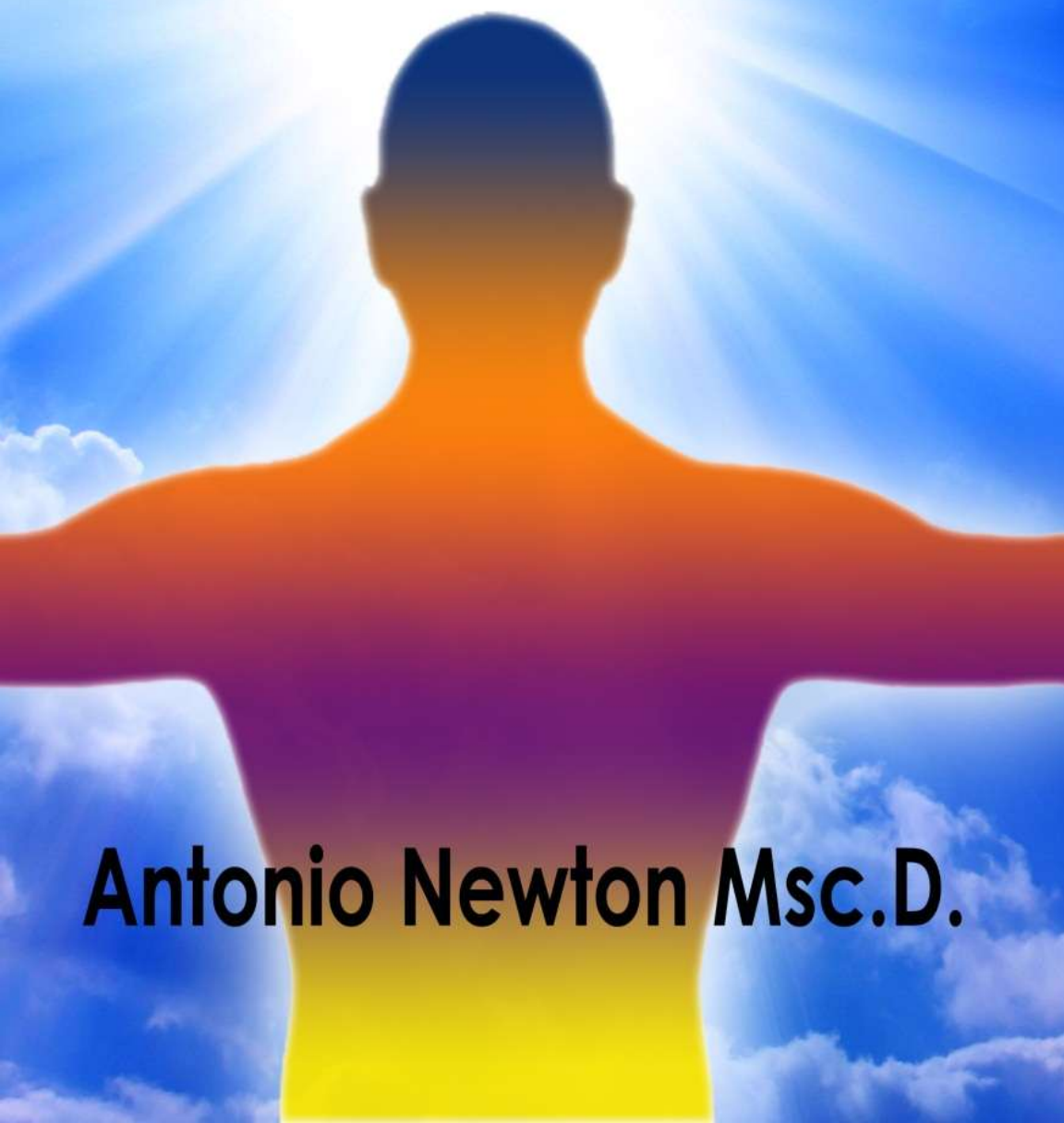


BREATHE FOR LIFE

Breath Pulse Techniques



Antonio Newton Msc.D.

BREATHE FOR LIFE

BREATH PULSE TECHNIQUES

*“The Effects of Breath Control Upon
Consciousness”*

By

Antonio Newton Msc.D.

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THE EFFECTS OF BREATH CONTROL UPON STATES OF CONSCIOUSNESS

The purpose of this paper is to discuss and show the effects of breath control upon human states of consciousness. The general premise is that it has been shown through various brainwave technology (EEG) that while in certain states of consciousness, there are distinct and unique breathing patterns that are present, therefore this means that through specific voluntarily controlled breathing techniques, one may so to speak tune in to a level of consciousness. I will present techniques of consciousness altering using the counting of breath pulses.

