



TRIBREATH

Move Easier, Breathe Deeper, Walk Taller & Run Faster

3

*Simple Life-Changing
Techniques to Get
Fabulously Fit Without
Working Up a Sweat*



ACTIVATING YOUR BODY'S GREATNESS WHEN YOU MOVE

- Brett J. Hayes -

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Forward

It is with open arms that i welcome you to TriBreath™.

Contained within this eBook are three TriBreath™ techniques, that if integrated into your daily life will help you build upon and maintain your body's respiratory strength as you vitalise your body's neural connectivity, enabling your body to move in a more relaxed and fluid way.

Starting with the TriBreath™ breathing rhythm's, using these rhythms you'll literally discover how to improve the way your body moves as you consciously balance and equally distribute "the forces of impact", that are felt by both the left and right hand sides of your body when you walk.

When i say walk, please don't think the benefits and use of these rhythms are limited to just walking or running. These rhythms can also be applied to most forms of movement that require the two sides of the body to work in opposition to each other, to create and generate momentum.

Yes... these rhythms "instantly promote body balance".

Ancient in their origin, i believe these rhythms and the associated techniques are how the body was/is designed to be operated if elevated performance and consciousness is the goal!

When i first discovered what i now call the TriBreath™ rhythm's, to say i was totally blown away by both the potency and simplicity is an understatement.

But what i didn't know and couldn't see then (when i first started over 30 years ago), is that these three universal rhythms are but the foundation to what is a very vast network of independent, yet precisely integrated energetic processes.

The realisations i experienced from the very beginning can be readily described as the peeling of an onion. Layer upon layer you go. In the beginning external thinking and awareness focused on the periphery, slowly opening a door to experience the wonders that are only found within the vastness of the internal.

And just when you think you're close to what you believe could be the last layer, as life would have it there's another layer and yet another layer, and it just keeps going so we keep growing in conscious awareness.

For within every realisation is you the thinker. You filling the darkness of your body's matter up with your light. It's very cool mentally perceiving and most importantly "feeling" the distribution of energy, whether the experience is balanced or not.

Suffice to say that using my breath this way as i walked, i could finally feel and connect with the imbalance. There it was in plain sight as to why my right knee and left side shoulder was regularly sore and restricted.

Some lessons learnt

As for growth, in the early days the biggest obstacle i found using the 3-STEP in particular, was finding the space to release the OUT-breath on the one step.

i found the remedy for this challenge in the realm of the simple. i slowed down the pace that i would normally walk at, thus giving my body more time to breathe.

Who would have thought you have to "remember" to breathe!

At that time i had no idea i regularly breathed in a shallow way. And i also discovered i regularly held my breath for prolonged periods. It's not rocket science to know that if i do it, the chances are very good that people just like yourself also do it. Again, without realising it!

This could explain why most of us are living our lives barely breathing in enough oxygen to blow up a small balloon. It's little wonder that physical collapse, limitation, stress, tiredness, mental exhaustion, depression and the list continues are modern man's most common ailments.

Have you ever caught yourself holding your breath when you're sitting in front of a computer screen or sitting behind a desk? Have you even noticed if you do or don't hold your breath and for how long? Make no mistake about it. When the shallow breath rules, so too does the body's "premature" collapse!

When you start to comprehend that oxygen deficiency is a major contributor to cell disintegration, you can begin to grasp where the focus of our attention should be if the goal is living well.

Using the TriBreath™ techniques is all about mind, breath and body connection. It's like moving from the back seat of a car (that's also fitted with an "autopilot" mode so you don't have to be at the wheel), to sitting in the driver's seat with full access to multiple "high performance settings".

With the internal connection you create by “tuning your body up to your breath”, your body will lift and you will be lifted.

Your body’s lift mode is there! The chances are at this moment you didn’t know it was there or how to access it. But i assure you, it’s there waiting for you.

Lift mode is already been pre-loaded into your body as per original design. All that’s required is you choosing to turn it on. And the quickest way to find your body’s lift is to practice using these rhythms multiple times a day so you breathe more.

Like every time you walk to the kitchen; when you walk down the hallway; when you carry the shopping in from the car; when you’re working around the garden; when you’re carrying stuff; when you’re at work!

Here’s a mind shift for you. When you’re at work, and you practice these rhythms, you’re literally turning the time you’re at work, into you getting paid to improve and develop your mental, respiratory, and physical connection! It’s a win-win situation!

In days to come you’ll probably see how you can self-generate light on your IN-breath and then send this “self-generated” energy (light) to anywhere in your body using the OUT-breath to vitalise your body’s fibre optic neural network, your nervous system!

And did i mention you also “remember” to breathe more!

A bit about my background

With regard to my background, i believe myself to have a pretty sound grasp of physical mechanics. More importantly, how these mechanics can be applied to include the moving structure of the human body.

From an early age i was interested in how the body works and started studying human anatomy (even if it was just the pictures) around the age of seven thanks to the “H” edition of the Encyclopedia Britannica. Being in the early seventies everything was in book form.

Being a book the pictures opened the way for me to both visualise and imagine. With it being said the most powerful of the spiritual faculties man is blessed with is the creative imagination, it sort of makes sense!

If you can see it you can build it!

Around the age of 14, i furthered my comprehension of "energy creation" by learning how to tune & rebuild engines with the help of both friends and their older brothers.

With regard to the internal combustion engine, it was all about air intake, spark (electrical connection), timing and exhaust.

Sound familiar? Just like the internal combustion engine requires fuel, oxygen and creates waste, so too does the human body require fuel, oxygen and creates waste.

That's how i know if you implement and use these techniques, you can literally access the power of a V stroke engine. *i believe if there was an "operating manual" for the human body provided to us when we're born, these techniques would be included in it. Right next to the chapters on nutrition and hydration :-)*

After leaving school, i started and finished an electrical trade and over those years my comprehension of how power was both generated and distributed grew. With the knowledge of combustion and power generation, i then started my breath journey and over the decades "energetically" everything literally fell into place.

So to the beginner who is just starting to tread the path to the many levels of fitness, to the professional athlete, or the man and woman enjoying an early morning walk, i wish you all the best and maximum benefit.

As a health conscious poet of the romantic period so eloquently put it...

"He lives most life whoever breathes most air"
-Elizabeth Barrett Browning-

Wishing you all the best,



Brett Hayes
TriBreath™ Developer / Coach

Introduction

TriBreath™ is ancient in its foundation and primarily deals with the equal distribution of impact using the most vital aspect of our life-force we call our breath!

Being a practice where the foundation for expansion rests within the rhythm of the breath, TriBreath™ is for all of us who walk, run, climb stairs, climb mountains, skip, surf, paddle, push a wheel barrow, push a pram and almost any other activity that uses the two sides of the body to move.

Your TriBreath™ journey begins, by making minor adjustments to your breathing rhythm with the goal being improved respiratory response and neural connection with your body.

When you change your breathing rhythm from what is rhythmically known in musical terminology as “simple timing”, to what is called “compound timing” (that is the rhythm cannot be equally divided by 2), things change!

These rhythm's i've called the 3-STEP, the 5-STEP and the 7-STEP.

The how and when you use these breathing rhythm's will depend upon the activity that you're engaged in, your breath intensity and how much lift you feel you need.

Use the rhythms like you would the gears in car.

For example...

- Walking up a steep hill is tough, use the 3-STEP.
- On the flat you can drop down a gear and use the 5-STEP.
- When you feel like cruising slip into the 7-STEP and enjoy the ride.
- Coming up to an incline drop back into the 5-STEP.
- If the hill gets steeper and more physical power is required, drop down another gear into the 3-STEP and so on.

Always remember... *It matters not if each step you take only advances your progress in but millimetres. The only thing that does matter is you improving your conscious connection with your body. It is you timing and syncing your arm and leg movements up with each and every breath you take, be it an IN-breath or an OUT-breath. That's where the gold is found.*

Who can benefit using the TriBreath™ techniques?

- Those of us who enjoy going for a walk or a run, will greatly benefit. Even if you've never considered yourself a walker or a runner, practicing these techniques when you walk will give you the skills you need to run. It's not how fast you can move that matters; what does matter is that you can move.
- Those of us who know pain felt in the shoulder, back, hip, knee, or ankle that has been damaged over the years will benefit. It's not the walking or running that has created the problem, it's the lack of technique when you walk that has opened the way for damage to present itself. Just like there are techniques to tune, maintain and balance an engine (or a musical instrument for that matter), there are techniques to tune, maintain and balance the human body.
- Those of us who have tried every diet in the book yet are still unable to burn that fat will benefit. Understanding to burn fat you need energy in the form of fire. And as every good scout knows, fire's first requirement is oxygen so fire can breathe!

