[**Breath Mastery Fundamentals Day 1**](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553605)

Module 10 **Nose & Mouth Breathing**

You have a choice between breathing through your nose and breathing through your mouth. You can breathe in through the nose and out through the mouth. You can breathe in the mouth, out the nose. And you can breathe in and out the nose. In and out the mouth. You can breathe in one nostril and out the other. You can breathe out one nostril and out the mouth. You can breathe in the mouth and out one nostril. So you can see how you can start to play with the channels. And so you wanna play with all of them you want to experiment. You want to get equally skilled and comfortable at breathing through your nose and breathing through your mouth and in all situations.

So for example, we were putting athletes on a treadmill. And first they’re breathing through their nose and they start running and then when they break into mouth breathing, we’re measuring their CO2. And you know, just evaluating whether they should switch to breathing through their mouth? What was the CO2 level when they switched to mouth breathing? And training them to continue nose-breathing beyond that threshold. And move that threshold further and further until pretty soon you’re breathing through your nose your entire performance.

Charles Douillard, Robert Douillard, I forget his first name, he’s a chiropractor, he trained those twin tennis player, Serena and you know. And he points to racehorses as an example. Race horses, the most powerful runners on the planet, they never breathe through their mouth. If a horse is breathing through their mouth, it’s because they’re dying. And so if a horse can maintain that amazing power of running, simply by breathing through their nose, what’s a human’s problem? We’ve just never developed a discipline to maintain those breathing. As soon as the stress and the demand gets to be too great, we break into mouth breathing and that’s how we’re able to continue to perform. But that creates a lot of wear  and tear on the respiratory system. And it can create

Audience member: Some humans have huge nostrils and some humans have got small nostrils. [inaudible]

Speaker:

I had an old mentor friend, that was one of the first things he looked at on people. It was a little thing that allowed him to really guess a lot of things about people. About their tendencies, their personalities, their level of intelligence, all kinds of things. And that was his one little thing. And very few people knew it, but his whole life he somehow latched onto it. And he was using it to make decision on who to work with. He was able to sense things about people, just by the size of their nostrils.

When I was a devoted Swara yogi, we carried a little mirror that was crescent shaped. It would be nice if I can bend this [mobile phone] into a crescent moon. You stick it under your nose and then you look at the clouds that form [motions exhaling over it]. And each cloud has certain size and shape. And I would draw it in my journal, I would note the time, what I was feeling, what I was doing, what was happening, who I was with. And because in swara yoga this is everything. You decide when to eat, when to do a math problem, when to have sex, when to plant a garden, when to sleep, everything is based on that. And it’s connected to planets, and the moon, and the sun and stars, it’s an energetic astrological thing that comes right down to our nostrils.

And so, I left with my swari yoga teacher, similar to swami rama my other teacher, because I cam up to him, I was having one of these epiphanies. And you know, you’re in the presence of the teacher and you just assume that your epiphany is related to the teacher. So you share it. And hopefully he says, oh grasshopper, yes you got it. But instead, I came to him. And he went [looked at his watch], “come back in two minutes”. Oh fuck, two minutes! But he was very pure, very strict and so if you check your nostrils right now, and which one is more open, which one is more closed? Which one has more resistance? Which one is more open?

[video and audio break]

This is a biorhythm since the day you were born. It swings like a pendulum. The average person, the range is like 45 minutes to an hour and a half or whatever, close enough, people argue about this constantly, you can’ t seem to hammer this down, but this range but individually and uniquely for you, you could set your watch by it. And it’s the very first rhythm to become upset when anything else in your system goes out of balance. So if you are intimately connected to that and you can sense it. And it’s really weird because, almost every time that I begin to think about this and talk about it, they’re equal [motions breathing out onto phone].

And that’s a very auspicious time they say in yoga. And there are techniques for extending that period when they’re exactly equal. And there are certain meditations that you would do when they were equal. And there are certain activities you would do when your left nostril is more open, when your right nostril is more open. You time your day, you schedule everything according to it. These guys are very anal about this.  One of the reasons I left the community, I like it, but it’s just a little too, its just my personality doesn’t jive. Other people just go oh my god, this is like just for me.