This paper will introduce specific and unique techniques of Breath Pulse Meditation (BPM) and consciousness monitoring. The techniques are simple, expedient and can be used by anyone ranging from a child to an adult. The main benefit from Breath Pulse Techniques (BPT) is that it allows instantaneous access to deep levels of the mind so that we may either relax to program new information or meditate for renewed energy.

It also allows for quick access to altered states of consciousness without the need for pre psycho—physical conditioning. BPT approaches also are scientific in functioning seeking to remove all cultural, mystical and philosophical correlations as to create a universal, simple, scientific approach that puts us in

touch with sources of energy, creativity and intelligence within us all.

In this paper I will discuss the four states of consciousness, Delta, Theta, Alpha and Beta and their functioning as well as access to control through voluntary breathing control. Since all our activity is controlled by thought, we can improve the quality of activity through improving our quality of thought. Studies clearly show that people who operate in the Alpha brainwave range at least once a day through a meditation or concentration technique which show dramatic increases in intelligence, growth rates and increased learning ability. This means for both the student, professional and everyday person improved performance and satisfaction along with increased vital breath through balanced mind and body functions.

The real benefit in the BPR approach is in the ability to reduce stress, create relaxation and get to the source of refined mental energy found at deeper mental states. When there is a free-flow of clear refined, energy, stress does not build blockages within the system and we become more successful in our life's pursuits.

BREATH AND CONSCIOUSNESS

The association and correlation between breath and consciousness is as old and natural as someone in an angry state breathing fast and shallow while someone in a calm state of mind will breathe at a much slower and deeper pace or when someone is scared, they hold their breath. These breathing clues actually give us both natural and bio-feedback information, they give us a link between Breathing and Brain Rhythms. If one speculates far enough it could be said that energy is consciousness and that breath is energy-consciousness. This may stem from the fact that specific "breathing exercises affect the carbon dioxide content of the blood and thus alter the state of consciousness chemically" as stated by Robert Orstein in his book, *Psychology of Human Consciousness*. (1)

Also meditators breathing in some research areas such as Zen Monks, showed their breath rate to slow down to approximately four breaths per minute (2) as well as (TM) meditators show that they breathe approximately one-half the rate of their resting state. In the Tibetan Yoga of Tantra, the founding theory is breath and mind, that is cause and effect, thus, mind or mental activity is accompanied by breath of a corresponding character. In Samadhi, no thought arises and there is no perceptible breathing. At the moment of enlightenment when normal consciousness is transformed, breathing goes through a revolutionary change. Accordingly, every mood,

thought and feeling is accompanied by a corresponding breathing pattern. (3)

BIO-FEEDBACK AND BRAINWAVES

Bio-feedback and brainwaves technology is one of the newest and fastest advancing fields we have today. Through State of the Art Electro-encephalograph EEG Brainwave amplifiers, we can detect minute changes in the brain states that are linked to physical responses. Hans Berger, a German medical doctor, was the inventor of the brainwave machine and also was credited with discovering Alpha and Beta rhythms, linking them to different mental states which led to further research in voluntary brainwave control. Since that time bio-feedback has been used for improving reading speed, teaching relaxation and meditation, enhancing creativity and learning to control bodily processes. (2) Brainwaves are emitted by the hypothalamus and reticular formations of the brain while the cerebrum acts as harmonizer in emitting these signals as one waveform. In the Bio-Magnetic research work of Dr. Robert Becker, he suggests "that the magnetic and perhaps the polarity of cerebral current flow directly determines the level of consciousness". (3)

There are four frequency ranges of brainwave patterns, Beta, Alpha, Theta and Delta. The following chart describes ranges and mental states. Basically when we are in our regular working state, we are in high Beta and when we start to 'concentrate or meditate, we go from low Beta to high Alpha then in deep meditation we are in low Alpha. Then as we move into the sleep levels, we are first in Theta which

is where we experience dream sleep then as we go deeper into sleep, we move into Delta where we are in very deep sleep with imageless thought. Studies from UCLA show that problem solving abilities were related to the Beta level, that attentiveness was associated with relaxation and low-frequency Alpha. (7) The ability for one to pass from Alpha to Theta and Delta without falling asleep is an important point to consider. In the research of Kasamatsu and Hirai, they claim that this ability is a "special state of consciousness" in which the cortical excitatory level becomes lower than in ordinary wakefulness, but is not lowered as in sleep and yet outer stimulus is precisely perceived with steady responsiveness. (4)

