

ONE BREATH
MEDITATION
URBAN VERSION



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INTRODUCTION

Throughout my life of athletic challenges, entrepreneurial endeavours and overcoming obstacles dealing with PTSD, I studied the common tools that I was using intuitively that allowed me to remain calm under stressful situations and keep moving forward. It always came back to having control and understanding of my breath, and my ability to regulate the physical, mental and emotional stress that I was under, without having to stop for long periods of time to compose myself.

Throughout my twenty-seven years in the fitness and wellness industry, I have been able to explore methods used to manage stress and the effective, relevant tool combination. Meditation has long been around and used by billions of people across the globe as a successful tool in calming the mind.

My experience found traditional meditation methods required long periods of time sitting in a self or guided practice, then potentially years to allow yourself to reach a calming state, a state that can carry throughout your day and through life's unexpected stressful situations.

As an athlete I recognized that I didn't have the time to sit for 30-90 minutes to compose myself enough, to continue on my challenges. At times I had to make split second, sometimes life and death controlled decisions, and it's through this that I became more consciously aware of my **One Breath Meditation**.

I have drawn from my years of training myself and others, to combine all techniques that were successful and tested them, not just in mine or others athletic challenges but also through daily life challenges. Being able to control physical, mental and emotional stress and trauma, made me realise that I had discovered a tool that would help so many people around the world.

I have travelled the world, working at the most amazing wellness retreats, where I was able to fine tune my findings and start to share the tools with others.

The 5 level progressive program of One Breath Meditation was created, allowing elite athletes, CEOs, Government officials and every day people, a tool to change any stressed mind or stressful situation, into one that is calm and controlled, simply with one breath.

Once you have a strong connection with this technique you will find that it will also give you the ability in calming the emotions of others around you.

Thank you for giving back to yourself with my **One Breath Meditation**, I'm super excited knowing you will explore this tool and allow your life to be calming, in control and to live life on your terms.

I'm so proud of you.

MASTER YOUR BREATH AND MASTER THE MIND

LEVEL 1

CONNECT TO THE BREATH

LEVEL 1

CONNECT TO THE BREATH

The simple act of breathing can be taken for granted, it is an action we do subconsciously, without thought. Connecting to the breath is important to allow connection to our life source and our emotional energy. When we are babies we intuitively breath correctly, inhaling through our nose, all the way down into our belly and exhaling through our mouth. Through school, peers, teachers and trauma can cause you to unlearn this skill reverting to shallow breathing into your chest, therefore losing this connection.

The aim of Level One is to bring you back to your natural breathing performance, train your oxygen capacity to increase without force and teach you how the breath connection can calm and allow you to control your physical, mental and emotional levels. Choosing an open space like a park as you are guided through the levels of One Breath Meditation, is amazing for the minerals from the grounding nature of the grass, increased oxygen from the surrounding trees and also for the continual moving and changing of the trees, people and surroundings to take in. The trees can be mesmerising with their forever changing motion, similar to sitting around a camp fire quietly watching the flames.

One Breath Meditation is a progressive program. You will be taken on a journey to connect with your breath. Using the elements and heightening your natural senses, your focus will shift outwards, then draw back again to a strong connection with your breath and yourself in the moment.

Removing footwear and sock allows a stronger earthing connection.

The walking component of Level One will be done at a pace just above your comfort zone.

Thank you for taking time out for yourself to learn the One Breath Meditation and enjoy the journey.

› Before you begin today, I would like you to take a minute to stand in prayer pose and set your intentions, purpose, and goal for the practice of today and begin connecting to your breath.

› Now take up a comfortable position sitting down with your back straight and head comfortably looking forward.
› Allow your arms and hands to sit in their natural position in front of you.

1 minute / 9 breaths.

Closing your eyes.

› Begin to breathe calmly with nothing forced.

- › When you breathe in, your breath draws in through your nose and all the way down until your belly inflates, then allow it to flow unforced through your mouth.
- › Your chest or shoulders shouldn't be rising and only with minimal movement.
- › Breathe in through your nose all the way down inflating your belly, then it turns around and flows unforced through your mouth.
- › Breathe in through your nose all the way down inflating your belly, allow the air to flow all the way out, through your mouth.
- › Think about the air as it travels through your nose, all the way down, it turns around and is gently released through the soft mouth as your belly deflates.

1 breath.

- › This time on the breath in, count how many beats it takes to draw in the air to expand your belly
- › hold for one beat and slowly, with control count as the air is released out through your mouth.

1 breath.

- › Again, draw your breath in all the way down, extend it by two more beats on the inhale, inflate your belly
- › hold for two beats and slowly release through a soft mouth extending the exhale by two more beats.

1 breath.

- › Again, draw your breath in all the way down, extend it by two more beats on the inhale, inflate your belly
- › hold for two beats and slowly release through a soft mouth extending the exhale by two more beats.

1 minute / 9 breaths.

- › Once your air is all the way out, take your breathing to a calm and gentle breath with seamless transition from inhale to exhale with nothing forced, remain connected with your breath.

1 minute / 9 breaths.

Keeping your eyes closed and a calm breath, you are now turning your focus to sound.

- › Start to focus on the sound around you.
- › Visualise the movement of the trees.
- › Keeping your eyes closed, open your mind and focus on your listening, allow yourself to separate the different sounds you hear, from the wind in the trees, the birds, the sounds near and far. Allow them to become louder and more visual within you.

30 seconds / 3 breaths.

- › Keeping your eyes closed, stretch out your mind and hearing to focus on the distant sounds.

1 breath

› You are going to connect back with one breath, inhale deeply through your nose to inflate your belly.

› Hold for two beats...

› And release gently through a soft mouth with nothing forced.

30 seconds / 3 breaths.

› Calm your breathing from inhale to exhale, making a seamless transition from inhale to exhale.

› Focus only on your breath and how smooth you can make it.

1 breath.

› Again with one breath draw in deeply with intent through your nose to inflate your belly.

› Hold for two beats...

› And release gently through a soft mouth with nothing forced.

30 seconds / 3 breaths.

› Calm your breathing from inhale to exhale, making a seamless transition from inhale to exhale.

› Focus only on your breath and how smooth you can make it.

Keeping your eyes closed with a calm breath, you are now going to shift your focus onto touch.

1 minute / 9 breaths.

› Turn your focus to the wind.

Feel the direction it is coming from.

Is it hitting you on the face?

Is it hitting you on the legs?

Is it hitting you on the hands?

Is it pulsing, or blowing with a consistent breeze?

Is it cool, or is it warm?

30 seconds / 4 breaths.

› Keeping your eyes closed on a calm breath, stretch out your sense of touch, feel the wind...it's the only thing you are going to focus on.

1 breath.

› Now connect back with your one breath. Draw in with intent deeply through your nose to inflate your belly.

› Hold for two beats...

› And release gently through a soft mouth with nothing forced.