



Academy for Coaching Parents International
524 Cranbrook Drive
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FULL WAVE BREATHING

SIMPLE INFO

Only the basics of Full Wave Breathing are given here. Scientific and empirical background, case studies and testimonials positively support incorporating it into your life. It is likely to be the single most important step you'll ever take in improving the way you feel and boosting your health. Additional information is available in other books and recordings at www.internationalbreathinstitute.com

TO START

The following information is enough to get you started on this wonderful process. These are the breathing basics in the practice of Full Wave Breathing:



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- Open throat--allows comfort and good airflow.
- Mouth breathing--We start all Full Wave Breath retraining by breathing through an open mouth rather than through the nostrils to increase oxygen.
- Open Mouth--Hold the mouth open like you were cradling an egg inside and imagine that you are breathing around it.
- Relaxed Jaw--Allow the jaws to part in a way that is relaxed, open, and comfortable.
- Connected inhales and exhales--Breathe in and out without a pause in between.

NOSTRIL BREATHING

First learn the mechanics of deeper Full Wave Breathing with an open mouth. Then you can use nostril breathing to focus your mind and quietly clear your head and quiet your body.

CIRCULAR BREATH

There is no pause or break between inhales and exhales. The oxygen flow is continuous and you are aware of your breathing rhythm.

RELAXED BODY

Releasing progressive layers of tension is profoundly relaxing. The body may twitch or tingle as relaxation takes place. The exhale works best as an effortless relaxation.

CLEAR MIND

More oxygen to the brain clears cloudy thinking. Intuition is enhanced as thought slows.

PACE

Find your own, most comfortable, breathing pace. Start with slow-paced, deep breaths and relax into the process. More advanced breathers may employ and enjoy a faster rhythm.

FOCUS

Set an intention for and repeat in your mind, the word, **Joy**. Alternatively, use the phrase, **Fully Alive!**

PERSISTANCE

Learning Full Wave Breathing, although simple, does require a little time and patient application. We didn't get to be



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the way we find ourselves in an instant. It happened gradually and was progressive. Your improvement is progressive as well. It takes more practice than just once or twice for you to become proficient in your breathing. Tissues and tendons relax and stretch and muscles become healthily toned as you continue daily.

RETURN ON TIME INVESTED

As weeks go by you realize that learning to breathe in this new way is the best investment in time that you have ever made. Nothing else can do so much and so quickly. You are a different person after a month; some would say "transformed"

PLEASURE

To retrain your body and mind to a breath pattern you haven't experienced since infancy is not always comfortable. You may associate a stressful pattern in your body with emotional trauma or fear. It resolves itself as Full Wave Breathing continues. Stay receptive to your own pace, pattern and comfort.

THREE STEPS

The three steps of Full Wave Breathing affect three body sections (ABC): Abdomen, Belly, and Chest. This breath starts in the abdomen (1), expands into the belly (2), and moves into the chest (3).

EASY MASTERY

Mastering the Full Wave Breathing movements takes practice. Combining Full Wave Breathing with other stress management strategies enhances their effectiveness. Full Wave Breathing has been successfully combined with and is synergistic with singing, drama, movement, dancing, imagery, and other expressive activities.

SINGLE PATTERN

The steps of Full Wave Breathing flow together into a full, connected breath, with a long inhale and a relaxed and easy exhale. This continuous breath is a relaxed way to bring oxygen into the body and boost energetic flow.

NEW SENSATIONS



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During the first few practice sessions, as tension relaxes you may feel new sensations such as a gentle tingling, stomach gurgling and a little light-headed. This is the normal influence of having more oxygen in the body.

MORE FUEL

Your body has probably been taking in less oxygen up to this point in your life. So it is learning to handle more. If you feel light-headed, simply ease your breathing pace, breathing more slowly and deliberately, and the symptoms quickly pass. Within a few sessions, your mind and body adjust quickly to the added oxygen and are comfortable with the changes.

INHALING

Start your Full Wave Breathing practice either sitting upright or lying down. If you lie down, place a pillow under the knees. A pillow under the head restricts air flow.

BALLOON BELLY

Inhale and expand the lower abdomen. Expand and round your abdomen like you were filling a balloon. Relax your neck and continue to keep your mouth open and jaws relaxed. Direct your inhale to be longer than the exhale in a 3:2 ratio.