Another theory postulates that the magnetic field of the earth has a frequency range from 0 to 100 cycles per second with a predominant range of 7.5 cps. that this field has a definite affect upon the human consciousness and nervous system. Conversely, that if we hold the view that the boundary of Alpha and Theta brainwaves is also to be 7.5 and that this creates a resonance between the earth's magnetic field and the Alpha/Theta boundary. (5) Thus, if one can pass through this resonance point without falling asleep, then one can reach this special realm of consciousness. Another point to consider is that neurologist, J. P, Banquet in his research has found that during meditation there is a tendency for all areas of the brain to synchronize and harmonize its patterns. That is, all brainwave rhythms are "in phase". Banquet also found that both left and right

hemispheres of the brain showed a tendency towards this synchronization. Banquet uses the term "Hyper-synchrony" to describe this occurrence. Banquet concludes that this factor is the outstanding brain-wave of meditators. (6) Joseph Kamiya in the 60's was one of the first researchers to prove through experiments to definitely say "yes" to the question whether one could control their brain cycles? (8)

In 1970 at the Menninger Clinic, a Yogi Swami Rama willfully produced Delta waves under controlled and tested conditions. (6) There also have been several other Yogis tested by various organizations before and after that time. Other studies have shown that Zen and TM meditators emit large amplitude Alpha waves (in approximately 50 seconds). (9)

Mishio Kushi of the Macrobiotic way of life also feels along these same lines. He feels that not only is the respiratory system working with breathing, but also the nervous system, including autonomic and brain functions as well. He views the active functioning of these systems as accelerating active breathing and active breathing inversely accelerating the functions of the systems.

Kushi also states that "the control of our breathing, volume of air, duration of inhalation, exhalation and speed of `breathing have different effects upon all digestive, circulatory, nervous and excretory systems as well as influencing our psychological and spiritual condition, changing the kinds, volume, direction and

dimensions of image and thought. (10) He gives three main groups as keys to understandings breath effects; 1. Speed, 2. Depth, and 3. Length of Breathing. These primary groups contain sub-groups. In speed we have slower and faster sub-groups, slow breathing produces yin or calming effects upon consciousness, clear thinking and objective understanding and sensitive response to the environment are associated with this mode of breathing. Fast breathing gives more yang and produces an excitable mental condition, attitudes become more subjective and egocentric. In Depths of Breathing we have Shallow and Deep Breathing. Shallow Breathing produces anxiety, fear, frustration, whereas Deep Breath produces satisfaction, emotional stability and confidence. In the length of Breathing Modes we have Long and Short Breathing. In Long Breathing it mentally produces patience, endurance and quietness. In Short Breathing it produces mentally fleeting, changes of thought, impatience and short temper.(11)

In Christopher Hill's "Physics of Consciousness", it states that "we must maintain a healthy and wholistic body through breath control and proper understanding of the levels of consciousness on which it operates." He states that we contact cell life directly through oxidation of the brain metabolites from breathing. (12)

BREATH PULSE RATE AND STATES OF MIND

My approach to this situation, being a musician that has played several wind instruments and studying several branches of Yoga and Pranayama over several years correlated with my psychological, scientific and metaphysical background, I was convinced that breath could affect consciousness, I then strove to attain a system through which definite levels of consciousness can be attained without years of meditation to achieve the benefits.

One day as I was correlating some data on breathing and mind - states it occurred to me that there were average breath ranges per minute, these being 12 to 15 for the average person. If this number, Breaths Per Minute BPM is then divided into 60 which is the time denominator of one minute then the result is the Breath Pulse Count (BPC).

This gives us 12 divided into 60 equals 5, which means that our breaths are five counts long on inhaling and exhaling. Now since this is the Breath Rate per minute, and while we are in a waking state we must be at the Beta level, and true enough if we extend our breath pulse count to one or two digits beyond our natural breath pulse count we will quickly move into the Alpha consciousness level. Upon closer examination of the Breath States Table we find that we can coordinate the Breath Pulse Count Rate and Breaths Per Minute to instantly attain a desired level of consciousness. This allows us to tune in to a specific state

that we choose, mainly the Alpha state because of its various uses for meditation, learning and mental conditioning. In the proceeding techniques, the Breath Pulse Method will be used. Variations that have to do with altered states also will be given. Some of the techniques are newly designed and others are adaptive or original breathing techniques that have come down through ancient cultural and social routes. "Rhythm brings the whole system including the brain under perfect control and in perfect harmony and by this means the most perfect condition is obtained for unfoldment of latent abilities." Yogi Ramacharaka - Science of Breath

B P M PREPARATION

In all BPM techniques we are to keep in mind that this is a natural and effortless approach. It does not entail deep concentration but a passive awareness that mindfully keeps track of the BPC, Breath Pulse Count Rate. It is highly important that you feel comfortable and unforced in your breath pattern.