So let’s jump to an advanced practice of playing with the channel and this is a good way to think about it. “Playing with the channel”. Nothing serious, you’re playing like a child who is discovering their toes, an infant, you know experimenting. And you devise your own practice alright? And you experiment and you explore and you meditate, how does it feel when you’re breathing through your nose? Or when you’re breathing through your mouth?

Let me jump to another advanced thing, just to touch on it quickly to give you a sense of where you can go with this. You breathe in through your nose, out through your mouth. Just do that a couple of times. Breathe in through your nose and out through your mouth. In through your nose and out through your mouth. How do you seal your mouth when you breathe in? Do you seal your lips? And then when it comes time to breathe out through your mouth, you have to unseal your lips right? You seal your lips, unseal your lips. What sound naturally occurs when that happens? Mah? Pah? Bah? Primal sounds. I don’t make the sound, just the fact that the pressure of the breath breaks the seal on my lips.

Now suppose instead of sealing my lips, I take my tongue and I put it on the roof of my mouth behind my front teeth. Now my lips are not sealed, I breathe in through my nose, I block the oral cavity by using my tongue at the roof of my mouth behind my teeth. Now when it unseals, what sound comes?  Dah. Tah. Tah. Dah. Alright. Tah. Tah. Tah. Very primal expressions of sound based simply on breath and structures.

So suppose instead of using my tongue behind my teeth on the roof of my mouth, and then when I exhale, I unseal it, and this tah dah sound comes. Suppose I use the back of my tongue, and I block the back of my throat? And then when I release it, what sound comes? Kah. Gah. Kah. Kah. Gah. Very subtle little things and most people think what a silly little thing, who gives a shit. But those are very subtle energy things that the deeper you go into breathwork, the more sensitive you become, the more energy you start to get in tune with, become very, very important. They’re not important to the average person, like, who give s a… And you can’t even feel the difference other than it’s cool different sound.

So, advanced training. Come to…

Audience member: Different sounds and different frequencies.

Speaker:

Yes, yeah. And so look how much more creative possibilities there are when you breathe through your mouth. The nose is a fixed structure, you don’t really got much choice other than to block one or the other. You could breathe in through your nose in a powerful way that actually slams shut the nostrils. That’s why there are cartilage rings in your bronchial vessels. That’s why there are metal rings in a vacuum cleaner hose. Because the suction would cause the hose to collapse. If we didn’t have these cartilage rings in our bronchial vessels, they would collapse every time we breathe. And the nose, you notice, doesn’t have them, at least the tip of the nose doesn’t have them. So if you bring in strong, you actually slam that shut and because you slam them shut, it takes more effort to breathe. But there’s very little choice about the nose.

Now when it comes to the mouth, look at all the choices that you have.

[demonstrates different mouth breathing]

All kinds of choices and every one of those different shapes, an ah-shaped breath, goes to a different part of me, lights up a different organ, activates different emotions, creates different psychological tendencies. An ooh-shaped breath, an ee-shaped breath, an oh-shaped breath. Those different shapes of the stream of breath that shape of the breath can get into places. One shape can get into parts of me that another shape of the breath cannot access. And certain shapes of the breath are connected to different organs and different emotions. I mean it can get really, really deep and thick. That’s why the swari yogis have developed this amazing science of subtle details, all kinds of subtle details that to the average person wouldn’t mean anything. But if you were the best tennis player in the world, best golfer in the world, maybe one of those subtle little tweaks, gives you that extra edge. And if you think that, you know, the top five golfers, the top five martial artists, the top five anybodies. Their skill level is above everyone else, but it’s so close to each other, that on any given day, even the slightest little advantage takes the day. So if breathing can become that little extra advantage that you have over the other person, you win the day.

So look at all the different ways you can play with the shape of the mouth and you can start to see all, and so you know follow your pleasure. If you find that

 [demonstrating]

breathing so that it starts at the lips, but it’s deeper, and it’s even deeper, and it goes all the way to here. That ooh-shaped breath, rhymes with the word root, because that ooh-shaped breath will take you right to your core. Ah-shaped breath will take you to your heart. Ee-shaped breath will send you up into your.

