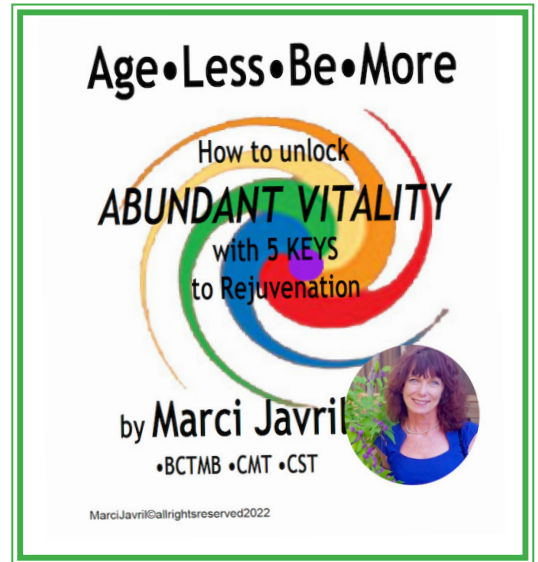


FREE! Sneak Preview - ecstatic breathwork*

from my

HOME STUDY COURSE 5 KEYS to Abundant Vitality

1. Awareness: KEY to spiritual energy
- *2. **Breath: KEY to primal sexual energy***
3. Movement +touch: KEY to physical energy
4. Sound: KEY to emotional energy
5. Intention: KEY to mental energy



Each KEY's Chapter contains instructions for 4 TransformActions©

[1]. *How to activate: "-----"*

*[2]. **How to cleanse: EXPANDED BREATH PLAY***

[3]. *How to balance: "-----"*

[4]. *How to integrate: "-----"*

EMPOWER yourself with *BREATH!*



Your transformation:

Primitive urges are transmuted
into humane sentiments

Your benefits:

ESP abilities, expanded orgasm,
longevity, vigor, charisma

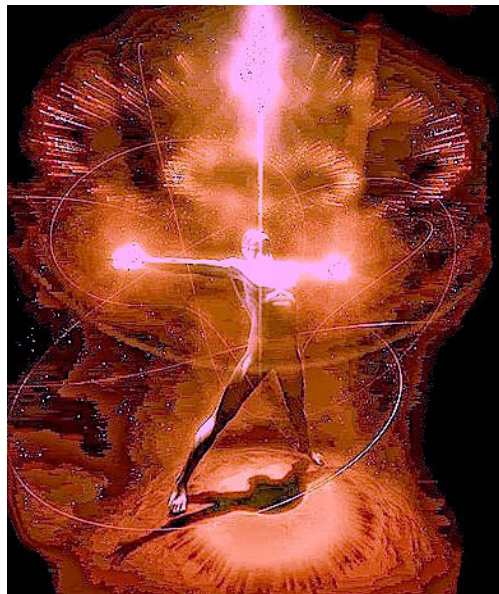
-----TransformAction©-----

HOW to CLEANSE

for sexual invigoration using dynamic extended BREATHING

In this Self-Paced Exercise, you learn how to use your breath in many different dynamics and varieties, **extend your pleasure envelope**, expand the repertoire of where breath can live in your tissue and energy field. Open your possibilities for an ecstatic experience by heightening sensation with deep oxygenation! **Adding SOUND releases EMOTION and is very therapeutic.**

Activate the Vagus nerve, let go of tension & stress, increase circulation for better digestion & brain function, decrease cortisol levels, relax adrenals, and **when you conclude, likely you will fall into a deep Theta state. *Yoga Nidra.***



EXPANDED BREATH PLAY *open all neural-sensory circuits*

- Begin by laying on your back, eyes open or closed. Start with normal breathing, singsong sounds, no words
- Be playful, experiment, no judgments, just allow things to occur without filtering them.
- Try one rhythm for a time, then let it change, or evolve into something different.

- **You can inhale through the nose and out the mouth, or inhale through the mouth and out the mouth. or inhale through the nose and out the nose.**

****DO NOT inhale through the mouth + then out the nose****



**CHANGE the SHAPE
of your mouth as
often as possible!**

- You can change suddenly from one pattern to another, or slowly shift.
- Surprise yourself. Make strange curious choices, always open to newness.
- **Use the entire length of your internal windpipe**, so you change the depth that you breath, sometimes short + shallow, sometimes all the way in or out.

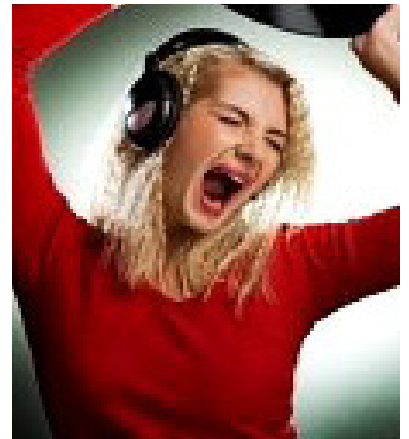
- **Let your belly and jaw RELAX.**

Imagine you are the percussion section for an entire symphony orchestra!

***puff, blow, shout, aspirate,
sing/song, whistle, hum, vowel,
yowl, percussive, gibberish,
animal, melodic, drone...***

- **Use opposites and play with your dynamics:**

short / fast,
long / slow
full / half / sips / hardly any
staccato / controlled...



- On the last round, **elongate the inhale**, until you are **HOLDING YOUR BREATH IN** as though it floats above your head, for as long as possible.
“Land of expanded-breath”

- Then, **slowly control your elongated exhale** until you are completely deflated, **HOLDING THE BREATH OUT**, down below your pelvis.
“Land of no-breath”

- Finish by doing 3 cycles of **DEEP ABDOMINAL BREATHING**
...then...Relax, let go of any pattern,
and simply Witness what occurs...

Namaste!
~OXMJ