In the beginning it is best to find a place where you will not be distracted for 10-20 minutes. The phone should be off the hook and others around you should be aware of not causing too much distraction. As you advance you will be able to practice the technique even in a disturbing environment. Choose a place, if possible, that is clean and has plenty of fresh air. The brain will operate much more efficiently on clean fresh air.

A straight back chair or reclining lounger is good for sitting. The lying down position seems to promote the sleep level more so than meditative. Make sure that your spine is straight and aligned with head and neck for the proper flow of energy from the spine to the brain. Make this position comfortable and relaxed but still keep alignment. Feet should be placed flat on the floor with legs uncrossed with the hands resting comfortably on the lap or legs, not touching each other.

FINDING OUR BREATH PULSE RATE (BPR)

Because we are working with the duration and regulation of breath we must first ascertain our natural breath pulse. This is done through sitting quietly for a couple of minutes, becoming aware of our breathing.

During this time we just observe our breathing and tune into its natural rhythm. Now using a clock and its second hand as a pulse guide, we began to count the number of beats/seconds that it takes to make one inhalation or exhalation. It will usually fall in the 3-5 BPR range. This means that your natural inhalation and exhalation takes 5 counts/ pulses to take a complete inhalation or exhalation. We then look at the breath states table and determine what state we wish to achieve. For instance if we want to go to mid Alpha for purposes of deep meditation for relaxation, stress reduction and increased mental clarity and energy, we cross reference the BPR with the desired state. The BPM, Breaths Per Minute, tell us how many complete breaths we are taking per minute and the BPR tells us what the Pulse Count Rate is of each breath.

Once we have determined our natural BPR and the BPR of the desired state, we have our tools. If our natural BPR equals 5 and BPR of Alpha State 7, then these are our key numbers.

MUSIC AND BP TECHNIQUES

Music through its abilities to give the mind a sonic massage as it were, is an excellent aid in stimulating and directing the mind into altered states of consciousness. Psychologist/Humanist Abraham Maslow in speaking on self-actualization postulates that music creates peak experiences in human behavior and consciousness, as well as all of us have experienced the effect of music on our thoughts and emotions.

In BPR techniques, music is used as an environmental stimulus to put the mind in a state of relaxed awareness, functioning at a level I of deep relaxation yet totally aware and alert to incoming data.

Music that creates this state is found to be instrumental in nature with a tempo/speed range of 40 - 72 beats per minute y with an average of 60 beats per minute. Minimalistic music such as Reich or Riley, as well as classical and meditational composers work just as well. Music should be played at a low volume level while using BP techniques over it. Of course, using music as a relaxation stimulator is totally optional and up to the individual, however it does produce excellent results.

NEWTON BREATH/MIND STATES TABLE

CONSCIOUS- LEVEL	BRAINWAVE- RANGE	BREATHS- PER MIN.	BREATH-MIND PULSE STATE
Super Conscious	*LAMBDA*		Stimulus
Sub Conscious	*DELTA*	1	60 Deep Sleep
	.2-4cps	2	38 intuitive
	imageless thought	3	28
		4	15
	THETA	5	12 Dream Sleep
	4-8cps	6	10 creativity
	Rem Sleep	7	8.5 e.s.p
		8	7.5 Meditative
Conscious	*ALPHA*	9	7 Passivity/Programming
	8-12cps	10	6 Deep relaxation/sense withdrawal
	relaxed	11	5.4 Mindfulness
	Alertness	12	5 Concentrative
	BETA	13	4.6
	12-28cps	14	4.2
	Extreme wakefulness	15	4 Flowing Thoughts
	Sensory	16	3.7
	attention	17	3.5
	and Problem	18	3.3
	solving	19	3.1
	attention	20	3 Normal Thought Patterns
	outward	21	2.8
		22	2.7
		23	2.6
		24	2.5 Active Thought Patterns
		25	2.4
		26	2.3
		27	2.2
		28	2.1 Excitement

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* MIND-STATE EXPERIENCES TABLE *

