

## The Thirteenth Breathing Theme

### 1:1:2:2 Breathing

No matter how complex breathing training gets, you can always go back to the basics. Breathe in. Breathe out. Breathe when it occurs to you. Keep breathing in and out and you'll pass my courses. Breathing in and out is the essence of yoga.

Which brings us to the last *Yellow Level Breathing Theme*, 1:1:2:2 breathing.

In these exercises we're going to develop that last part of your breath – the pause that is meant to refresh, the moment that happens between breathing out and breathing in.

Usually, by the time we've breathed in slowly, held our breath and then taken soooo lonng to breathe out, there is only one thing on our minds – breathing in again!

While you're breathing out, your brain starts shouting at you, "Let's get a breath in here! It's time to breathe! Finish up this breathing out thing so you can get some oxygen coming in again!" So the last thing you want to do is stop and wait.

But that's exactly what you're going to do. That moment between breathing out and starting the next breath is where you are going to discover peace, serenity and inner stillness – as soon as you can convince your brain to calm down about it.

The fact is, your brain understands that breathing is good. Getting oxygen into the body is good. The brain doesn't want to take any risks here. So, it puts up a very wide margin around this very essential task. Long before you actually *need* to take a breath in, your mind starts signaling you to do it. After a lifetime of giving you that signal, 12 times a minute, your brain forgets that there's a big safety margin here. Your brain forgets that it's OK to wait.

You are going to help your brain discover that it's OK to wait a while. That's what this next exercise will do.

This exercise starts off a lot like 1:2 breathing and like 1:1:2 breathing. You can do it wherever and whenever you have a minute.

- Take a moment to enjoy the feeling of breathing.
  - Feel air flowing into your body as you breathe in.
  - Feel your body releasing as you breathe out.
- Settle into 1:2 Breathing
  - Do this long enough to get a good rhythm going.

Now add the next step to your breathing

- Settle into 1:1:2 breathing:
  - Do this long enough to get a good rhythm going.

Now add this next step to your breathing:

- For however many seconds it took you to breathe out
- Wait that many seconds before breathing in again.

#### Anti-Splutter Tips

This exercise can be difficult to master. Most people have trouble waiting such a long time before breathing in. Often, when they're learning this way of breathing, they cut short that last part of the breath. That's OK while you build up to the full exercise. This is not cheating.

If you like, you can build up to the last part of the 1:1:2:2 breathing. During the last phase of the breath, after you've breathed out, wait for only a second or two. As you master that, add a second or two, until you can do the full wait comfortably.