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

**Module 4 The Five Principles of Breath Therapy**

The 5 Principles of Breathing Therapy

1. Technique.
* The utmost technique. There are so many breathing techniques, breath therapy

Techniques. It’s thousands. It’s indefinite number. And you can more up all the time. But every technique has a certain power. Anything like normal physiology, and you do something and you’ve gonna get a reaction. If your body is not anything normal, you have natural reflexes that are going to fire off. You’ve breathing certain ways, you’re going to produce certain physiological changes, it’s guarantees you. It’s no getting around it. It’s very very predictable and it guarantees you. Different ways of breathing, do different things as physiologically, neurologically, psychologically, emotionally, all of that.

So, we spend a lot of time identifying core techniques which I have gave you a couple of all the possible things that you could practice to start. What’s the best thing to start breath work, I gave it to you.

1. Atmosphere.
* The second principle. The atmosphere in which you practice the technique. And guess what? The most important atmosphere is freedom and safety. But, there’s an emotional atmosphere, there is a psychic atmosphere, there’s a physical atmosphere, there’s a comfortable, is it warm? Is it soft? There’s a group that I feel good with. So, there’s an energetic atmosphere, emotional atmosphere, spiritual atmosphere and physical atmosphere. But, it certainly the big factor because you can do the technique perfectly. Surrounded by loving, comfortable, beautiful people who are supporting you and you get a certain effect. You practice the same technique, perfectly. But, the people around you get irritating you, you’re in the dangerous situation lane in the middle of highway and the truck is coming. You’re gonna have something very different as a result from that practice.
* So the atmosphere is one of the elements of power in breath therapy.
1. Presence of the Teacher.

 -Who we are speaks loudly than what we say. I mean that’s what people are getting. Let us

 call this practicing the purity of our personal presence. And that’s why you can learn the

 technique from someone who had read it the book. But it’s not coming from their own

 experience. And they might say the exact right words and teach it to you exactly the right

 way it should be done. But, there’s something missing in it because they’re passing it on and

 they haven’t embodied it. They haven’t integrated it. Right?

* So this is very powerful.
1. Mind of the Breather.
* The fourth principle. The mind of the breather. What do you think is possible? What are you willing to believe? What is your intention? Very, very powerful. And you can see how in any given situation, one of these could be the key. And one of these can destroy the efficiency or the effectiveness of the practice. Right?
* So, you do the technique wrong and you wonder why nothings happen. You haven’t tended to the atmosphere, so there’s no energetic support from the practice. And you wonder why the miracles don’t happen.
* You know, you’re in the presence of a terrible teacher and so things don’t happen.
* And the mind of the breather is interfering or interrupting. So the mind of the breather can cancel the presence of the teacher, can destroy the atmosphere, and can neutralize a. technique. (the mind of the breather).
* But the technique could be powerful enough to transform the mind of the breather. And some techniques are so powerful, doesn’t matter what is the atmosphere, doesn’t matter the presence of a teacher, doesn’t matter what you think or belief. And some teachers are more powerful that they don’t even need the technique. And some atmosphere is so powerful that the technique is not needed. You just sit in a certain place where lay lions cross, sacred places on earth and so on. And just being on that kind of atmosphere causes healing, causes awakening. No technique, no teacher, nothing. So each of these has certain power of it’s own.
1. And this fifth element. I don’t know what to call it and I don’t care what to call it. I just called it “SOMETHING ELSE”. Because there is something else at work. And you could call it a magical factor, I don’t know, that’s okay with me. There’s a certain magical, mystical factor, that’s okay. Maybe this religious idea of grace, okay. But something else is working. And I know something else is working because you gonna do the technique wrong, you gonna do it in a worst possible atmosphere. Your gonna do in a shitiest teacher on the planet. And you can do with all wrong intentions and still something beautiful and amazing can happen. So there’s must be something else at work. I don’t know what it is. I don’t care that I don’t know. Maybe I don’t even wanna know. But, I used it and I trust it. And I do depend on it as much as I do with other elements.

-So these are the 5 Principles of Breath Therapy.

[end of video 4]