BRAIN WAVES	CONSCIOUSNESS STATES	EXPERIENCE
DELTA (4cps)	*SLEEP(Deep)	Imageless Thought
THETA 4-8cps	*SLEEP(light)	Dream
	*CREATIVITY/Intuition	Vivid thought imagery.
	*MEDITATION	Focused awareness-non thinking
INTERNAL	Quintessential	True oneness with Pure form.
ALPHA 8-12cps	Universal Knowing	Insight and Wisdom.
Relaxation	High realization	Awareness of the here and now
Alertness	High Perception	False sense of oneness.
	Reflectiveness	Deeper Awareness
	Mindfulness	Witness/observer state of non attachment
	Contemplative	Repetition of words/images mentally
	*CONTEMPLATION	Extended concentration
	Concentrative	Full Absorption.
EXTERNAL	*CONCENTRATION	Focused attention
BETA .12-28cps	Focus	Held for longer periods.
Wakefulness.	Fleeting	Wandering focus, easily distracted.
Problem solving		
sensory atten.		

MEDITATE — B P M #I

In beginning the meditation we again become aware of our natural breathing, now to synchronize the natural BPR we began to count at normal speaking volume our natural BPR. We repeat it over at a steady pace for the first moment as we said to synchronize the breathing with the mind. Actually, in this beginning stage is the only time that you will be counting out loud.

After a moment of this, you should let your voice fade to a whisper and close your eyes gently. With our eyes closed, we should then mentally and passively continue counting, do not force or deeply concentrate on the count but allow the count to continue naturally. If other thoughts creep into your mind, gently bring your awareness back to the count.

In the first couple of minutes, mentally count your natural BPR then extend to one more digit after a couple of minutes than extend this BPR to the desired state BPR.

Example:

First two minutes; inhale 5 — exhale 5

Preceding two minutes; inhale 6 - exhale 6

Preceding two minutes; inhale 7 - exhale 7

While in the meditation state you may lose the count or totally go into a deeper level, that is fine, this usually means that you are naturally going to more refined levels or that your bodily system needs rest. The important thing is that you keep gently focused on the count. For added mental depth one can ever so often hold the breath for approximately one half the count of the BPR. This creates added relaxation and depth.

— Length —

The suggested length of this meditation is from 10 - 20 minutes twice a day, preferably morning and late afternoon or early evening. It is usually best not to meditate before sleep as meditating will give you more zest and energy.

In order to keep track of the time, keep a clock or watch within easy sight that you can glance at with eyes partially closed during the meditation. Eventually your mind and body will form its natural rhythm to the time you want.

- Coming Out —

Coming out of this meditation is just as essential as giving in, it will determine the effects of the total experiences. Just as even if you had a good night's rest, if someone woke you suddenly then all would be lost. So the important thing is to come out of your state slowly. The most efficient method is to reverse

the BPR rate by shortening it until you are back at your natural BPR.

Example:

Deep meditation — inhale 7 — exhale 7

Light meditation — inhale 6 — exhale 6

Natural state — inhale 5 — exhale 5

When you are back at your Natural BPR you then for about a minute become aware of your natural thoughts then open your eyes, stretch. Your body and go about your activities with renewed vitality. If for any reason you are interrupted during a session and you feel quizy in the head, return to the deeper level and come out slowly.

- A summary then is:

1. Sit erect, comfortable and relaxed.
2. Sit quietly for a moment.
3. Become aware of your breathing.
4. Start counting your natural BPR.
5. Extend one digit to BPR.
6. Extend another digit to desired BPR state.
7. Return to BPR whenever distracted.
8. Continue for 10 - 20 minutes.
9. Come out by reversing desired BPR state to the natural BPR.
10. Open eyes and stretch body.

As you are experiencing the Alpha meditative state there will be several sub-states that you pass through. You will experience moments of deep relaxation and quietude. There will even be moments when you are unaware of your body as you will be in total allurements with your consciousness.

As you progress deeper, thoughts both positive and negative will surface, that either come from the past, or are just abstract thoughts. Do not pay much attention to these thoughts as they are energies that are releasing themselves through coming to the surface mind level and dissipating themselves. When you perceive these thoughts just observe them with passive mindfulness and continue the BPR. As you continue you will reach deeper and deeper levels of the Alpha state, at the deepest level you will experience either total nothingness or oneness.

Actually they are one in the same as nothingness is just a name for the experience where you experience a sense of nothingness because nothing perceptible is there, however there is also an overwhelming feeling of oneness with the self and environment. This is the ultimate state in which we receive the deepest level of relaxation and refined mental energy. Sometimes a direct experience of oneness is attained and at others it is not reached.