Anyway, a whole another level of advanced training. This is our fundamental course.

Audience member: I just discovered that the only way we can play along with [inaudible]

Speaker:

Ahah, yeah.

Let me introduce you to Tarthang Tulku developed what is called “Kum Nye”, maybe you can find his book. Beautiful, beautiful man, I don’t know if he’s Cambodian or Vietnamese or Thai, I forget, I don’t’ want to insult those countries because they all look alike to me. But anyway he comes from that part of the world. And his practice called Kym Nye is equalising the flow. And what exactly is that? You divide the string of breath in half, so half of the breath goes in and out the nose, and half of the breath goes in and out the mouth.

So I’m breathing in and out through both the mouth and the nose. Now since the nose is a fixed passage, it has a certain amount of resistance. The mouth is a bigger hole, there’s going to be less resistance. So I need to do something to the opening of the mouth using my tongue, my teeth, my lips, so I produce the same amount of resistance that is being produced by my nose. And now the air by itself, will equally flow between my mouth and my nose. It’s a beautiful method to practice and it actually puts people into a state of meditation almost instantly. It causes you to become very sensitive, so I use my tongue and my teeth and my lips, and I’m creating a little bit of resistance, and when I catch it, the air by itself, the stream divides in half; half is free to go in and out the nose, half is free to go in and out the mouth.

Audience member: [inaudible]

Speaker:

Yeah, inhaling and exhaling and the string of breath is being divided because air will seek the passage of least resistance. If I create equal resistance, the air will equally flow between the two.

 Audience member: [inaudible]

Speaker:

Whatever works to be able to give you that sense that you created the resistance and you’ll feel it.

So even after just doing it for a few seconds, you’re already moving into a meditative state, it’s really beautiful practice.

Audience member: Is Kum Nye the guy or the technique?

Speaker:

Kum Nye is the technique. His name is Tarthang Tulku. Charles Douillard is that chiropractor that used the racehorse nose breathing.

Audience member [inaudible] – so if a racehorse only uses its nose, are you extrapolating that we should only be breathing through our nostrils?

Speaker:

Yeah, he trains his athletes to breath strictly through their nose. And as soon as they do, their performance drops like nobody’s business, they just can’t maintain their level of performance. The only way they can do it is by breathing through their mouth and so their performance takes a wicked dive. But only for two or three weeks and in the most extreme case, two or three months. And after that they’re back to their original level of performance but they’re breathing through their nose the entire time. And when they get done with the race, they’re breathing normally, you don’t see them like emphysema patients trying to recover. They get through running and then they’re just breathing normally. And they’re not creating this wear and tear on the respiratory system.

Audience member: would you suggest that that is something that we should be doing?

Speaker:

Yeah, I mean if you want to. If you’re a performer and you want to up.

Audience member: [inaudible}

Speaker:

Oh yep, yeah.

Audience member: It may not be, say, the best meditation breath [inaudible]

Speaker:

Yeah.

Audience member: [inaudible].. tape my mouth shut so I couldn’t breath. Do you think that that’s a good idea?

Speaker: Tape your mouth shut, yes good idea. Go for it, fucking right.

Audience member: Also, there are some fire hackers that are wearing devices so they create resistance at altitude and you’re basically just increasing load and when you turn it off, you’re like ahhh.

Speaker: Yeah, it’s like putting weights on your ankles and doing your thing, and then you take them off, and then like woah! So yeah, you create that resistance with the breath, you take it off, like wow! Exactly.

And it’s a way to strengthen the breathing system and there are opinions about it and so on, but try anything, try it all.

O.K, so Kum Nye relaxation. It forces you to become more sensitive. Forces you to become more aware. And when you equalize those two channels, you know, just like in the acupuncture world, we have these meridians and in yoga we have nadis, energy channels. And when you breathe through your nose, you’re lighting up a certain energy circuit. When you breathe through your mouth, you’re lighting up a different energy circuit. And so when you breathe through both, you’re lighting up the entire system. It’s really quite beautiful.

And once you lock onto it, then you play breathing faster, breathing slower, breathing deeper, breathing more shallow and you’re able to maintain that equalizing of the flow.

[End of video 10].