If you can supply your body with...

More oxygen	= you can create more energy
With more energy	= you can burn more fuel (fat)
With more fuel to burn	= you can access more power
With more power	= you can harness the creative force to re-define and regenerate your body.

- Those of us who would like to improve and strengthen the vitality of their being will benefit. The TriBreath™ techniques actually promote oxygen intake, waste removal, diaphragm function and opening of your ribcage.

Always keep in mind the amount of oxygen your lungs can inhale in one breathing cycle (think of any vessel that can hold water), will always depend upon how well you've emptied the vessel.

Or in breath terms... how well you've emptied your lungs; your exhalation.

- Those of us who are recuperating from ill health or injury will benefit. The healing powers within can work wonders when your focus is on relaxing your body and using each rhythm to promote breath, mind and body connection.
- Those of us who wish to see a grander vision of themselves moving in a fluid manner and with an empowered posture. The TriBreath™ techniques can help you realign and return both your skeletal frame and supporting tissue to what i now recognise as Factory Default Settings (FDS), thus improving physical agility and connection. One day your connective capacity to feel and energetically expand your body's presence from within will be effortless yet all encompassing. True!

These improvements and many more are just some of the benefits you can expect to experience when the techniques as outlined in this eBook are consciously practiced.

There's so much growth available to you using these techniques to connect breath, mind and body up into one cohesive whole, you'll feel what it's like to sit in your body.

You sit in the drivers seat as i call it. You sit on the throne.

And best of all you can practice anywhere, anytime.

The more you "tune your body up by timing your body up to your breath", the greater the awareness of how the energy flows and where the energy goes.

Once you see it you'll start seeing it everywhere!

Sit down and watch the people walk. What you'll see is the majority of people moving with a limp, however slight it may be, right up to the noticable.

Restricted and laboured movement... it's everywhere!

So first, let me show you i believe the "way we breathe", is in itself a major contributor to your body's ability to move in a fluid way, or in a laboured way.

How We Walk Out of Balance

Most of us have a dominant side of the body, that being either the left or the right hand side. For instance, there's not many people who can throw a ball, hit a ball or kick a ball just as well with their left hand side as they can their right. The vast majority of us have a dominant side!

We call it being left or right handed.

But energy, just like electricity and water will always travel in the line of least resistance. The easiest way!

Let me elaborate

Your BREATHING CYCLE consists of two stages:

Inhalation (the IN-breath)
&
Exhalation (the OUT-breath)

The most common breathing rhythm a lot of us use when we walk or run is the IN, IN, OUT, OUT or two IN-breath's and two OUT-breath's cycle over 4 steps.

So you can see this in action, first have a go at walking on the spot and breathe IN two breaths and OUT two breaths. If you're having issues coordinating your body's movement, in simple terms the action of walking is performed like this.

The action of walking

Not sure how to break down the action of walking on the spot.

- Stand on one leg by lifting one knee up and pull the same side elbow back and the opposite arm forward.
- Then as you lower the leg that was lifted, push the arm that was pulled back forward and at the same time pull the arm that was forward back as you start lifting the opposite knee.
- Repeat the process and now just focus on your breath and whallah you're walking on the spot. In the beginning, keep your arm movements slow.

So over 8 STEPS starting with the RIGHT leg as the leading leg, let me show you where it is i'm coming from. Again, keep your movements slow so you can first and foremost focus on the rhythm of your breath when you're walking on the spot.



- As your right leg moves forward (1st step) you start your IN-breath.
- As your left leg then moves forward (2nd step) you finish the IN-breath.
- Then as the right leg moves forward again (3rd step) we start to exhale the OUT-breath.
- Then as the left leg moves forward again (4th step) we finish the OUT-breath and the process is repeated as the right leg moves forward to begin the next breathing cycle starting with the IN-breath.

Continuing the 2nd breathing cycle again starting with the RIGHT leg leading:



- As your right leg moves forward (5th step) you again start your IN-breath.
- As your left leg then moves forward (6th step) you finish the IN-breath.
- Then as the right leg moves forward again (7th step) we start to exhale the OUT-breath.
- Then as the left leg moves forward again (8th step) we finish the OUT-breath.

Can you see it? Whether you're walking or running, the common thread with what appears to be a balanced 4-STEP breathing cycle is,

50% of the time you're breathing IN and 50% of the time you're breathing OUT.

And what some may have noticed is...

The start of the IN-breath is ALWAYS on the RIGHT LEG (1st step)

&

The start of the OUT-breath is ALWAYS on the RIGHT LEG (3rd step)

As most of our explosive force when we walk or run is expressed on the **1st IN-breath taken and on the 1st OUT-breath**, and if this explosive force is predominantly expressed on the same leg (that being the leading leg or in this case the right leg), then it's obvious as to why hip and knee replacements, injuries and pain, are usually one sided. Because the dominant leg is over-burdened, and in this case...

THE LEFT LEG HAS BEEN LEFT OUT!

i believe this is the reason why the majority of hip and knee replacements are performed on the right hand side of the body. If you look at the statistics from orthopedic registries around the world, you'll see the majority of both hip and knee replacements are performed on the right hand side.

With the cause of this collapse and discomfort incorrectly blamed on a natural movement called walking and running, not on the unseen or recognised contributing factor called an *"imbalanced breathing technique"*.

It all starts with your exhalation

Why is your exhalation the beginning? Here's why on a purely physical brute force sort of level! Let's say you wanted to lift up a heavy object from the ground. Without you even thinking about it, your breathing would more than likely be something like this...

- As you bend down, you breathe IN.
- As you lift up the object, you breathe OUT with one powerful breath OUT.

Sound familiar? Have a go at lifting something so you can see that's exactly how we do it without even thinking about how we do it. Humanity has been picking up stuff using the explosive force of the exhalation for a millennia. It's how the body's designed to work.

We don't exhale on the way down and breathe IN to lift things up. Nor do we (when lifting heavy objects up), breathe OUT first, then half way through our exhalation, pick stuff up. We lift as we initiate the exhalation!

In fact from the time of birth, the 1st breath we take is the exhalation. Our first earth-entering breath is the OUT-breath to help clear our lungs of fluids so we can breathe air IN.

And as fate would have it, the last thing we do when we leave our body is breathe OUT. So our exhalation is both the beginning and the end of our physical existence.

The breathing IN is something we get to experience because of the breathing OUT.

Or as the wise would say,
"It's an empty cup
that can receive the most water!"

The greater your ability to exhale (and let it go on so many levels), the greater your ability to breathe IN and receive.

When both exhalation and inhalation are always expressed on the one side, i believe this is where the feeling of being out-of-whack originally stems from.

And as most of us will experience, the body can only take so much until the "collapse mechanism" gains traction (more than likely prematurely), brought on by the unbalanced distribution of force, energy and breath awareness.

When i was in my early years at school i was taught to breathe IN and OUT equally.

That being breathe IN the same amount of time that i breathe OUT.

Looking at it on paper, the 4-STEP looks like a balanced rhythm, but in reality it creates an unbalanced distribution of force upon the two sides of the body.

On paper, the TriBreath™ 3-STEP, 5-STEP & 7-STEP on the surface look like unbalanced breathing rhythm's. But in practice, just like a pendulum effortlessly swings from side-to-side (favouring no side), the TriBreath™ breathing rhythm's create TRUE BALANCE.

Whether you're using the 3-STEP, 5-STEP or the 7-STEP, you'll create a balanced load distribution between both sides of your body with most movements that require the left and right hand sides to work in opposition to each other to create momentum.

TriBreath™ - Just You, Your Body and Your Breath!

The Little Breath Bigger Breath Technique

Before we get started on the three TriBreath™ breathing rhythm's... the 3-STEP, 5-STEP and 7-STEP, you'll notice at the completion of each section is a follow on technique called **Using the Little Breath Bigger Breath technique**.

One of the feelings most of us will experience at some time of our lives is not being able to breathe IN deeply and get a really good lungful of air IN. But as we just looked at, our ability to breathe IN is directly impacted by our ability to breathe OUT?

And the feeling of "not" being able to get the air OUT on the one step, is also common when first learning and practicing the 3-STEP.

Once you get your head around your body's design, and work with the principles found within the design (rather than struggle and resist the limitations which in this case may be the feeling of not being able to get the air IN & OUT), the remedy in my experience has always been simple.

Slow down! i 100% recommend when you first start practicing the TriBreath™ rhythm's, you **DRAMATICALLY SLOW DOWN** the pace that you would normally walk or run by first slowing down the movement of your arms.

Slowing down the movement of your arms will slow down your legs.

