**Module 6: Sigh of Relief and Yawning**

Dan: When does that sigh of relief happened? Give it to yourself right now…...(sample breath) And what comes to mind, when does that breath happened by itself? Even without you making it happened, without you doing it, without you thinking about it. When does that particular breathing pattern occur?

Give me an example. When does the sigh of relief naturally occur or take place?

Somebody….?

Person 1: After you yawn….

Dan: After yawn, would be (sample). Hmm.. After yawn, there does seem to be more room for bigger breath. hmmm

Let’s jump to an advanced breathing technique.

Dan: You combine a yawn and a sigh of relief. What it does look like? What it does feel like? What is that? It’s not quite a yawn, it’s not quite a sigh of relief, it’s both.

So, first you need to be able to trigger a yawn, wiggle your jaw, do something as you really inhale

and a yawn happens.

Now, while the yawn is happening, give yourself a sigh of relief.

Consciously give yourself a sigh of relief, while the yawn is happening. So you don’t do a yawn, You can trigger a yawn, you can suppress a yawn. But when a yawn is happening, it’s happening. It takes over your system. It’s hard to get out of the way of it. But we’ve learned to suppress it, from we’re you’re very small, in school, I was literally slapped with a ruler because I was yawning. In the back of the room (sample)… And So I became as trouble maker, because I was squeezing all the juice out of every yawn. It happened accidentally at first, I wasn’t trying to make anyone laugh, I wasn’t trying to do anything this beautiful yawned came in my little young in my little beautiful body, just open to it, and I allow this full yoga stretch to occur and I allowed sounds of pleasure to come out. Ahhh.. I’ll never do that again. Was the message that I was given. And maybe other people would have been programmed in a more subtle ways as just not polite in my boring youth. Are your tired? How dare you yawn when the professor is talking?

Exercise for my practitioners, yawning in an elevator. Have you’ve ever been in an elevator, crowded elevator, and somebody goes… (ouuuhhh)(yawning) There must be some unwritten rule. I haven’t seen it, but it must be posted somewhere and everybody got the memo because nobody yawns on an elevator. You need to be the one to do that. And watch what happens on that elevator. And watch when people come out on the elevator. It’s fun! It’s a required homework for practitioners.

Combining the yawn which is an autonomic nervous system response; you can trigger it, you can suppress it. But when it’s happening, you’re not doing it, it takes over your system. Alright.

So if you can consciously breathe while you’re yawning, you take the 2 core techniques; the sigh of relief and the circular breath. And you integrate them into your yawn. So, breath work has have a secret handshake in all secret societies has. So it looks like this …(Sample yawn)

So, instead of yawning and freezing, (sample) we yawn on a different way in a breath work world. We spin the breath like a wheel when a yawn happens. If a yawn comes in accidentally, jump on it. And give yourself a big experience inhale on a sigh of relief. And if it’s still there, spin the breath like a wheel. And if it’s still there, while you’re spinning the breath like a wheel, bring in the ‘sighs of relief’. So, you’re doing those 2 things; the expanded inhale in a sigh of relief and the wheel of breathe on a circular breathing and you’re doing it while the yawn is happening. You are cutting new neuro pathways. The autonomic part of your brain that is triggering a yawn is running on an automatic pilot and you are now doing conscious breathing at the same time. You know in the beginning, it’s a little sticky …(sample yawn)… That’s okay. Practice, smooth it out, somethings gonna happen, your breathing mechanism is gonna get loosen up, it’s gonna get freed up. And you will be able to do it very easily and efficiently.

You’re not interfering with the yawn, and the yawn is not interfering with your breathing. They’re coming together. You and nature are now doing something hand in hand. You’re consciously doing something exactly when your nature has taken over your system. And so you are, you’re creating a connection of intuitive abilities. What you’re doing is blending with nature has happening. And so you are coming into harmony with your nature. And you’re in-charge of it and you are also totally surrendering to it. So it’s not a choice. Should I be in charge that I surrendered. Both things are happening. And that yin-yang symbol with a little white dot is in the middle of black side and the little black dot. You have merged these two polarities, the doing and being. And they’re happening spontaneously. And that causes an expansion of consciousness, it causes a deepening of a foundation, a broadening of a slab upon which you can build something.