Most of the time this experience happens for anywhere from a split second to hours, and for the most, they lose all sense of time. But regardless of the

experience we have, we should continue to meditate and not become attached to the experiences along the way, but go for the overall benefits which by the way happen as a result of meditation in our everyday Beta level of activity.

- Conclusion —

This BPT approach is a very simple but powerful technique of meditation. I have found similar versions used by Japanese, Hindu and Egyptian cultures as well as Alpha-genic and Bio-energetic techniques that are similar. This unique technique has the power to benefit one's life mentally and physically on many levels and will open a new world of awareness and success.

B P M #2

In the BPM technique number 2, the focus of the mind remains in a passive aware state called mindfulness. In this state the mind remains as a witness—observer, it is a much more simpler technique in that breath pulses do not have to be focused upon. One does have to become aware of what their natural BPR is, however no further counting is necessary.

Now to begin as in all BPM techniques, we sit with an erect but comfortable spinal head alignment. Keeping feet flat on the floor separated with hands placed comfortably on the lap or legs, totally relaxed. Now with our eyes open we look at a nearby clock or watch and use the second hand to find our natural BPR, by seeing how many pulse/seconds it takes to complete one inhalation or exhalation, then divide the number by 60 and you will have your natural BPR, you can also use the Breath-States table to find this figure. Take note of your natural BPR and write it down for later use.

Our next step is to then again become aware of our breathing in and out, the complete cycle. The breathing should be natural and not forced. Focus your mind upon only your breathing. Your breathing will slow down at times however you must first

mentally take note of that and continue observing your breath.

All other thoughts and senses should be focused on your breathing and nothing else. To keep your mind focused, at first will be a challenge because there is no counting or other device to focus upon to shut out other thoughts, however through deeper focus and relaxation, success will come. There will be moments that you will be completely absorbed in your breathing oblivious to all else. This will be the high point in the technique. This experience can be from a second to longer periods.

The longer the periods, the greater the benefits! To come out of this meditation you just start to allow your normal thoughts to emerge for approximately a period of 2 - 3 minutes then open your eyes and stretch your body. This technique can be practiced one, two, or three times a day for 5- 15 minutes at a session.

It develops concentration, relaxation, refines mental and physical energy, and calms the nervous system as well as develops sensitivity of awareness and physical endurance. This technique supposedly originated with Buddha, however, I find versions of it in Hindu and Egyptian cultures also.

— Summary (Five to Ten Minutes, Three Times a Day)

—

1. Find your natural BPR.

2. Sit erect but comfortable.
3. Become aware of breathing cycle.
4. Maintain a state of passive mindfulness.
5. While maintaining focus on breath only.
6. To come out allow natural flow of thoughts to occur 2-3 minutes.

BPM ALPHA—Programing

This BPM Alpha-Programming technique is a single powerful tool using auto-suggestions. The beauty of BPM-Alpha Programming is that there is no need for pre-body-mind relaxation conditioning. Once the desired state has been correlated thought the correct BPR, we can use the BPR to dial in on the Alpha state, apply the breath-holding to a count of approximately one half the BPR, program in our chosen auto-suggestion and continue to use the BPR.

The BPM Alpha-Programming should be continued from 5 - 10 minutes per session, at one or two times daily. This technique is useful to condition the sub-conscious mind while in the Alpha state with the desired programming that we choose. The purpose of this programming is to deeply assimilate a given idea into our sub-conscious mind level so that it manifests in our conscious mind and activates a natural component. Auto-suggestions were designed to "help people become what they want to become"(13).

They help the mind also to focus in on definite target areas also. The first person to develop and use auto-suggestions was a pharmacist and healer from France, early in the 20th century Emile Coue' His work followed the German psychiatrist and neurologist,

Johannes Schultz. Both men explored the uses of auto-suggestions in psycho-physical therapy. Cove" is the creator of the auto-suggestion, "Day By Day in every way, I am becoming better and better". (14) Of course, the key here is to use positive affirmative statements that create positive images within the mind. Once the mind has accepted the thought at the Alpha level then results will soon start to occur in daily behavior.