Use your arms (in particular the elbows as they're being pulled back) to help draw/pull your oxygen IN and likewise use your arms to push your breath OUT.

So using the **Little Breath Bigger Breath technique** with the TriBreath™ 3-STEP breathing rhythm for example, you would practice breathing like this:

- Your 1st IN-breath would be a little breath IN.
- Your 2nd IN-breath is the biggest breath IN to complete filling your lungs.

and then on your exhalation (the OUT-breath)...

- Your one and only OUT-breath is you fully emptying your lungs.

The trick is to use your breath like you would using a bellow, so emptying your lungs becomes just as easy as filling them.

With regard to abdominal breathing using all three of the TriBreath™ rhythms.

- Practice pushing your belly OUT as you begin your IN-breath cycle.
- And squeezing your belly IN towards your spine as you begin your OUT-breath cycle.

Just thinking about your belly being pushed OUT as you start your IN-breath, and being pulled IN as you start your OUT-breath is helpful.

Focusing on your belly being pulled IN as you exhale and lifting your head up from the back of your skull is the surest way to effortlessly maintain optimal posture.

It'll also help you remember to connect to your abdominal region more often. As a direct result of this conscious connection, this has been known to help flatten and tone many a tummy. And it gets even better!

The **Little Breath Bigger Breath technique** will not only give you the ability to address shortness-of-breath and the feelings of not being able to adequately fill and empty your lungs, it will open the path for you to consciously (and safely), vitalise your body's energy centre's.

These centre's (known as chakras) and how to vitalise them are looked at in detail within the **Breathing Centres of the Body** section (p27).

From there you'll get a grasp on the greater applications that can also be integrated and employed by you when using all three of the TriBreath™ rhythm's.

All by simply using your breath in a different way when your walk, run, push, pull.

Up and down the centres you will go but for now let's stay focused and move forward onto the 1st of the TriBreath™ breathing rhythm's, the 3-STEP.

The 3-STEP Breathing Rhythm

Welcome to the first of the TriBreath™ breathing rhythm's... the 3-STEP.

On the physical level, i see the 3-STEP as being the most powerful of the TriBreath™ rhythms. Reason being the 3-STEP is the rhythm that'll get you up that mountain no matter how steep it is. It'll have you carrying and pushing loads without the associated huffing and puffing that is so common when physically exerting oneself.

How is this possible?

As i pointed out in the [How We Walk Out Of Balance](#) section, the Out-of-Balance 4-STEP rhythm with its IN - IN - OUT - OUT cycle, can very easily be turned into a balanced distribution of physical impact simply by changing the timing.

The small timing changes you can implement in your breathing rhythm, will allow for equal distribution of your body weight between both the left & right hand sides.

By consciously connecting the movement of your arms, legs, and feet with the breathing rhythm of your choice, by default your rib cage will also respond so you can access greater air intake & metabolic waste removal (improved lung function).

Finding your rhythm

As for the breathing, the 3-STEP is the easiest on the body to distribute the loads but funny enough some people can feel challenged implementing the 3-STEP.

Why so? It's not the rhythm! The rhythm is as simple as 1, 2, 3!

**It's slowing down the normal walking pace
and that can take some practice.**

It's giving yourself time to fill your lungs from the bottom up in two breaths, and releasing that breath in half the time that stumps most of us. Breathing in deep full breaths and powerfully releasing energy doesn't come easy to a lot of us.

Remember the slowing down? By slowing down your walking pace, you literally give yourself more time to focus on your arms pulling your breath IN (more to the point your elbows), and using your arms to help push the spent air OUT.

That known, it's little wonder why lung capacity decreases so rapidly as we age.

Most of us move so beyond their breath for most of their life, the whole concept of oxygen deficiency is very well practiced although practiced unconsciously.

A little tip: When you first start practicing the TriBreath™ rhythms, it can also help to place a little bit of extra load on the body, hence why i recommend using stairs or inclines to help co-ordinate your arm and leg movements up with your breath.

This is especially the case when starting with the 3-STEP, and can also be applied to the 5-STEP depending on where you're at with your lung function.

Having that extra load also makes it easier for your lungs to breathe more air IN and utilise the air breathed IN without getting dizzy due to weak oxygen assimilation.

Once you're oxygen fit so to speak, or more to the point when your body familiarises itself to the improved oxygen intake, each of the TriBreath™ breathing rhythm's is easily applied to many of life's experiences. This can include cycling, surfing, paddling, lifting weights, aerobics etc..

For instance, if you were cycling and using the 3-STEP, you would time the start of each breath (both your IN-breath's and OUT-breath's) to when your foot reaches the bottom of the pedals radius on the push down.

Again, find a hill or a slope to practice each breathing rhythm so you can feel where the loads are being focused on both sides of your body on each down stroke.

i had plenty of time to practice when for about seven years or so, i maintained and developed a very steep mountain property up on the northern New South Wales and Queensland border of Australia.

It was all slope and then a bit more slope but the views were incredible and the water that flowed out of the rocks!!!

As the sun was my witness, i wouldn't have been able to move the tons and tons of earth and rock that i did, using just a wheel barrow and buckets with the ease that i did had it not been for the 3-STEP.

Up and down the narrow winding paths i would go building terraced rock walls to stabilise and stop the soil and forest debris from re-filling the rock pools that were rich in crystals and abundant in life.

The 3-STEP is a rock solid breathing rhythm if you'll excuse the pun.

Looking at the timing

Understanding that each individual step you take as you walk or run, either equates to being an IN-breath or an OUT-breath is a necessity.

So using the 3-STEP rhythm...

- The 1st step you take is an IN-breath.
- The 2nd step you take is an IN-breath.
- The 3rd step you take is the OUT-breath where you fully empty your lungs.

This process is repeated with the 4th step landing on an IN-breath and so on.

So the 1st & 2nd steps you take are IN-breaths. On the 3rd step, your OUT-breath, make sure on your OUT-breath you give your exhalation some extra oomph!

You see the trick to increasing your lung capacity isn't in the breathing IN...

It's the releasing and letting go
of spent air that takes practice!

How the 3-STEP works in walking action

For this example, I'll show you over two breathing cycles or SIX STEPS in total.

So if you're sitting, consider standing up and make the writing on your screen bigger so you can give yourself some space to walk on the spot.

Again, the best way to consciously connect and coordinate the movement of your body's left and right hand sides up (that is your arms and legs), so you're easily and effortlessly able to walking on the spot is...

- As you lift one knee up, at the same time pull the same side elbow back and push the opposite arm forward.
- Then as you lower the knee that was lifted, push the arm that was pulled back forward and at the same time pull the arm that was forward back as you start lifting the opposite knee.

Starting your 1st breathing cycle with the RIGHT leg leading:



- As your right leg moves forward (1st step) you start your IN-breath.
- As your left leg moves forward (2nd step) you're still breathing IN.
- As your right leg moves forward again (3rd step) you totally express the OUT-breath on the one step, when your right foot lands on the earth.

Continuing your 2nd breathing cycle on the LEFT leg:



- Then as your left leg moves forward (4th step) you again start the IN-breath.
- As your right leg moves forward (5th step) you're still breathing IN.
- Then as your left leg moves forward (6th step), again you totally express your OUT-breath on the one step, when your left foot lands on the earth.

Using the Little Breath Bigger Breath technique

When using the 3-STEP rhythm, with your IN-breath's think...

- My 1st IN-breath is a little breath IN.
- My 2nd IN-breath is the biggest breath IN.

and then on your exhalation (the OUT-breath) think...

- My 1st OUT-breath is the biggest breath OUT.

Points to remember

- See how the 1st IN-breath changes every 3 steps from the right leg to the left.
- And the OUT-breath changes every 3 steps from the right leg to the left leg.
- Slow down the movement of your body in particular your arms. Slowing down the movement of your arms will slow your legs down enabling you more time to experience your breath.

Addressing possible issues

If you're finding it a challenge to get the 3rd breath, the OUT-breath "**out in one breath**", as i mentioned earlier, it's more than likely you're still walking at the pace you would normally walk at.

The chances are very good that for many years you've unconsciously practiced moving well beyond your breath and you're probably totally unaware of this respiratory disconnection.

Be at peace... there's no right or wrong. We're all exactly where we have chosen to be. But moving and not being connected to your breath is like a pilot in a hot air balloon moving swiftly across the terrain but having no control of the direction.

So to create that mind, breath and body connection, think...

**i'm going to tune my body up,
by timing my body up to my breath.**

With the key words being, "Up to my breath!"

Again, you can help stabilise your mind, breath and body connection by...