EXHALING

Allow the exhale to leave gently and without effort. The abdomen becomes flat, like a deflated balloon. Let your muscles go soft all at once so air leaves the body without pushing. The exhale is of shorter duration than the inhale.

CONNECTING THE BREATH

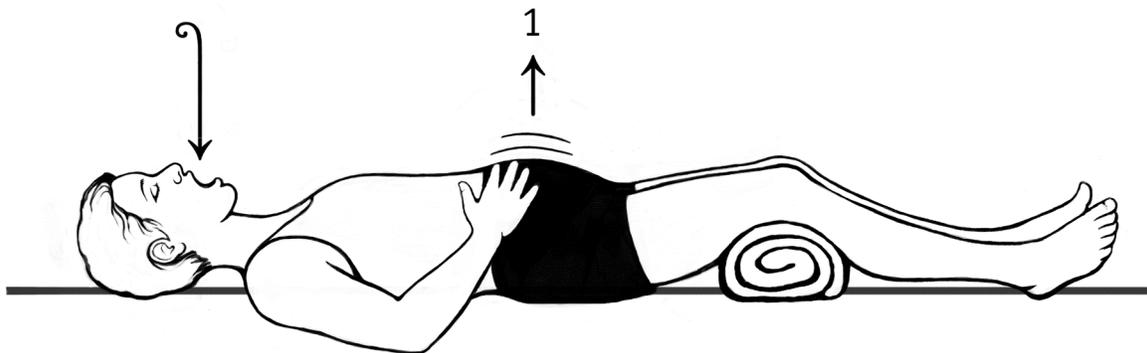
Gently inhale again and expand the abdomen. Your immediate goal is to smoothly connect one breath to the next with no pauses between your inhale-exhale cycles. Smile as you perform the exercise to further encourage your body to relieve tension and stress.

STEP 1—Abdominal Breathing

The recommended form of deep abdominal breathing consists of inhaling deeply and slowly through your mouth and expanding the abdomen as you practice. Imagine the air

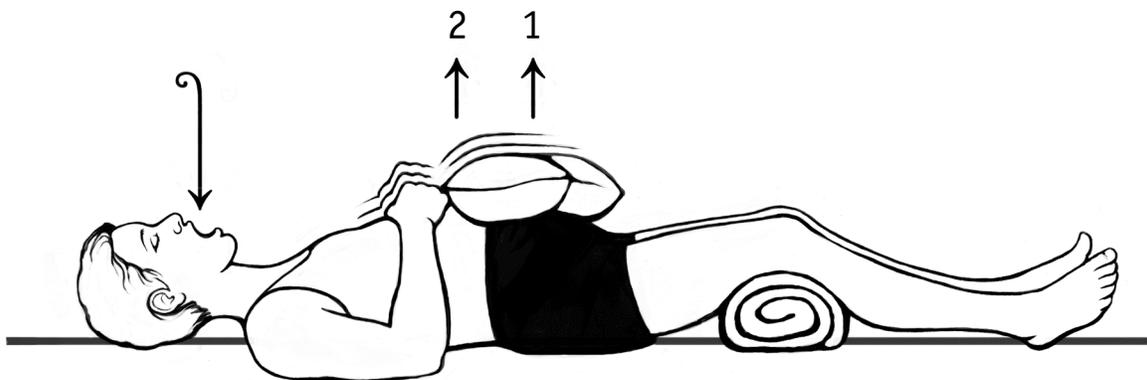


traveling right down to your abdomen and mentally repeat the "fully alive" phrase as you breathe in. Then breathe out slowly and gently through your mouth. As you exhale, imagine the stress and tension leaving your body with your breath and you allow your muscles to become limp. Deliberately let your muscles become soft, limp and pliant as you exhale.



STEP 2—Breathe Into the Belly & Solar Plexus

The second step of Full Wave Breathing brings the breath from the lower abdomen into the middle of the body--the belly to the solar plexus. During the inhale, first breathe into the lower abdomen, and then with muscular action expand the lower ribs, exercising the diaphragm and intercostal muscles.



HANDS ON



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Placing your hands on your body orients you concretely to exercising your diaphragm and feeling the lungs expand and contract. Note how the ribs lift and stretch for the next step.

WHERE

Place your hand on your abdomen, and then move your hand to the solar plexus area, directly under the sternum, in the hollow area where the ribs meet. That is where the diaphragm is found.

