

# ONE BREATH MEDITATION

RISE ABOVE PHYSICAL, MENTAL & EMOTIONAL STRESS  
TO KEEP MOVING FORWARD



*D. Rider*

WITH DAMIEN RIDER



ONE BREATH  
**MEDITATION**<sup>TM</sup>

A handwritten signature in black ink that reads "Damien Rider". The signature is fluid and cursive, with the first name "Damien" written in a large, rounded script and the last name "Rider" in a more compact, cursive style.

WITH DAMIEN RIDER

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# THE ORIGIN OF ONE BREATH MEDITATION

For a moment try to comprehend paddling solo, 800 kilometres for seventeen days during the most shark-infested summer Australia has ever experienced. Imagine skateboarding 4000 kilometres for fifty-six days, through the scorching Mojave Desert (enduring temperatures of 55 degrees Celsius), on occasion 24 hours non-stop, along with the entire length of Route 66. Or pushing a 3-tonne pick-up truck for 28 kilometres along the coastline of the Gold Coast Highway, and all after being told it was impossible?

To get your body to a point where it shuts down before your mind is ready to stop. When you are driven by a cause that is so much bigger than all the personal challenges that you have set for yourself and completed.

As an international endurance and 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. Founder of the Rider Foundation and PACA - Paddle Against Child Abuse, I have travelled the world processing and refining my intuitive survival method to now be able to share these tools with you.

In 2016, I proudly created the first Child Abuse Awareness Week for Australia and Thailand and was also chosen as keynote speaker for survivors for the Royal Commission on Institutionalised Responses to Child Sexual Abuse, held in Sydney Australia. Receiving recognition for my national and international efforts broadcast live to millions across the globe as the final baton bearer for the 2018 Commonwealth Games was my most humbling experience.

Throughout my life, including my athletic challenges, I examined the tools that I intuitively used which were allowing me to remain calm in stressful situations and kept 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-five years in the fitness and wellness industry, I explored many of these methods and techniques that people used to manage stress. My experience found traditional meditation methods required long periods of time sitting and practising, then potentially years to achieve a calming state, a state that you can carry throughout your day and through life's unexpected stressful situations.

As an athlete, I recognised that I didn't have the time to sit for 30-90 minutes to compose myself enough to continue on with 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 realise 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 the 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.

The five-level, progressive program of One Breath Meditation was created to arm elite athletes, CEOs, Government officials and every day people with the tools to change any stressed mind or stressful situation into being calm and controlled, simply with one breath.

Once you have a strong connection with this technique, it will allow you the ability to assist 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.

# FOREWORD

I first met Damien in 2015 shortly after completing his 17-day world record, unassisted 800km paddle from the Gold Coast to Sydney's Bondi Beach. Damien has a dream to make us aware of the endemic child abuse that pervades our society and used his personal journey to draw attention to this issue which shames our society. PACA and Damien's movie "Heart of the Sea" has continued to draw attention to the issue of the epidemic of child abuse that is endemic to our society. I was privileged to be able to play my small part in "Heart of the Sea" and be a Director for the Rider Foundation.

I now know Damien to be a man of inexhaustible passion and integrity, he has the insight and compassion far beyond that of most people. Damien's survival from a childhood of traumatic, systematic and ongoing child abuse is nothing short of miraculous. His history is amongst the worse cases that I have come across in almost 40 years of practice as a psychologist, to listen to even brief descriptions of what he endured, leaves a listener severely traumatised. From this pain and trauma, Damien has created and shares a healing journey which demands to be shared with others. Part of this journey has led to this book, which will benefit all who take the time to read it.

A major deficiency in our education has been the lack of teaching essential life skills for our psychological, emotional and mental health. Damien's "One Breath Meditation" gives and instructs us all in an essential life skill which should be taught as part of our educational curriculum. "One Breath Meditation" is a part of Damien's 'toolkit' of life skills that have enabled him to get through anything" - to use his own words.

This meditation exercise when practised, allows us to stop the incessant chatter of our overactive and overstimulated mind. His exercise is also a foolproof method of relieving the anxiety and fear that is so frequently felt by us all. Most of us have lived with anxiety for so long we often hardly notice that we are anxious, until this exercise relieves us of our anxiety. The time we live in is not called the 'Age of Anxiety' for nothing!