SLOWING DOWN YOUR WALKING PACE

Pay particular attention to the movement of your arms.

Slowing down the movement of your arms will automatically slow down the movement of your legs making it easier to complete each breathing cycle.

The 5-STEP Breathing Rhythm

When walking or running (or any activity when explosive force is required), one of the great advantages of the 3-STEP breathing cycle is the OUT-breath being expressed on the one step every three steps.

For the times when power and high performance are not required (e.g. a leisurely stroll in the park), the introduction of the 5-STEP breathing rhythm will still maintain your breath-body-balance with regard to the alternating IN-breath and OUT-breath, but it also gives you more time to breathe OUT.

This extra step (two steps) on your OUT-breathe, makes the 5-STEP the most user-friendly breathing rhythm.

As crazy as it sounds, it can take weeks to change or at least address the habit of walking beyond our breath connection. With the exhalation generally being the peoples weakest breath, the extra time to fully empty the lungs is well received.

Looking at the timing

When using the 5-STEP breathing rhythm, the way we approach the technique remains the same as with the 3-STEP rhythm, except this time your IN-breath is maintained over three steps and your OUT-breath over two steps.

Again, understand that each individual step you take as you walk or run, either equates to an IN-breath or an OUT-breath. So using the 5-STEP rhythm...

- The 1st step you take is an IN-breath.
- The 2nd step you take is an IN-breath.
- The 3rd step you take is an IN-breath.
- The 4th step you take is an OUT-breath.
- The 5th step you take is an OUT-breath.

How the 5-STEP works in walking action

For this example, i'll show you over two breathing cycles or TEN STEPS in total.

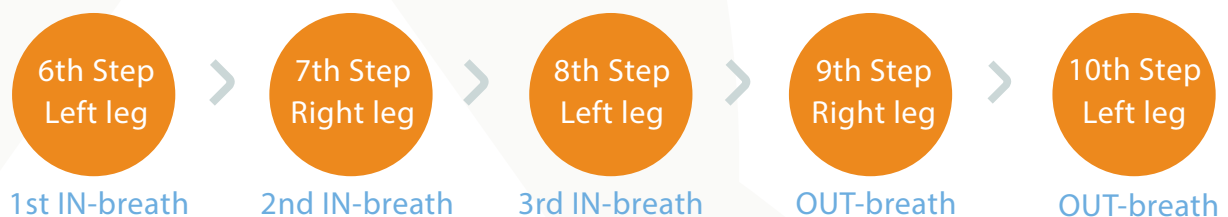
If you're sitting down, again consider standing up and walking on the spot.

Starting your 1st breathing cycle with the **RIGHT** leg leading:



- As your right leg moves forward (1st step) you start your IN-breath.
- As your left leg moves forward (2nd step) you're still breathing IN.
- As your right leg moves forward again (3rd step) you finish your IN-breath.
- As your left leg moves forward (4th step) you start your OUT-breath.
- As your right leg moves forward (5th step) you finish your OUT-breath when your right foot lands on the earth.

Continuing your 2nd breathing cycle on the **LEFT** leg:



- As your left leg moves forward (6th step) you again start your IN-breath.
- As your right leg moves forward (7th step) you're still breathing IN.
- As your left leg moves forward again (8th step) you finish your IN-breath.
- As your right leg moves forward (9th step) you start your OUT-breath.
- As your left leg moves forward (10th step) you finish your OUT-breath when your right foot lands on the earth.

TIP: As you walk or run, focus on bringing your elbows back and ultimately timing both your IN-breath and OUT-breath to the movement of each elbow being pulled back. As you use the 5-STEP, in your head think...

- IN, two, three, OUT, two
IN, two, three, OUT, two
or...
- RIGHT, two, three, LEFT, two
- LEFT, two, three, RIGHT, two

Using the Little Breath Bigger Breath technique

When using the 5-STEP rhythm, with your IN-breath's think...

- My 1st IN-breath is a little breath IN.
- My 2nd IN-breath is a bigger breath IN.
- My 3rd IN-breath is the biggest breath IN as i fully fill my lungs.

and when your exhalation (the OUT-breath) begins, think...

- My 1st OUT-breath is a little breath OUT.
- My 2nd OUT-breath is the biggest breath OUT to fully empty my lungs.

This way you'll be able to fully maximise both your upper and lower lung as more conscious thought will be placed upon activating your diaphragm.

TIP: As your familiarity grows with these techniques, on your IN-breath's gently pull your chin IN as you lift your head UP from the back of your skull. In the same instance, focus your attention on your elbows being pulled back with every IN-breath and OUT-breath.

Points to remember

- The 1st IN-breath changes every 5 steps from the right leg to the left leg.
- The 1st OUT-breath changes every 5 steps from the left leg to the right leg.
- In the beginning, breathe IN through your nose and OUT through your mouth. As your respiratory strength improves, then start practicing breathing OUT through your nose as well.

The 7-STEP Breathing Rhythm

Ahhh the 7-STEP... my favourite breath. The breath of duality.

If you're looking for a breathing rhythm that fully supports an open and expansive lung; a breathing rhythm that fully utilises your whole torso in your breathing movement and a breathing rhythm that splits the body straight down the middle into its two, right and left hemisphere's, you're going to love the 7-STEP.

The approach to the 7-STEP is the same alternating breaths technique as in the 3-STEP and 5-STEP, except this time your IN-breath's are over 4 breaths or 4 steps and your OUT-breath's are exhaled over 3 breaths or 3 steps.

The 7-STEP is for those times when you feel like breathing in a full rib-cage expanding long, slow breath. The 7-STEP is a very peaceful yet very potent breath.

i remember the first time i really clicked into the 7-STEP when going for a gentle run. It was as though my body took over so i didn't have to think about what i was doing and all i could feel was this energetic pulse that filled me up like i had never been filled before. i for the first time physically experienced a lightness of body as i floated over this forest path with barely an imprint left behind... it was so beautiful.

Being so connected and full of breath can only be described as euphoric. Buzzing for days after that run i was and eager to experience more.

Looking at the timing

Again, when using the 7-STEP breathing rhythm, the way we approach the technique remains the same as the 3-STEP and the 5-STEP rhythm, except this time your IN-breath is maintained over four steps and your OUT-breath over three steps.

Again, understand that each individual step you take as you walk or run, either equates to being an IN-breath or an OUT-breath. So using the 7-STEP rhythm...

- The 1st step you take is an IN-breath.
- The 2nd step you take is an IN-breath.
- The 3rd step you take is an IN-breath.
- The 4th step you take is an IN-breath.
- The 5th step you take is an OUT-breath.
- The 6th step you take is an OUT-breath.
- The 7th step you take is an OUT-breath.

Starting your 1st breathing cycle with the RIGHT leg leading:



- As your right leg moves forward (1st step) you start your IN-breath
- As your left leg moves forward (2nd step) you're still breathing IN.
- As your right leg moves forward again (3rd step) you're still breathing IN.
- As your left leg moves forward (4th step) you finish your IN-breath.
- As your right leg moves forward (5th step) you start your OUT-breath.
- As your left leg moves forward (6th step) you're still breathing OUT.
- As your right leg moves forward (7th step) you finish your OUT-breath when your right foot lands on the earth.

Continuing your 2nd breathing cycle on the LEFT leg:



- As your left leg moves forward (8th step) you start your IN-breath
- As your right leg moves forward (9th step) you're still breathing IN.
- As your left leg moves forward again (10th step) you're still breathing IN.
- As your right leg moves forward (11th step) you finish your IN-breath.
- As your left leg moves forward (12th step) you start your OUT-breath.
- As your right leg moves forward (13th step) you're still breathing OUT.
- As your left leg moves forward (14th step) you finish your OUT-breath when your left foot lands on the earth.

Energetically, i believe the 7-STEP to be the most complete rhythm.

Aside from the extended breathing time in between both inhalation and exhalation, the 7-STEP is the only rhythm where a complete breathing cycle is completed independently on the one side.

That is, the 1st IN-breath and the 1st OUT-breath are always felt on the one side.

It splits you straight down the middle giving you the thinker the opportunity to feel and respond to how easy or hard it is to “consciously direct & synchronise” the energy distribution “equally” between your right and the left hand sides.

Again as you're walking, focus on bringing your elbows back, and ultimately timing both your IN-breath and OUT-breath to the movement of each elbow being pulled back. As you use the 7-STEP, in your head think...

- IN, two, three, four, OUT, two, three
IN, two, three, four, OUT, two, three
or...
- RIGHT, two, three, four, RIGHT, two, three
- LEFT, two, three, four, LEFT, two, three

Using the Little Breath Bigger Breath technique

When using the 7-STEP rhythm, with your IN-breath's think...

