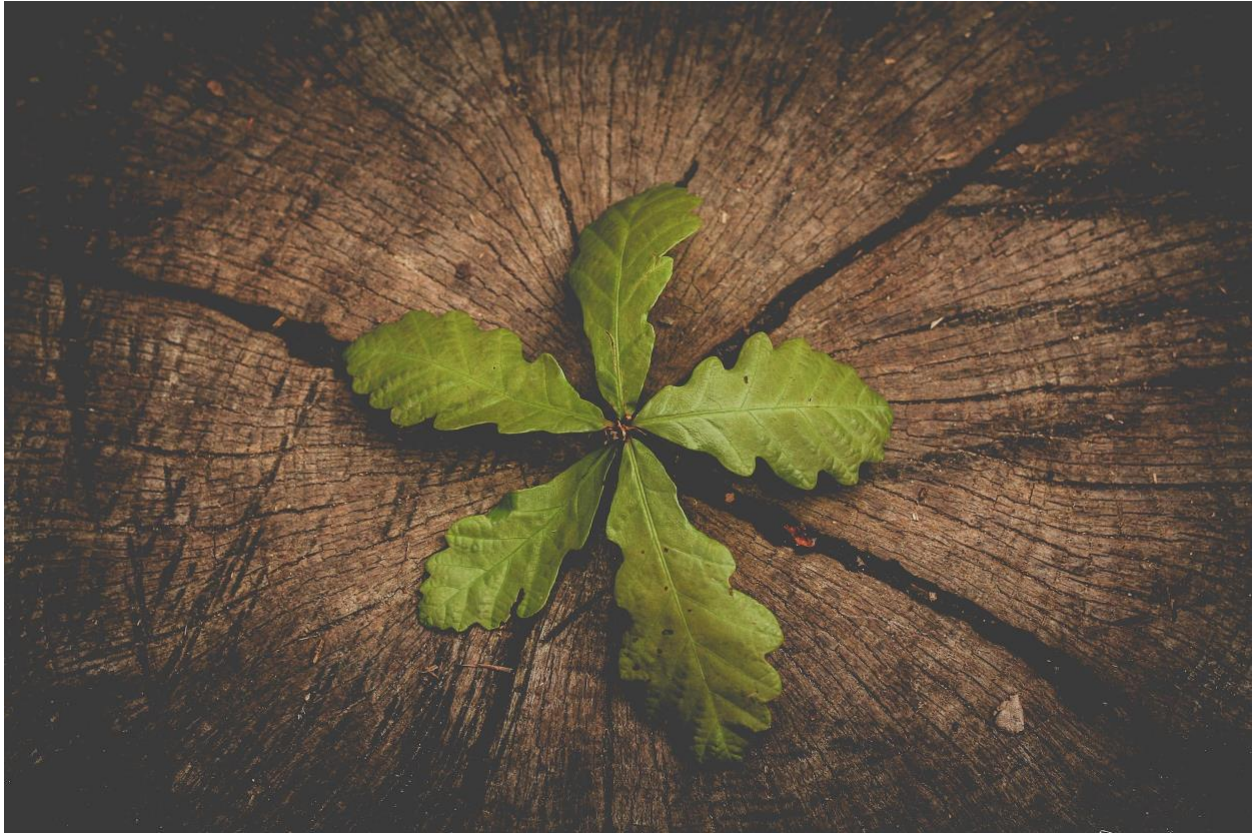




5.5 Count Breath



Introduction

This exercise is designed to open-up the field of consciousness, so you gain a greater degree of choice in relationship to your thoughts, feelings, and behaviors. It also has a potential to improve your health.

*Clear your heart and open yourself
become a conduit
between inspiration and manifestation.*

Exercise



Get quiet in this moment and find yourself totally present. Inhale to the count of 5.5. Without retention, simply allow yourself to let go and exhale to the count of 5.5: 1... 2... 3... 4... 5..... now inhale...1... 2... 3... 4... 5....

Do this simple breathing exercise for one minute.

Rational

This resonate or coherent breathing exercise is useful for stress reduction, focusing, and is the basis for cultivating qualities of mind such as mindfulness and compassion. It is also useful to establish a baseline for the development of "internal" awareness.

Summary

- You may do this exercise with the eyes open or closed.
- This should be an effortless undertaking and perceived more as a gift than an obligation.
- Practice several times a day - whenever you think about it.

Research

“In 2001, researchers at the University of Pavia in Italy gathered two dozen subjects, covered them with sensors to measure blood flow, heart rate, and nervous system feedback, then had them recite a Buddhist mantra as well as the original Latin version of the rosary, the Catholic prayer cycle of the Ave Maria, which is repeated half by a priest and half by the congregation. They were stunned to find that the average number of breaths for each cycle was “almost exactly” identical, just a bit quicker than the pace of the Hindu, Taoist, and Native American prayers: 5.5 breaths a minute. But what was even more stunning was what breathing like this did to the subjects. Whenever they followed this slow breathing pattern, blood flow to the brain increased and the systems in the body



entered a state of coherence, when the functions of heart, circulation, and nervous system are coordinated to peak efficiency. The moment the subjects returned to spontaneous breathing or talking, their hearts would beat a little more erratically, and the integration of these systems would slowly fall apart. A few more slow and relaxed breaths, and it would return again.” (Nester, pp. 82-83)

“You can practice this perfect breathing for a few minutes, or a few hours. There is no such thing as having too much peak efficiency in your body.” (Nester p. 212)

References

Nester, James. Breath (pp. 82-83). Penguin Publishing Group. Kindle Edition.

Resources

HRV Breathing Exercise: <https://www.youtube.com/watch?v=eRWtytSjKZs>

Five Ways to Improve Your Breathing: <https://www.youtube.com/watch?v=f6yAY1oZUOA>

Dr. Rangan Chatterjee Clips Interviews James Nestor regarding Nasal Breathing:
<https://www.youtube.com/watch?v=fbBVOxzNOo0>

[MERIDIAN NAUTICALS Brass Sand Timer](#)

Image courtesy of: [Rob Wicks Available for hire](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.