— Summary of Technique —

1. Sit erect but comfortable.
2. Become aware of breathing.
3. Start counting natural BPR.
4. Extend one digit.
5. Extend to two digits to desired BPR.
6. Continue for 3 — 5 minutes.
7. On inhalation, hold breaths to approximately one-half of BPR and program mentally the chosen auto—suggestions.
8. Release breath and continue BPR count.
9. Continue for 5 - 10 minutes a session, 2-3 times a day for best results.
10. Reverse BPR towards natural BPR.
11. Open eyes and stretch body. - INHALE - 4 HOLD;
We suggest the affirmative - "I am using my energy dynamically, I am creating Love, Health, Harmony & Prosperity, I am a receiver, on success I thrive, I am an achiever, and towards the best I strive." - EXHALE;

B P M — ALPHA—IMAGING

In the BPM technique of Alpha-Imaging, the goal is to unite the sub-conscious and conscious mind levels through focused imagery which then causes the sub-conscious mind to create the reality through changed perception and behavior. This technique is very useful for attainment of goals and personality and behavior modification. There are no scientific results that prove the efficiency of this technique; however there are numerous cases and books written where mental imagery has brought about a reality. Actually we can see this principle at work in our immediate environment. Consider that everything we see in our environment such as clothes, cars, tools, arts and crafts, etc., virtually anything was first conceived in someone's mind before it became a reality, it was first an imaginary idea which became reality when the proper energies were focused and used.

Also it is a known fact, by psychology, that the sub-conscious mind level does not know the difference between reality and fantasy thus, whatever data is presented to it at this level is taken for reality and thus begins to create a true physical reality. Actually Alpha-Imaging is closely related to auto-suggestions in that both focus and condition the sub-conscious mind level.

Mental imagery is also one of the most potent tools used these days in fighting cancer, changing attitudes and behavior and maintaining mental and physical health. The key to this process is that through consciously thinking of yourself in a desired way, alters your thinking process as if you already possess the desired traits. This process, if programmed deeply enough into both the conscious and sub-conscious mind levels, filters into your everyday mental and physical behavior, thus creating the desired personality.

In the Alpha-Imaging/Visualization technique, all steps are the same as Alpha-Programming except that while in the Alpha state, visualization and image programming takes place. Breath retention during visualization is optional, however when used adds a greater degree of focus and potency. When one is visualizing, they should form the image in the mind with clarity and focus. The more distinct the picture, the deeper the image will be imbedded into the sub-conscious.

B P M WITNESS

In BPM witness technique, the primary focus of awareness is on the here and now experience. The past and future are viewed as illusory as the present is all that there is for us to experience.

This meditation allows and creates total acceptance of self and environment in the here and now through trust in one's energies and abilities to cope and deal effectively with the environmental now as it comes. It is a heightening of experiencing rather than manipulation. It is to experience the good in the now instead of the negative and also to remove extra-active illusory thinking. Another benefit of this approach is that one learns to take full responsibility for their actions, thoughts and feelings and achieve greater self-actuality through facing the present without trying to escape into thoughts about the past or future. (15)

In this technique, the mind takes a witness-observer state as in the mindfulness technique, however upon entering the meditation state one witnesses their thoughts, feelings and projections as they flow through the consciousness without attaching importance or control to any one thought. This creates a self-monitoring mode of consciousness which allows us to perceive our perception thus

making it more keen through unattached awareness which will carry over into conscious activity as keener awareness, clarity and heightened experience. This technique has roots in Gestalt therapy, Buddhism and Chinese We-hsin and Hindu yoga.

— Summary of technique —

1. Manner of sitting posture is the same as for all BP techniques.
2. Begin breathing natural BPR for 2-5 minutes.
3. Continue BPR without count while mentally observing thoughts and feelings. *Do not try to control or manipulate thoughts but maintain the witness state of perception.
4. Continue for 15 - 60 minutes or any length desired.
5. Upon coming out of meditation, return to the BPR count for 2 — 3 minutes, then open your eyes.

B P FOCUSED CONCENTRATION

The focused concentration technique described here is very effective in building and focusing concentration and willpower. In this technique the two components of keeping the eyes focused on a desired spot or object and the removal and exclusion of all thoughts while keeping the BPR are the key components.

1. We begin by taking our seating position.
2. We select an object or spot that is very small 1 cm in diameter and place this spot or ourselves four to seven feet away from us at eye level.
3. Take 3 deep breaths then begin your BPR.
4. Gaze steadily at the spot without allowing eyelids to close as much as possible.
5. Allow no thoughts to enter our mind but keep it totally focused on the object and BPR.
6. After 3 - 5 minutes, extend BPR by three pulses and maintain this BPR throughout session.
7. Upon stopping concentration, return to natural BPR and blink eyelids a few times for lubrication.
8. This exercise can be practiced three times a day, length of sessions are totally up to individual, however as a guide, 15 - 30 minutes should suffice.