- My 1st IN-breath is a little breath IN.
- My 2nd IN-breath is a bigger breath IN.
- My 3rd IN-breath is a deeper breath IN.
- My 4th IN-breath is the biggest breath IN.

and then as your exhalation (the OUT-breath) begins think...

- My 1st OUT-breath is a little breath OUT.
- My 2nd OUT-breath is a bigger breath OUT.
- My 3rd OUT-breath is the biggest breath OUT to fully empty my lungs.

Points to remember

- The 1st IN-breath changes every 7 steps from the right leg to the left leg.
- The 1st OUT-breath changes every 7 steps from the right leg to the left leg.
- The 7-STEP is the only breathing rhythm where a complete breath cycle (the IN-breath & OUT-breath) is completed on one side of the body.
- In the beginning, breathe IN through your nose and OUT through your mouth. As your respiratory strength improves move towards purely nasal breathing. That is... IN through your nose and OUT through your nose :-)

The Breathing Centres of the Body

It can be a hard possibility to grasp; the possibility that your respiratory system has, and fulfills, more functions than what is commonly recognised.

Take for instance your spinal column. Most of us know the spine as a structure that gives our flesh something to attach to. We also know the spine as the protector of the nervous system with the vertebrae acting like the branches of a tree with nerve sheaths distributing information in the form of life-energy out to the furthest reaches of your body.

But what about the spine also being an integrated contributor to the respiratory processes? How does that make sense?

Well if the only things that exist are the ones you can physically see with your eyes, this whole science of the breathing centre's may require a fair bit of mental flexibility and possible reflection for you to ponder on.

The action of engaging your diaphragm and then using your chest and neck muscles to draw your breath UP your body to fill the lower and upper lung, gives a pretty clear indication that your breath isn't only about the IN and OUT.

Then when you consider the placement of the major centres, and how the higher draws the lower up, the path your breath can travel becomes pretty obvious.

For isn't that the true purpose of your breath... to lift you UP!

**Imagine a balloon floating
and then sense the lifting substance held within.**

Hence the only factor that makes any breath work measurable, is the thought structure behind it. It is the intent and the purpose of the wo/man thinking "the thought" that gives creative energy potency.

Understanding the words, "energy follows thought" is a necessity when it comes to first sensing the centre's and then vitalising them.

A quick heads up... *Be well advised that once you start "consciously" vitalising these centre's using these rhythm's, the whole concept of what breathing is all about can dramatically change. It sort of makes the whole concept of "being light" a reality.*

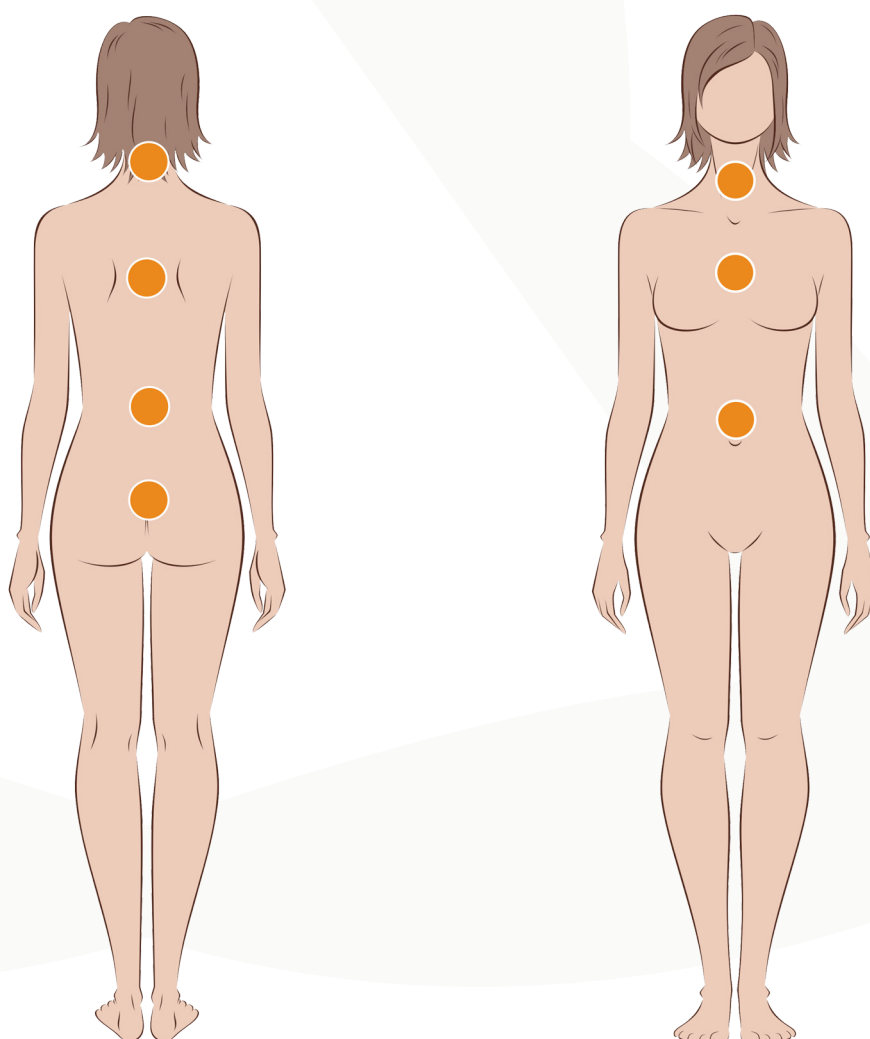
The Breathing Centres Location

It will be apparent to those familiar with subtle energies and the body's lines of force (noting where many such lines of force cross each other, you have a large centre of energy), that there are meeting points for these crossovers called the Chakras.

Where big streams of energy meet and cross (as they do in the head and spine), the positioning of the bone and muscles that make up our body just so happen to correspond to these meeting/crossing points of energy.

There are major breathing centres located up and down your body, and just like your respiratory cycle has IN and OUT, so too does your body incorporate front and back and up and down.

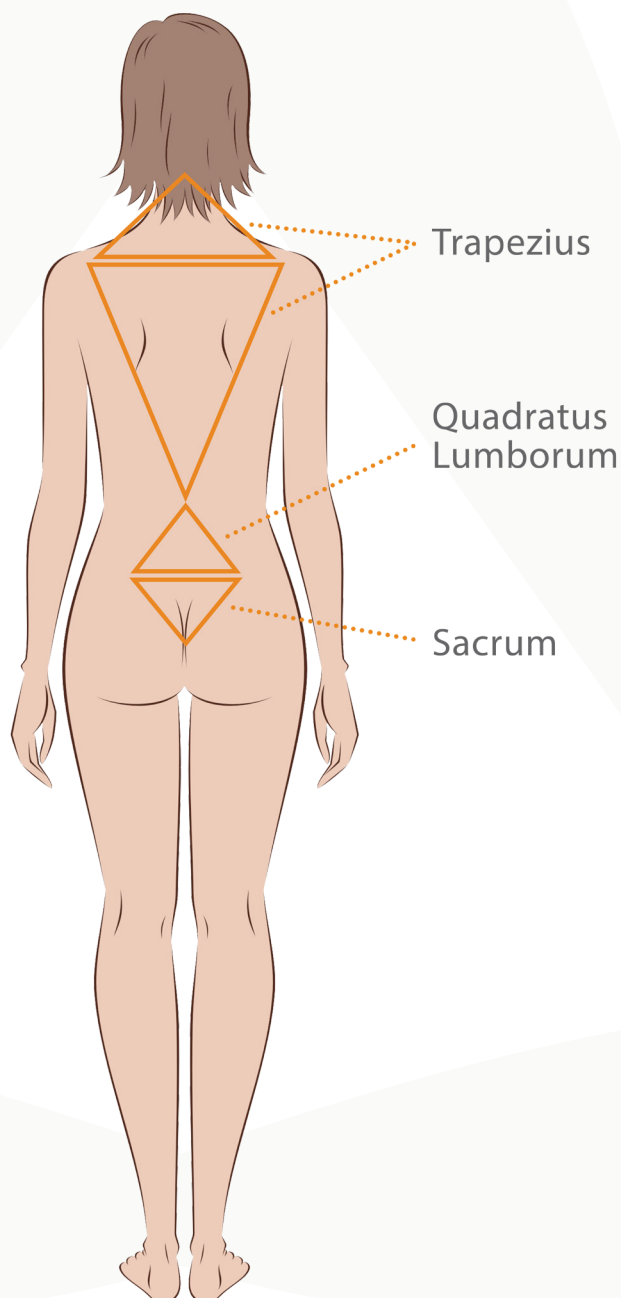
When using all of the TriBreath™ breathing rhythms, your IN-breath is drawn up your back (from your sacrum up) and your OUT-breath being expressed from the front.