(Sample yawn of relief)

So the next time you yawn, don’t just yawn. Jump on it, spin the breath like a wheel, give yourself sighs of relief, the next time you practice circular breathing, activate a yawn and bring them together.

Enjoin a research is happening. Those terrorists, anti-terrorists team and the hostage’s attraction team that I’ve worked with in Russsia recently, they’re practicing this. And they’re not practicing it for wooh-wooh kind of fun. They’re practicing it because it is having a profound effect on teams. On your own inner resources and to your connections to others.

(Sample yawn of relief)

You sense the other people on the team better. I look at something, and something in you makes you look there. You feel something, and something in me causes me to pay attention. It’s an energetic connection. It’s an intuitive connection. It’s a group flow state. It’s gives you more situational awareness, it’s gives you more arousal control. It gives you better emotional and mental state management skills. So, some people need reasons before they do something. And a better be a good reason that it may better make sense so now I practice it. Better to just dive into something and do it. And see for yourself what the benefits are. I don’t know what the benefits are gonna be. I’m watching them as they occur in myself and in others. But, these just scratching the surface and we don’t know what the benefits are. And if you need to know before you do it, you don’t belong as a breath worker. The things that I’ve learned and understand most, I didn’t learn them in understanding until I was looking back on it. And if I would’ve require the understanding before I did it, I’ve never would done it. And I could’ve had the understanding anyway. Certain understandings only come after the fact. But, that’s when real genuine understanding comes. Not philosophical, intellectual, and some what…. (Sample yawn)

As soon as you feel the urge, the yawning reflex, let that cause you to breathe in (yawn) and let go. And if yawn is still happening, spin the breath like a wheel (sample sighs yawn)

And so if you think a sigh of relief bothers people? You know every now and then, you just have to give yourself a big sigh of relief (sample). And people will say,”why are you keep doin’ that?” And you will say to them, “(sample sigh of relief)”

Don’t allow other people’s reactions to twist and contort and cause you to react back

Somebody has to wake up. \_\_\_\_\_ to be you … Somebody (mehmehmehmehmeh) Somebody at some point …(sample sigh of relief) has to back out of that game, makes space for something else. (sample sigh of relief). So, that’s a perfect answer when somebody ask you why you keep doing it. And override the urge to defend yourself just to defy yourself, rationalize what you’re doing, explain what you’ve doing, convince them that they should do it. Just by buzzle that stuff. And just double down on it.

That “Sigh of relief” by the way, comes to the average person every 5 minutes or about 12 times an hour. There’s been now several medical studies that show that the average person takes an inhale that is twice as big as normal which is what we call a “sigh of relief” about every 5 minutes or 12 times an hour. Nature makes you do that. Maybe you’ve caught that, maybe you’ve noticed that. So, I don’t know where (sample sigh) bigger breath comes. You didn’t do that on purpose, you didn’t think about it. But you can’t help but noticed it. Do you notice it, every time it happens? I doubt it. Is it happening every 5 minutes? Absolutely. Where you when it’s happening? ‘Hell, If I know.

But if you do catch it, and if you do notice it. Then, guess what to do? Double down on nature. Do it again, right after that happened by itself. Show nature that you appreciate it, and cooperate with it. Because that reflex is what we understand as we need to hyper inflate the alveoli of our lungs regularly. Otherwise, we’ve gonna loose our respiratory capacity. So nature makes you hyper inflate your lungs from time to time regularly every 5 minutes just to make sure that you’re not losing your respiratory capacity if you didn’t do that. It’s like anything else, if you don’t get up and run and exercise, gradually you get more and more stiff and less and less able to move.

Same thing with breathing, if you don’t hyper inflate your lungs from time to time, you lose your respiratory capacity.

Person 2 (Same thing with yawning?)