B P STUDY PREPARATION

This technique is an excellent quick mental energy booster as an aid before the study or mental work.

1. Take our standard seating position
2. Inhale slowly and deeply until lungs have filled.
3. Retain breath while mentally counting to 15—21 counts or more.
4. Exhale slowly through nose without allowing chest to fall.
5. Immediately inhale and repeat the breath cycle 3-7 times.

— ALTERNATE —

— BPM Brain Energizer —

1. Stand erect and place right thumb over right nostril.
2. Inhale slowly and strong through the left nostril until lungs are full to the count of 7 BPR.
3. Close left nostril with index finger and bend over from the waist lowering the head as much as possible.
4. Inhale a small portion of air again through both nostrils and hold as long as possible or approximately 14 BPR.
5. Exhale through right nostril at the BPR of 7 while keeping left nostril closed and returning head to upright position.
6. Without pause; repeat the cycle 3 times.

B P M — CONSCIOUS RELAXATION

Conscious relaxation is a tool that anyone can use during daily activities to reduce stress and create a relaxing mental and body state.

In this technique the key focus is to relax on the exhalation – out breath. When we inhale there is a slight muscular tension. Thus, when we exhale there is muscular relaxation. To boost this relaxation Response, on each exhalation we triple our natural BPR while mentally coordinating the conscious relaxation of all bodily muscles. On each exhalation try to relax to a deeper level! After about a week of Practice, the relaxation response will become automatic as you begin counting.

— Summary —

1. Inhale at natural BPR.
2. Exhale and triple the BPR while mentally telling yourself you are relaxing more and more.
3. Repeat cycle as long as necessary to reach desired state of relaxation.

B P M ENERGY

This technique is beneficial for the rebuilding of blood cells and brain energy. It especially clears and strengthens thought energy.

This technique is similar to BPM, however as one is meditating on their BPR the thought that one is breathing in new vital energy as they watch the incoming flow of energy enter through the nostrils to the center of the head and radiate and bathe the entire head region in this pure refined energy.

1. Sit in required position.
2. Begin BPR.
3. Visualize and feel the incoming flow of pure clean energy as it enters the nostrils and flows to the center of the skull.
4. Radiate this energy within the entire head region giving it an energy bath as it were.
5. On the exhalation, visualize all outgoing breath energy as stagnant and over filtered.
6. Occasionally one may hold the breath- at half the BPR and store more of this energy if desired.
7. When one feels as though there has been enough, then we return our thoughts to the BPR and begin to come out by reversing the BPR.

- GROUP BPT -

In Group BPT there is always a leader involved. This leader conducts and guides the group through each level of the chosen technique. Actually any of the previous three techniques can be used with a group depending on the target area.

Most will chose the BPM 1 approach for its simplicity and ease of handling within a group.

In Group BPM the procedure is the same as a single person session with the exception that the group leader does the BPR counting for the group. The first step for the leader is to find an average mean BPR, for the group as a central starting point. This is achieved in the same way as the single, again; however it will be found that the average mean BPR for most groups will be approximately 3 or 4 in approximately 15 — 20 breaths per minute. Then the group leader should guide the group through a 5 - 10 minute session with the leader counting aloud and the group being mentally synchronized with the leader on the BPR.

The technique for coming back to the Beta level is the same as the single session, only upon finishing; the group should just open its eyes. Body stretching is optional. This is an excellent technique for student

class and professional work groups for increasing performance.

— CONCLUSION —

In conclusion it is my opinion judging from the scientific results and personal experiences and tests, that the BPR approach offers a new alternative to meditational, alpha-genic, hypnotic and Bio-feedback methods. BPR uses simple techniques that anyone with a normal functioning brain can use, to increase mental and physical energy.

It has also been shown that it is possible to control mind states through voluntary breathing techniques without the need for pre-mind-body conditioning, or cultural, philosophical symbols, words or images. Science and research have also shown that the benefits of moving the personal awareness to the Alpha state daily brings several mental and physical benefits of decrease in day to day anxiety, increase in the ability to cope with stressful conditions, increased harmony of mind, body and soul, increased memory and mental clarity, faster reflex time, and an overall decrease in body and mental tension.

Studies further indicate the BPT approach to be an excellent tool for boosting auto-suggestion and that BPR definitely offers simple and instantaneous access to altered states of mind. Conversely, there are many new horizons to explore using BPR techniques and

that the field of voluntary controlled mind states is just beginning to dawn.

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