The Science of the Triangle

The major back muscles involved in facilitating this respiratory process from the bottom up are called quadratus lumborum and the trapezius muscle.

This is not to say other muscle groups do not contribute, but with the trapezius, quadratus lumborum and the sacral bone shaped in the form of triangles, the beauty in the design becomes very apparent.



Vitalising the Chakras

Your body's respiratory responses are not by any means limited to the physical.

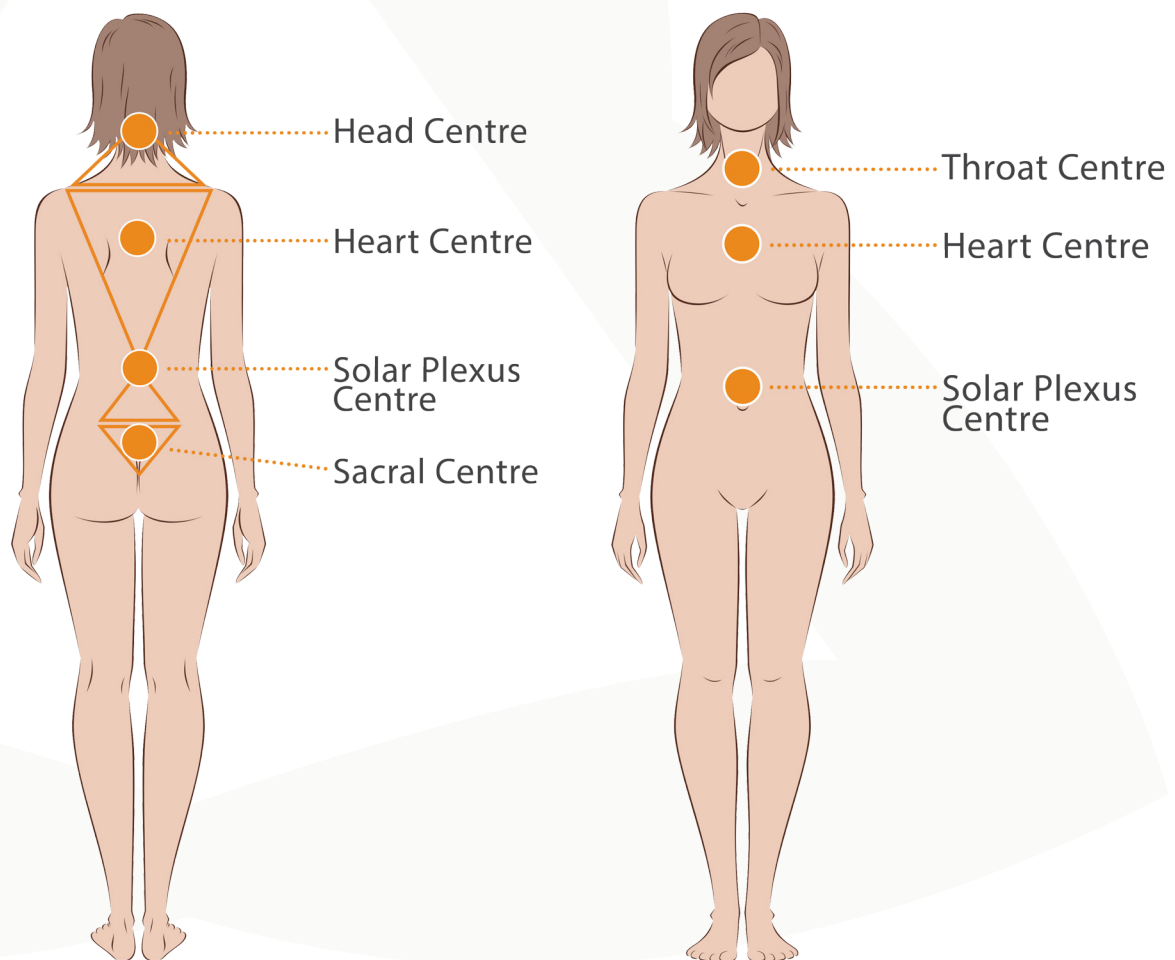
As previously said, your 1st IN-breath is always pulled upwards from your sacral bone (sacrum), as the sacral centre helps activate the diaphragm.

From there it's all about you using the three TriBreath™ rhythms (the 3-STEP, 5-STEP and 7-STEP) to help generate a "conscious" connection to each of these centre's.

Depending on what rhythm you're using, the same process applies.

- You pull your breath UP the back of your body on your IN-breath's.
- And breathe OUT down the front of your body on your OUT-breath's.

We breathe from the sacral centre UP the spine, always lifting the head up from the back of the skull (energetically known as the "Gates of Consciousness").



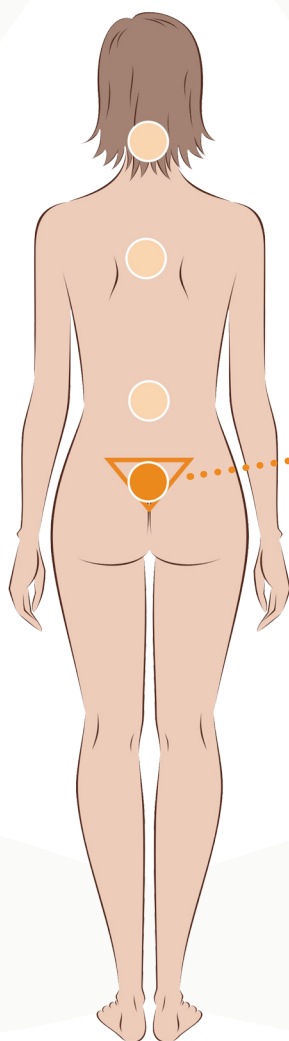
The Sacral Centre

It's a funny thought thinking about your sacrum when it comes to your breath.

But the concept that your breath starts from the base and works its way up makes sense with the knowledge that air lifts things up. As your breath is the air you breathe in, this air lifts you up and for there to be an up, there must be a down or a base.

So when it comes to the lowest breathing centre of your body, your sacral centre, you're now dealing with the most important meeting point when it comes to pulling in deep full breath's easily.

You can see the mechanics of your sacrum and diaphragm working in unison with each other when you're lying on your back. The physical pressure exerted on your sacrum as you lie on your back activates and promotes abdominal connection.



The sacrum is the base of your spines beginning. Energetically it's referred to as the "root from which life spills its innocence".

HAVE A GO AT THIS: Repeatedly tap the palm or the back of one hand on your sacrum as you slowly breathe IN. Feel how your diaphragm automatically promotes the expansion of your chest and lifts your head.

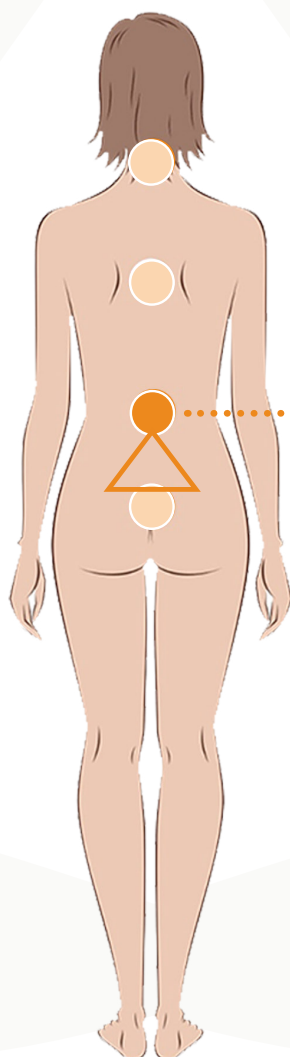
Quadratus lumborum

Working our way up from the bottom is the second breathing centre which has a close association with main two muscles.

The first muscle (again from the bottom), is a muscle that connects your pelvis to your spine and acts as a stabiliser called quadratus lumborum.

Commonly associated with lower back pain, it too is triangular in shape with the base of quadratus lumborum being confined closely in and around the base of your spine as it attaches to the lower lumbar vertebrae and extends up like a funnel.

It is at the meeting point of quadratus lumborum and the bottom of your trapezius muscle where the second breathing centre is found.



This centre used on the 2nd IN-breath when you're using either the 5-STEP or the 7-STEP.

The stability of your trunk relies heavily on both quadratus lumborum at the back and the iliopsoas muscle towards the front.