Yawning is the next level of that. Yawning is like a “aahhaa” kind of thing, “wooh” wait a minute. Let’s see, let’s play, let’s explore. Because yawning is totally no one understands. The list of reasons why people yawn on the list of moments and the parts of the brain that are link to yawning , very special parts of the brain that is link on yawning are amazing neuroscientists. There is no single activity that you can do that lights up more parts of the brain, that has more neurological benefits and so do it. And don’t just do it when you need it, right, don’t just do it when your body makes you do it. If you don’t do it from time to time, your body makes you yawn. From time to time, your body makes you a sigh of relief. But, that’s just for survival. Your brain was not design to make you happy, was design to make you safe.

These are survival level reflexes. Is anybody here interested in something a little more than survival? And so, if nature is giving you something to do base on survival, maybe you do it more. Take it a point on yourself, to cooperate with nature. Double down on nature, then see what stuffs gonna happen. Every time you have a sigh of relief that comes by itself, do a few one on purpose. Every time you yawn unconsciously or automatically yawn on purpose. Just see what’s next to happen. And if you have any sense of energy in your body, you immediately feel what happens. You feel very very different, before a sigh of relief and after a sigh of relief. You feel very very different before a yawn and after a yawn. So you wanna tune in to the subtle changes in your energy. And the most yawn before the attack, they yawn after the fight is over.

The yawning reflex is stimulated by light. The yawning reflex is somewhere buried in the middle of your brain. It doesn’t even register light. What’s that about? You yawn when you’re tired, you also yawn when you’re full of energy and you’re waking up. These are all kinds of uses for the yawn which we are trying to figure it out and understand it’s all multiple uses and maybe decades before we understand fully the yawn is all about. Don’t wait, be your own scientist. Get it on the ground floor of this research.

Because research is not being share. I can tell you that. When I trained those teams on Russia, they don’t want me saying that I’ve been training them. Half of them wore mask, I don’t know who they hell were. You know, they’re Spetsnaz guys, their version of DAA and stuff. I don’t even know where those damn people work. They don’t want me to know who they are. And they don’t want other people knowing that they were training by an American. We’re supposed to be you know, competing each other. So, those people who are doing research; the US military, the French military, Russian military, I know are doing it and professional sports teams. If that gives them an advantage, do you think they’re gonna publish it? Do you think they’re gonna share it? With their enemy or with their competitor? Hell no! They’ll gonna do it in secret. And when actually gets integrated into the game, and people start to see it, then it starts to come out and other people woh! So the first time you start seeing it, and a feel whether you hurdle this … (sample sigh of relief---) and then you up, and people would ask, wait a minute, what the hell he just do? And the cats will gonna out of the bag. And a little stuff will be able to talk about it. But in right now, it’s in the closet because it’s giving them the advantage. And they’re not gonna share it. So, I’m a missionary for open-sourced breathwork training.

Okay, So those are the 2 basic aspects. What we just did is we practice breath awareness. I hope you practiced it. Little guided breathing. Just following the breath, being with the breath, watching the breath, sensing the breath, exploring the details. Once isn’t enough. You need to do that constantly. Whenever there’s nothing to do. Even valuing the things that’s happening. Doing this as a ritual in the morning, and as a ritual at night. And do this as ritual sometime there in a day. And just do it for 1 -2 breathes from here and there and now and then. Develop that movement on that direction to turn to your breath become someone who turns to your breath in certain moments.

[When I started my personal research practice, it started because I’ve met this amazing surgeon in the medical center, it is called University hospital in that time in 1969. And it would just start hip transplant, hip pins. And it was kind anew in a surgery was travelling around teaching other surgeons. And he came to the hospital and I happened to be there. And they were treating him like he was visiting, you know, amazing guy. Any guy he was amazing, travelling around teaching other surgeons particular hip nailing technique. And it was, you know, it’s a skill.