COMBINE STEPS ONE AND TWO

Inhale through your mouth, expand your abdomen (step one), and then expand your ribs as you pull the breath into your solar plexus or belly (step two). Exhale by relaxing and deflating the entire area. Breathing continuously, inhale again following the same pattern.

NO EFFORT

The abdomen and solar plexus deflate as you exhale. There is no need to force it or try to make it happen. Rather, just observe that it does happen.

LIFTING THE BREATH

Your abdomen is rounded and your mouth is open as you expand the inhale from your abdomen into the solar plexus region. Imagine a wave of breath moving up through your body as you perform steps one and two.

TWO STROKES

Another way to move your breath from your abdomen into the solar plexus area is the two-stroke breath. Counting in your head:

- On stroke or count one, inhale deeply into the abdomen.
- On count two of the inhale, move the breath into the solar plexus

Exhale smoothly, and repeat the two-stroke breath. This two-stroke breath can be done lying or sitting.

STEP 3—Into the Chest



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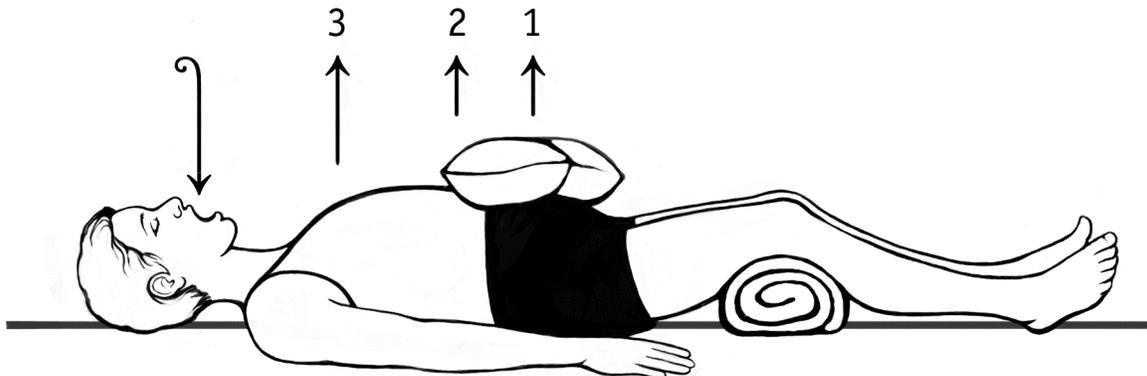
The third step of the Full Wave Breath is to expand the breath all the way into your chest from your abdomen (1) and belly (2). At this point, the Full Wave Breath truly becomes like a wave that originates low in the abdomen, rises smoothly in the midsection and then moves up through the chest into the shoulder and neck.

EVEN AND RHYTHMIC

The three separate steps of the Full Wave Breath become a smooth breathing flow. As you did when teaching yourself the previous steps, follow the breath by placing your hand on your abdomen, solar plexus, and then chest. Practice breathing from the abdomen and expanding into the chest while stressing the wave-like movement.

STRETCH

The Full Wave Breath moves from the expanded abdomen and solar plexus into the chest. The muscles of the neck stretch upward. Your shoulders stretch upward as well.



GO LIMP

Think of the exhale as a gentle and relaxed deflation of the abdomen and diaphragm. As you exhale, notice that your expanded abdomen flattens as the air leaves your body.

PERFORMANCE

Practice the continuous breathing process. Practice will allow you to easily coordinate the wave movement of breath and body. Make it full and deep as you open your breathing.



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TOM'S TIP

Learning the Full Wave Breath is an important milestone for anyone seeking to improve their health in all respects.

Here are some of the benefits:

- Sharper, more prolonged focus while performing tasks
- Enhanced awareness of emotional patterns
- Added energy, improved physical and emotional well-being
- Ability to choose to breathe for specific reasons, such as to relieve stress or anxiety or for intellectual or task focus
- Ability to notice and consciously regulate emotional patterns, such as impulsive eating behaviors
- Better problem-solving ability
- Ability to apply new knowledge and breathing skills in everyday life.

SUMMARY

Healthy, life-expanding breathing is the result of practicing the three steps of the Full Wave Breath. It is suitable for all adults and children above the ages of six or seven. Continued practice of Full Wave Breathing automatically builds the habit of deeper breathing to serve and support your health for the whole of your life.

Websites to visit: www.internationalbreathinstitute.com;
EnergizeYouNow.com; Drtomgoode.com