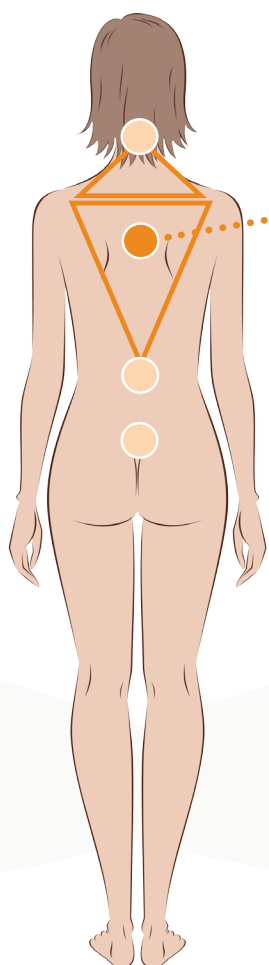
Your trapezius muscle

If you have an appreciation of geometry you'll understand my affinity with this wonderful muscle being in the shape of a diamond. Designed to move outwards and upwards, the trapezius muscle is a big star shaped muscle that is basically two triangles sitting opposite each other.

From a bone situated at the back of your skull called the occipital bone, right down to the lower thoracic vertebrae (at the base of your rib cage), its triangular and diamond shape comes from the two points of attachment located laterally to the spine of the scapula (your shoulder blades).

Using your trapezius muscle helps you draw your chin IN as you lift your head UP from the back of your skull. You can focus on using your breath to push your shoulders OUT from the side of your body, as you pull your chin IN and press your sternum forward. This is particularly effective on the last of your IN-breaths.

It is from the trapezius muscle and the release of your shoulders that you can lift your head out of the proverbial "hole that engulfs the head". This hole is very real!



This centre is used on the 3rd IN-breath when you're using the 7-STEP and is situated in between your shoulder blades, where your wings emanate from. Its placement is very obvious as to which of the centres this meeting point is embodied on. Yes the heart centre.

It is your trapezius muscle that gives you the greatest reference to lift and expand.

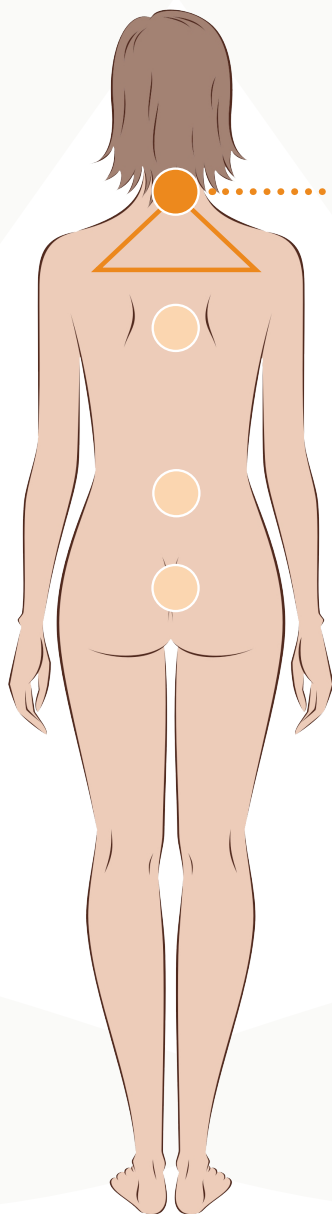
For example, as you're breathing IN, direct your shoulders expansion outwardly via a line of energy that flows from the back of your shoulders, in line with your underarm and out the "lats" (the latissimus dorsi) as you gently hold the weight of your head and extend upward.

The Gates of Consciousness

Continuing on with your trapezius muscle, when you're using any of the TriBreath™ rhythm's, your last IN-breath will always be focused on the area where your trapezius muscle meets the back of your skull (the mastoid process).

This is a very useful design as you can literally imagine the top of your shoulders are a floor that can be used as a fulcrum point for you to project and lift your head up from the back of your neck right up to your skull.

Take a moment to feel what i'm sharing with you here...

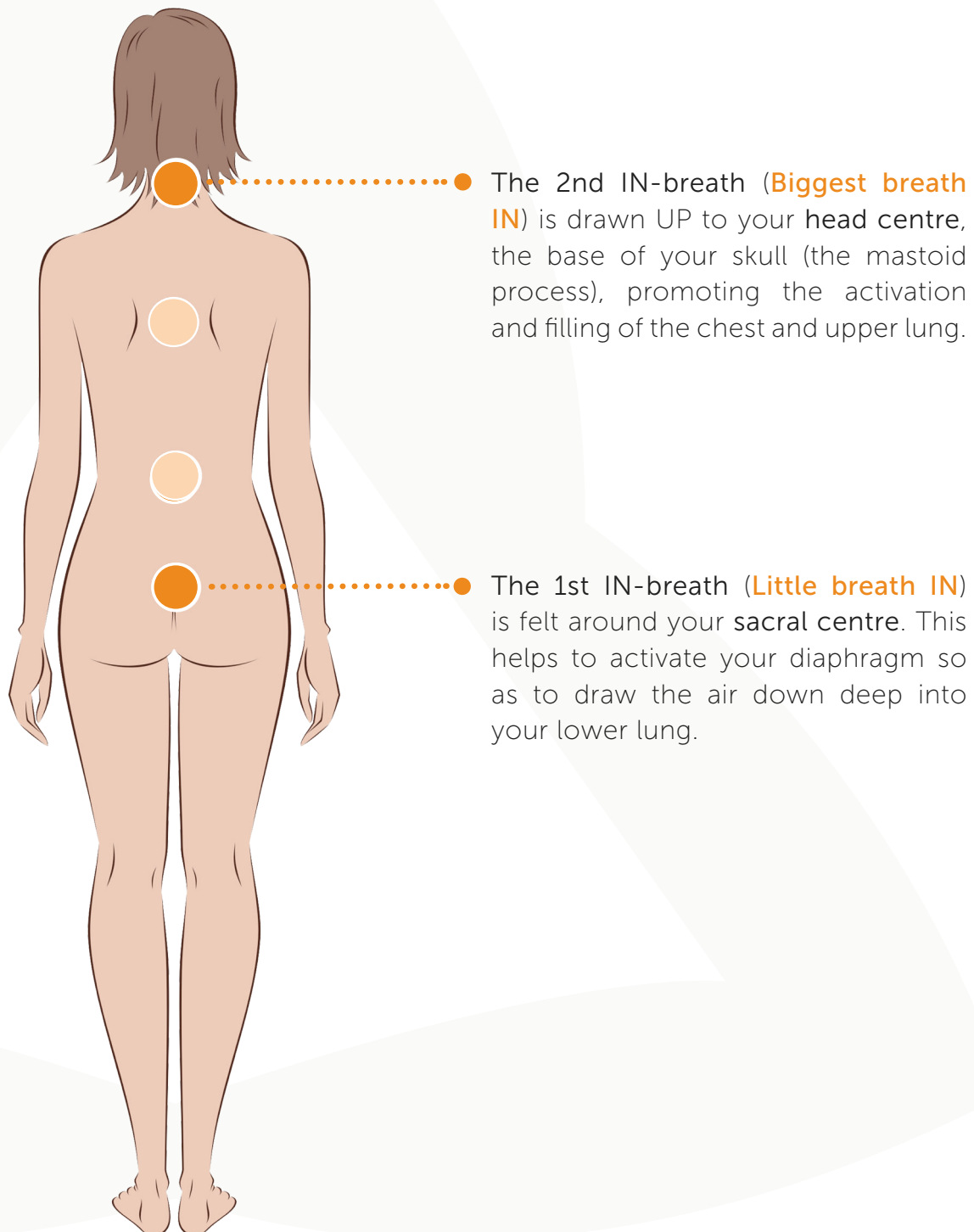


Using either hand, reach your hand around to where the back of your neck & skull meet. Take a big breath IN through your nose as you pull your chin IN and lift your head UP from the base of your skull.

