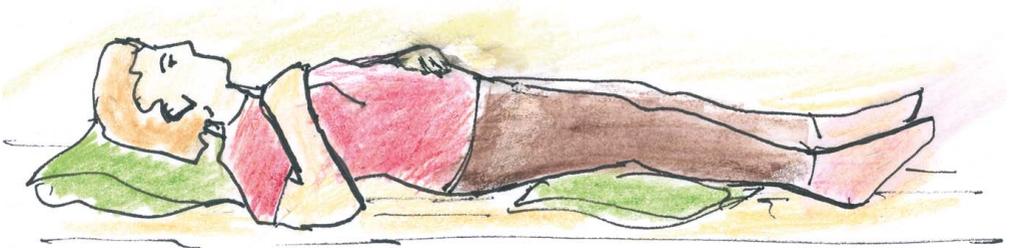
It is funny how difficult we may find it to take 10 minutes time for ourselves, but this is very important.

NOW.....

if you can do this, stretch out on the floor, put a little cushion or pillow under your head if you need it. If there is no carpet on the floor, see if you can find something soft to lie on. Make sure you are warm and comfortable. You can cover yourself with a blanket or duvet.



Find two heavyish books, place one on the lower half of your stomach and the other on your chest just like the illustration above. If you haven't got books just use your hands [see below]. This will help you to know that you are breathing from your stomach up to your chest.



If you need to, blow your nose before you start.

Make sure your mouth is closed as we are **only meant to use the nose** for breathing in and out.

Breathe **down** the nose as far as you can to empty out the old stale air.

Breathe **up** the nose as far as you can. Notice that your stomach and your chest will expand as your lungs fill up with air, proving that you are filling the lungs correctly.

Do this five times only, i.e. take five correct breaths to begin with.

You can do this twice a day at a time that suits you. It could be when you get up and before you go to bed at night.

Try this for about a week and if it feels right you can then increase the number of breaths to ten at a time.

In another week you can increase the number of breaths to 15, and eventually you will feel ready to raise the number to 20.

You can do this exercise whilst sitting in the bus, but not whilst driving.

After a few weeks

you will probably find that you want to breathe correctly like this a lot of the time, and eventually it will become a habit as once again it comes naturally to you, sitting, standing, waiting for the bus....

Congratulations....

go for it !

Correct breathing improves circulation, and the oxygen supply to the brain which requires at least 30% of the air we breathe.

You will probably feel more cheerful, find exams less of a problem, and criticise yourself less – why not?

*Nature
made you
and she
did a
great job !*

This booklet has been produced by the Global Respiratory Educational Advancement Trust as an aid in helping develop and understand breathing as the basic law of health and nature.

The material in this booklet comes from the Trust Your Breath SCQF Level 7 Course, **'An Introduction to Correct Breathing'**.

Our research shows that people who breathe correctly find learning easier, have fewer health problems, are more confident, can create satisfying relationships, get more fun out of life, have more energy, have good communication skills, find work they enjoy and which enriches their lives, improve sports performance... the list is endless.

Bullies don't breathe correctly. If they did their bullying behaviour would change; they would feel more peaceful.

If children who are being bullied learn to breathe correctly they become more confident and assertive, less afraid and less likely to be bullied.

Quotes

“There is no habit in life that pays bigger dividends, and pays them more promptly, than complete breathing. It is the source of your health, your cheerful spirits, your feeling of youth, your energy, and your relaxation.”

Karin Roon

A physicist called Fritjof Capra said:

“Correct Breathing is one of the most important aspects of relaxation and thus one of the most vital elements in all stress reduction techniques.”

A famous yoga teacher said:

“One generation of correct breathers would regenerate the race, and disease would be so rare as to be looked upon as a curiosity.”

“For breath is life, and if you breathe well you will live long on earth.”

Sanskrit proverb

Testimonials

“I would like to thank you for your help with my breathing, it helped me to gain a 2.1 law degree.”

Law Student

Comments by children:

“I don’t get so angry...”

“Concentrating on my breathing helps me calm my mind...”

“It helps me sleep...”

“I think it helps me listen more...”

“I notice how my breath helps me.”

“The response from our students was that the class you taught on breathing was the most important and valuable lesson that they learned in the preceding three years.”

Student, Napier University, Edinburgh

*The earth is your home, and
everything we have comes from nature.*

*Re-learn how to breathe correctly,
make friends with yourself and
nature, and care for the earth.*

*We cannot survive without
nature's harmony.*

Quotes from:

Fritjof Capra's book:

"The Turning Point - Science, Society and the Rising Culture"

Karin Roon's book: *"The New Way to Relax"*

Yogi Ramacharaka's book: *"The Science of Breath"*

The brain diagram is from:

"Trust Your Breath" by **The Great Big Trust**

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