The importance of learning meditation is best stated by the fact that it allows us to manage and control ourselves, our emotions, our

psychological and physical health, and even our spiritual health for those who have faith in that realm. The feeling that regular practice creates, is described in many ways. It is called inner peace, calm and the peace beyond all understanding.

As a scientist, as well as a psychologist, I know that when practised, One Breath Meditation will biologically lower your heart rate and blood pressure, as well as change the wavelength which our brain emits alpha waves, these are the wavelengths emitted when in a state of relaxation.

Damien is also a trailblazer in his use of a relatively new technique which he incorporates into his One Breath Meditation called EMDR. Like the initial discoverer of this treatment, Damien noticed his use intuitively of EMDR while on his 800km paddle. Similar to in the room of 1000 demons, Damien has learnt and gives a skill from his life skills toolkit that will enable us to get through anything, as long as we keep moving, taking one step after another and above all. Remember to breathe!

Love, as always,

Brett F Addison.



I give thanks to the ocean.

# CONNECT TO THE BREATH

**LEVEL ONE**



## 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, all the way down inflating 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.

I choose to use the beach and the ocean during the One Breath Meditation for the negative ions from the ocean, increased oxygen, the grounding nature of the sand between your toes and also for the continual moving and changing of the ocean.

The ocean is a powerful source and I find the stormier the ocean the calmer the mind. The ocean can be mesmerising with it's forever changing motion, similar to sitting around a camp re 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 your focus will shift, then draw back again to a strong connection with your breath and yourself in the moment.

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.

Removing footwear and socks allows a stronger earthing connection.

› 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.

› Start by looking out to the ocean, watching the movement of the water and the waves.

### **1 minute / 9 breaths.**

- › 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.

Now close your eyes.

### **30 seconds / 4 breaths.**

- › 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 all the way out 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 allow it to flow all the way out unforced through your mouth.

### **1 minute / 9 breaths.**

- › Again breathe in through your nose all the way down inflating your belly, allow the air to flow all the way out, unforced and 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 a soft 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.

### **30 seconds / 4 breaths.**

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

Keeping your eyes closed you are now turning your focus to sound.

**1 minute / 9 breaths.**

- › Start to focus on the sound of the ocean.
- › Visualise the movement of the ocean. The swell moves towards the shore, the waves break, the water laps up onto the shore and the water is drawn back out. Again another wave breaks. Was the wave bigger this time?
- › Keeping your eyes closed, open your mind and focus on your listening, allow the ocean to become louder and more visual. Hear the changes it makes from waves breaking on the shore and drawing back out to meet the next one.

**30 seconds / 4 breaths.**

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

**1 breath.**

- › You are going to connect back with one breath, inhale 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 / 4 breaths.**

- › Calm your breathing from inhale to exhale, keeping your face relaxed on every exhale.

**1 breath.**

- › Again with one breath draw in deeply through your nose to inflate your belly.
- › Hold for two beats...
- › And release gently through a soft mouth with nothing forced.

**30 seconds / 4 breaths.**

- › Calm your breathing from inhale to exhale, keeping your face relaxed on every exhale. Make a seamless transition from inhale to exhale.
- › Focus only on your breath and how smooth you can make it.

Keeping your eyes closed 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, 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 breath. Draw in with one breath deeply through your nose to inflate your belly.
- › Hold for two beats...
- › And release gently through a soft mouth with nothing forced.

### **30 seconds / 4 breaths.**

- › Calm your breathing from inhale to exhale keeping your face relaxed on every exhale.

### **1 breath.**

- › Again draw one breath in deeply through your nose to inflate your belly.
- › Hold for two beats...
- › And release gently through a soft mouth with nothing forced.

### **30 seconds / 4 breaths.**

- › Calm your breathing from inhale to exhale keeping your face relaxed on every exhale, making a seamless transition from inhale to exhale.
- › Focus only on your breath and how smooth you can make it.

Now you are going to connect your breath with your physical self.

### **2 breaths.**

- › Exaggerating your inhale slightly, breathe down and inflate your belly and hold for a beat. As you do, focus on the top of your head, just letting go and exhale, calm and controlled through a soft mouth.