I was an X-ray technician. So I was in the surgery room, and you’ll know there cut pore personal cut open, they’re pound and hip in, and boom! Boom! Boom! And oopps, it pumps out there, and ohh, ohh, it bump! bump! bump! back it up. And boom! Boom! Boom! oopps, it pumps out there, and ohh, ohh, it bump! bump! bump! back it up. And I mean you know, they’re learning. And so I always thought, when a person woke up and he found a little stitch here and a little stitch there, I wonder if they wonder what the hell is going all about. You know trying to get that pin driven down into the bone is a skill that takes practice. And then, when they thought they’ve got it, I will take an X-ray and will get look and check a little and Oh, that’s not it, they will take it off, put it back. Well they’re learning. And it was a skill. ]

But this guy, this surgeon had such an aura about him. He has such a quite charisma; he has such a presence. It was the first time for me was palpable. Palpable presence in a person. And he was the greatest surgeon in America at that time. This kind of surgeon, bone surgeon, whatever that field was. And there was no doubt, he was taller than everyone and more reasons one. He stood above everyone in his ability. He was one of the presenters in medicine and that pyramid exist I think everywhere. You’ve got the 1 %, top 5 %, you know top 15%, 20%, you’ve got 80% at the bottom. And that exist everywhere musicians, artist, engineers, medical people, financial people, that same pyramid to shows up everywhere. He was the one in that particular field. And a palpable presence I felt from him. I said okay, He’s breathing differently than anybody else. I could sense it, I could feel it, I could watch it. He had a conscious relationship to his breath. He turned to his breathing when other people would not occur to them to do it. He was aware of his breathing when the average person was not. And so I thought, wow! Is this something? If you reached the top of your field, are you more conscious of your breathing than the average person. Do you have a different relationship to your breath? Do you used it in moments when other people don’t? Are you aware of it, in times when the average person is not? I have found a single exception to that, the greatest theft, the greatest warrior, the greatest criminal, anybody. You do not reach that peak unless you have a certain relationship to your own energy, to life to the breath. So, it’s been 40 years, and I met a lot of people around the world to the best of what they did. And I haven’t found an exception to that rule. And when I thought I found one, and we probed, we found out that ohh ohh, yeah, he did. You know, he said, nah, I never practiced breathing, and I do meditating… I said fuck, I don’t believe you, I can’t believe you. Let’s see we can explore a little more. You can think of any time when your breath consciously or you suddenly aware of your breath? And it goes oh wow yeah, wait a minute. When I’m trying to sleep at night, there’s a hedge fund manager. He said my head’s had stuff and I can’t sleep. I take a long inhale, I count to eight, I take a long exhale, and I relax, and I go to sleep. Okay, duh! You just did a conscious breathing. Okay, the average person would’ve think to do that. Not everybody does that. And he goes, hey, wait a minute, that’s right. It might be me and my wife often play this game because when I yawn, she yawns and when she yawns, I yawn. And so we have this game that we yawn together. Duh! Conscious breathing practice. So, no exception, I thought I had an exception. He said no, I’m an exception. I didn’t did anything on a conversation. He proved to me that there is no exception. No exceptions.

So, (sample sigh of relief)

Here’s the problem with breath work, you have to do it. It would be nice if you just understood it and it goes and yeah of course it makes sense and moved on. It was nice that it was all that matter. And we

have to careful of that, because as soon as your mind understands something, as

Oh yeah , I got it , there’s got no need to practice. Besides, it’s on to something else already. Oh yeah, I’ve got that, I did that, I tried this, good. And off to something else. And the mind would not let you to practice. It will get bored with it. I did this 5 times, let’s do something else. That monkey mind of ours, it needs to be overcome through meditated awareness, through meditation. (sample breath)

So, breath awareness simply watching the breath, being with the breath, sensing the breath.

Conscious breathing, sigh of relief, circular breathing, connect the breathing, the two basic things. And then I just gave you the advance technique when you combine yawning with a sigh of relief and a circular breathing. We saved that for advance trainings and work up to it and hopefully wait what happens by itself because it starting to happen by itself more and more. Everything’s catchy in the breath…

(Sample sigh of relief breath)

So now you have basic conscious breathing techniques. It really not techniques, they’re natural responses that you are making into a technique by doing it consciously.

[end of video 6]