

## Buddha's Breath: Settle Breathing

1. Always breathe through the nose
2. Breathe less and silently
  - a. Like you are invisible
  - b. Like a hibernating bear
3. Breathe diaphragmatically – not in the chest. You should notice movement in the diaphragm and less movement in the chest
4. Breathe rhythmically with low tidal volume and at a slower rate
  - a. Tidal volume means taking in less of an inhale. Focus more on sipping in air only as much as you need.
5. Build Capacity to hold after exhale to 40 seconds or more without disturbing breath flow by gasping

## Reduced Breathing Exercises (any combination up to one hour per day)

1. Hands to chest and belly. Quiet the breath to a settle pace and volume. Explore slight air hunger and surf on the edge of hunger.
2. Hands cupped to face, like breathing in a paper bag.
3. Reduce flow by holding one nostril closed while breathing settle.
4. 3 part inhale with pauses and exhale in one part with hold after exhale for 3 counts, 5 counts, 10 counts.
5. In meditation, hands on lap, settle breathing with hold after exhale.

## Other useful and stronger practices to use when walking or more vigorous activity

1. Frequent small breath holds: Inhale/Exhale/Hold 5 seconds. Relax and breath for 10 seconds, then repeat 6 – 8 X.
2. Walking/Exercising with Nose Breathing: May need to slow pace to stay within the nose rate. Eventually aerobic capacity will increase and speed will soon follow.
3. STEPS: Walking and counting steps on hold after exhale. Stop when you need to breath. Gradually increase the number by 5 second ratios. Walk 10 steps, pause, recover, repeat. Walk 15 steps, pause, recover, repeat, ect.
4. STEPS (Method 2): Walk and breath settle. Inhale/Exhale 3 times, then Inhale/Exhale, Hold after exhale as long as comfortable, then pause, recover and repeat.

Remember to take comfortable pause measurement (CP) first thing in the morning and in the evening. Your target is 40.

## How to take CP:

1. Find a timer or use a second hand on your watch.
2. Breathe comfortably for about 5 rounds. Settle breathing at a natural rate.
3. With time ready to go, take a normal breath and measure the length of hold AFTER exhale. Pinch your nose and seal lips to get an accurate measurement.
4. You should only hold for as long as you can comfortable hold and not to a point where you gasp for air.