

HOW TO BREATH PROPERLY:

It sounds strange but we have to learn to breath properly. Meaning that one must Exhale Completely; if one wants to use it's Maximum Strength.

A breathing control is aimed towards our ways to Exhale and Not about inhaling.

One rebuilds his strength much better by Exhaling properly than by trying to force his air intake.

If you do ANY HARD WORK, or walk fast or you are digging your OUTPUT INCREASES by 50%

If you apply yourself by SLOWLY!!! EXHALING by pushing All the air Out of your lungs.

Opera singers, swimmers and runners know this t"Rick". For example if you get into a cold shower, you have the tendency to breath faster and to tense your muscles which only aggravates your torture.

If on the other hand you try to exhale slowly and regularly you will be much surprised to notice the Little effect that this cold water has upon you. 6 DEEP EXHALATIONS!

This is because a Slow Exhalation helps your body to adapt itself to this change.

STRESS CONTROL & BREATHING:

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An attentive control on your respiration & especially of your timing contributes to your stress control in any moments of Tension, Stress or constraint. Most of us breath only 1/2 way.

We breath incorrectly since we don't have much choice but where we make the mistake is; when we do not exhale properly. Meaning; that we do not do it - Deeply Enough -. Thus we often sigh which is a sign warning us of a Need for a Deep Exhalation! AHHH!

A sigh is a natural mean used by our body to exhale completely; once we have OOPS neglected to do so under STRESS!! Just remember in your past when there was a Deep Stress & after that moment was over you felt the dear need for a full exhalation. MMM

So one must learn to sigh methodically. Any blockage brought to your breathing system provokes deep pains! So any amelioration will be beneficial to your body & mind! The more one exhale air the more one is able to inhale. So the increasing of your capacity is the goal of any respiratory discipline.

To take a conscious hold of your exhalation is the # 1 factor. What we must strive for is to make it a habit.

BREATHING BEFORE ANY TASK!

Exhale Deeply Before undertaking Any Task. You will thus facilitate the climbing of long stairs. Exercise yourself to breath IN during 2 steps and to exhale during the next 2 steps. 2 IN & 2 OUT DEEPLY!

But you MUST Exhale Completely BEFORE climbing the First step!

BREATHING TO FIGHT COLD!:

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6 DEEP EXHALATIONS will also SUSTAIN and INCREASE your RESISTANCE when you will have to fight against a "Deep 6! Winter Wind!

In any Harsh or Boring circumstances where STRESS puts a grip on you; Exhale Slowly thus you will Recharge your Nervous System. HUMMM! AHHH!

BREATHING CONTROL EXERCISES:

To help you along in this new technique, try reading out loud is a good exercise. Take an article and read on 1 breath as much as you can without effort. Do this a dozen time the first day. Count the words and start over the next day, this way you can measure your improvement.

Another exercise is to count. Sit down comfortably, your back straight, inhale slowly and regularly counting to 4, pause for 1 second, then exhale till you reach 12, the next time; inhale till 5 and exhale till 15. Keep it up this way; and measure your progress. Once you have reached 21 you will notice that the fact of humming a song will help you Enormously in limiting the quantity of air you exhale.

These exercises will bring MUCH GOOD to your OVERALL WELL BEING and will change many of your regular habits. A conscious breathing also brings a conscious acting or behaving. You will notice that it is impossible to slump in a couch and still breath effectively.

All one has to do is to get his shoulder blades as close together as possible, to feel your lungs getting to work at their best. MMM! After a while these exercises will become second nature for an overall better well being. It could even help you cutting down

on smoking by reducing the stress overall! Just remember: " DEEP 6 "

1 MAIN LAW OF SURVIVAL:

ONE OF THE LAW OF TRAVEL & SURVIVAL IS THIS:

THE MORE YOU TRY TO UNDERSTAND AN ENVIRONMENT AND THE LESS YOU TRY TO FIGHT IT, THE KINDER IT WILL BE TO YOU.

PSYCHOLOGY #?:

While it is true and vital that energy must be conserved it is equally important that the mind must BE KEPT BUSY.

ENDURANCE IS NOT ENOUGH:

This has been proven over & over again. 1 needs training!

1 must know what to do! 1 must equip himself, mentally and physically. If you Want to survive; you most likely will! If not! Then you wont!

CONSERVATION OF ENERGY:

Conservation of energy is ESSENTIAL to SURVIVAL under ANY primitive conditions.