

ONE BREATH  
**MEDITATION**  
WITH DAMIEN







ONE BREATH  
**MEDITATION™**

A stylized, handwritten signature in black ink, appearing to read 'DRich', enclosed within a light gray rectangular border.

WITH DAMIEN RIDER

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## THE ORIGIN OF ONE BREATH MEDITATION

Can you imagine paddling 500 miles solo for seventeen days, solo and unassisted, in the open ocean during the most shark-infested summer Australia has ever experienced? Then skateboarding 2500 miles the entire length of Route 66 for fifty-six days, including through the Mojave Desert's scorching 127 F temperatures, and pushing a 3-tonne pick-up truck for 17 miles along the coastline of the Gold Coast, Australia Highway after being told it was impossible?

Being driven by a cause that is so much bigger than the personal challenges you have set for yourself and completed, is it possible to push your body to a point where it shuts down before your mind is ready to stop? As an international endurance, world-record-breaking athlete, this is part of my daily life.

“BREATHE, ACCEPT, ADAPT AND KEEP MOVING FORWARD”

I use these challenges as a way for me to show people the tools to be able to Breathe, Accept, Adapt, and Keep Moving Forward through adversity. I have traveled the world processing and refining my intuitive survival method to now be able to share these tools with you.

Throughout my life, including my athletic challenges, I examined the tools that I intuitively used, which allowed me to remain calm in stressful situations and keep me moving forward. It always came back to having control and understanding of my breath as a way to regulate the physical, mental and emotional stress that I was under, without having to stop for long periods of time to compose myself.

Meditation has long been around and used by billions of people across the globe as a successful approach to calm the mind. Throughout my twenty-seven years in the fitness and wellness industry, I explored many of these methods and techniques that people used to manage stress. My experience found that traditional meditation methods required long periods of time to sit and practice, then potentially years to achieve a calming state, a state that you can carry throughout your day and 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 my challenges. At times I had to make a 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 used my years of training myself and others to combine all successful techniques and tested them, not just in my athletic challenges, but also through my daily life challenges. The ability to control my physical, mental, and emotional stress and trauma made me realize I had discovered a tool that could help so many people around the world.



During my skate from Chicago to Santa Monica along Route 66, I had a lot of time to think about how I could break down what I do intuitively with One Breath Meditation. I then spent the next few years working at some of the most amazing wellness retreats in the world, perfecting my One Breath Meditation Technique and sharing the tools with others.

One Breath Meditation is a progressive five-level program created to arm elite athletes, CEOs, government officials, children, and everyday people with the tools to calm any stressed mind or stressful situation, simply with one breath. Once you have a strong interconnection with the One Breath Meditation breath-connection-reprocessing technique, it will allow you to change the natural subconscious and mimicked responses to assist in a calm emotional action and reaction to any situation.

Thank you for giving back to yourself with One Breath Meditation. It excites me, knowing you will explore this tool and live life on your terms with a new calm, controlled mindset. The greatest gift you can give is sharing what you have learned to help others. Share One Breath Meditation with others so that they may join you in calming their inner soul through breath.

I am so proud of you.

I give thanks to the ocean.

**LEVEL 1**

**CONNECT TO THE BREATH**



## LEVEL 1

### CONNECT TO THE BREATH

The aim of Level One is to bring you back to your natural breathing performance, train your oxygen capacity to increase without force, and to teach you how to breathe in connection with a calm and controlled physical, mental and emotional level.

One Breath Meditation is a progressive program, taking you on a journey, to connect with your breath. Your focus will be taken away, then draw back to a strong connection to your breath and yourself in the moment.

Removing footwear and socks allows a stronger earthing connection.

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 mode and set your intentions, purpose, and goal for the practice of today and begin connecting to your breath.
- › 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.**

Now closing your eyes.

- › Begin to breathe calmly with nothing forced.
- › When you breathe in, your breath draws in all the way down through your nose, inflating your belly, then allow it to turn around and 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 and allow the air to flow out, through your mouth.
- › Think about the air as it travels through your nose, all the way down, fills your belly, it turns around and is gently released through your mouth as your belly deflates.



### **1 breath.**

› This time on the breath in, count how many beats it takes to draw in the air all the way down to expand your belly, hold for a 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 your 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 your mouth extending the exhale by two more beats.

### **40 seconds / 4 breaths.**

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

Now you are going to connect your breath with your physical self, allowing 2 breaths for each body part.

### **2 breaths.**

› Exaggerating your inhale slightly, breathe through your nose, inflate your belly and hold for a beat. As you do, focus on the top of your head and face, just letting go of any tension on each exhale, with calm and controlled breath out through your mouth.

### **2 breaths.**

› Move your focus down to your neck and shoulders and again, with a slightly exaggerated inhale draw your breath down, hold for a beat, think of your shoulder and your neck just relaxing and letting go as you exhale.

### **2 breaths.**

› Focus on your back, and again with a slightly exaggerated inhale draw your breath all the way down, feel your lower and upper back expanding, hold for a beat, release your back, and let go as you exhale gently through your mouth.



### **2 breaths.**

› Moving to your belly inhale again, drawing your breath all the way down as it inflates your belly, hold, release your belly, letting go and feel yourself sink into the earth.

### **2 breaths.**

› Moving your focus to your legs, draw your breath all the way down, hold for a beat, and release your legs, letting them go and allow them to sink into the earth on each exhale.

### **2 breaths.**

› Now focus on releasing your feet, as you breathe in, hold and exhale through the mouth letting your feet and let them sit in their natural position, sinking into the earth.

### **2 breaths.**

› Release your arms, inhale all the way down, filling your belly, hold and let your arms go and just let them sink into the earth.

### **2 breaths.**

› Moving onto your hands, inhale your breath all the way down to fill your belly, release your hands and let them sit in their natural position as you sink into the earth.

### **40 seconds / 4 breaths.**

› Staying connected to your breath, inhale and exhale smoothly, with seamless transition from inhale to exhale and let your whole physical self be released.

Feel yourself sink into the earth, allowing gravity to connect your whole physical being, as your grounding yourself to the earth.

### **1 breath.**

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

› Hold for two beats.

...and slowly release through a soft mouth with nothing forced.

### **4 breaths.**

› Calm your breathing from inhale to exhale, relaxing your face on every exhale.