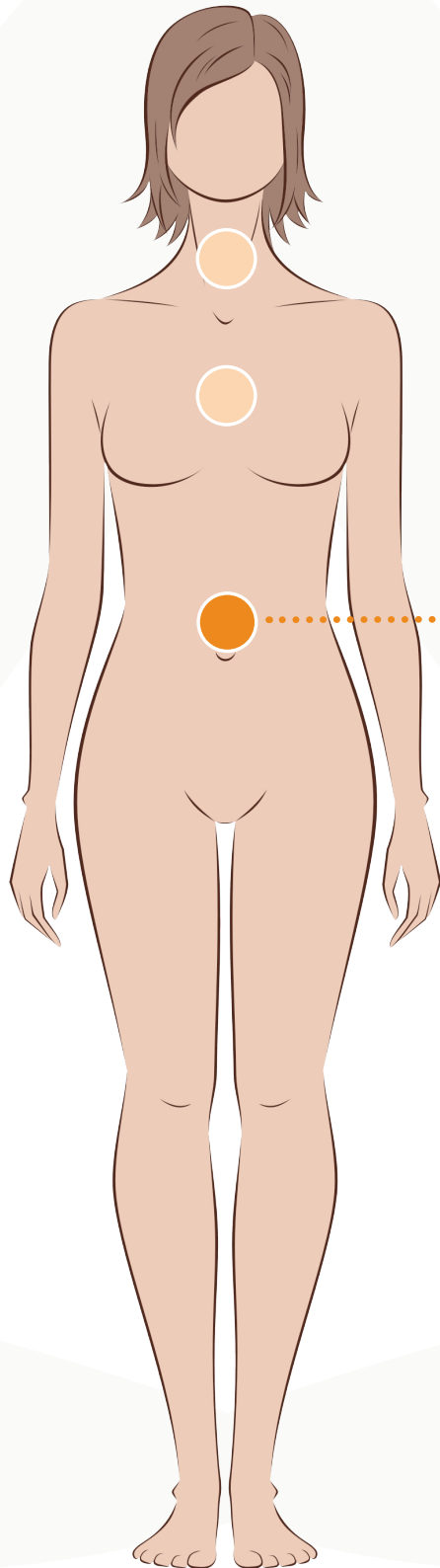
Flatten the Tummy Tip: As best as you can, feel & note how by pulling your energy (your IN-breath) UP your body using your spine as the pathway and your back muscles for lift. Note how your abdominal muscles are instantly engaged and activated.

The 3-STEP & associated techniques

When practicing the TriBreath™ 3-STEP breathing rhythm with the **Little Breath Bigger Breath technique** and associated breathing centres, your IN-breath's will be directed in such a way.



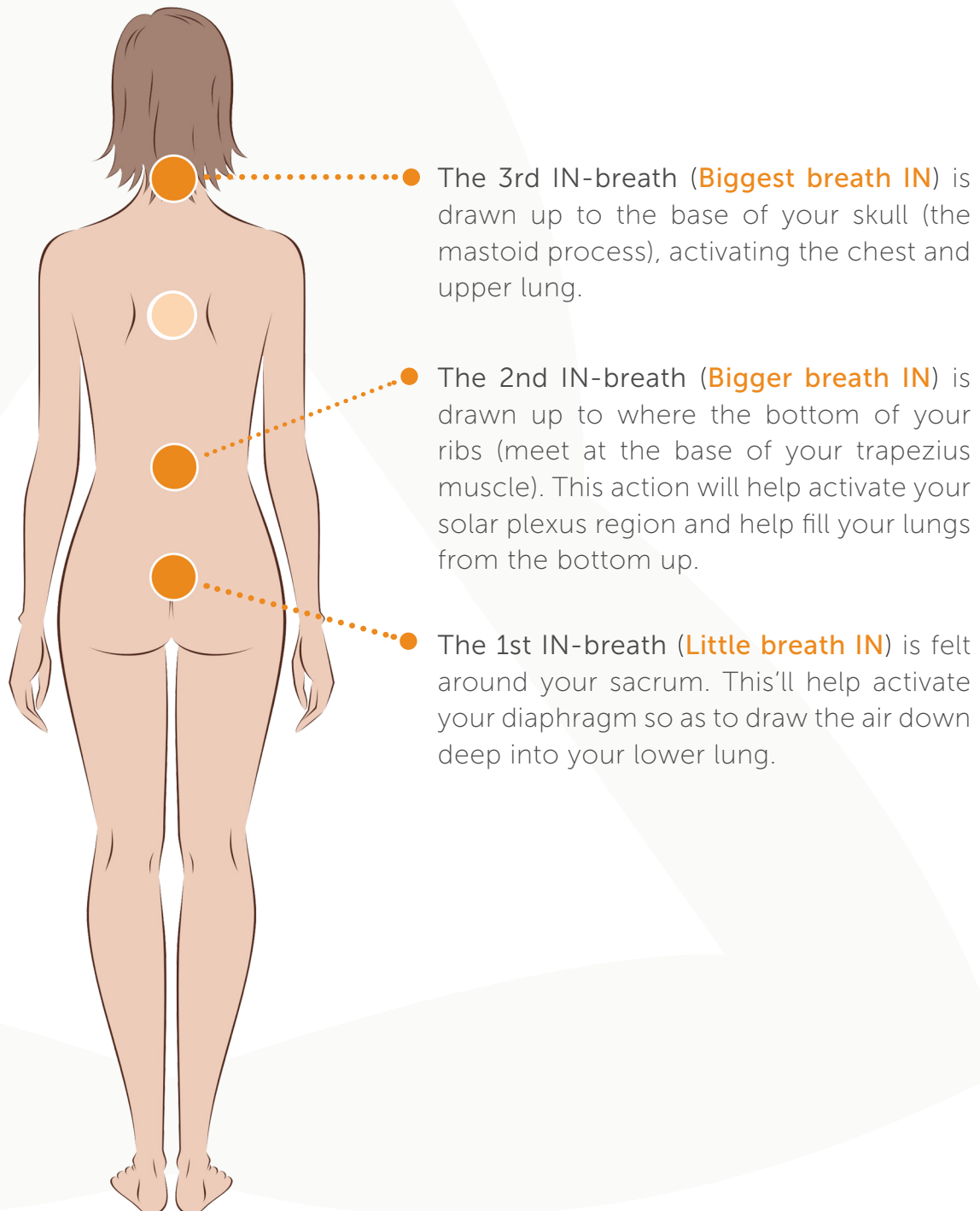
Using the 3-STEP breathing rhythm, your OUT-breath will be exhaled (via your mouth or nose) by pulling in your abdominal muscles in towards your spine.



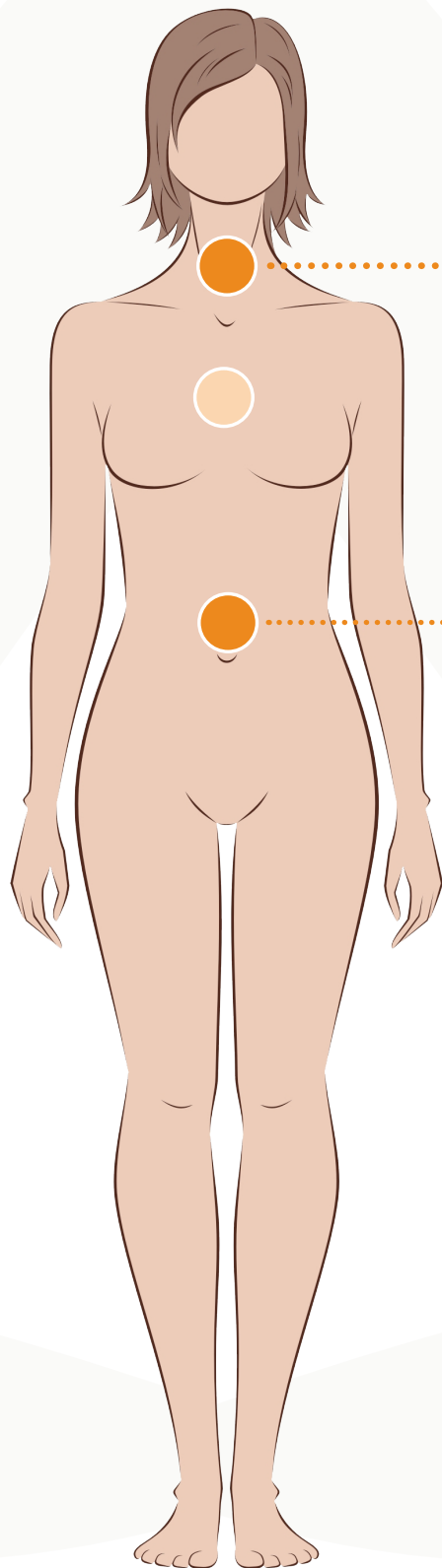
Your 1st and only OUT-breath (**Biggest breath OUT**) is expressed via your solar plexus centre by powerfully squeezing your tummy in towards your spine on the one step.

The 5-STEP & associated techniques

When practicing the TriBreath™ 5-STEP breathing rhythm with the **Little Breath Bigger Breath technique** and associated breathing centres, your IN-breath's will be directed in such a way.



Using the 5-STEP breathing rhythm and the associated breathing points, your OUT-breath's will be exhaled (via your mouth or nose) over two steps.

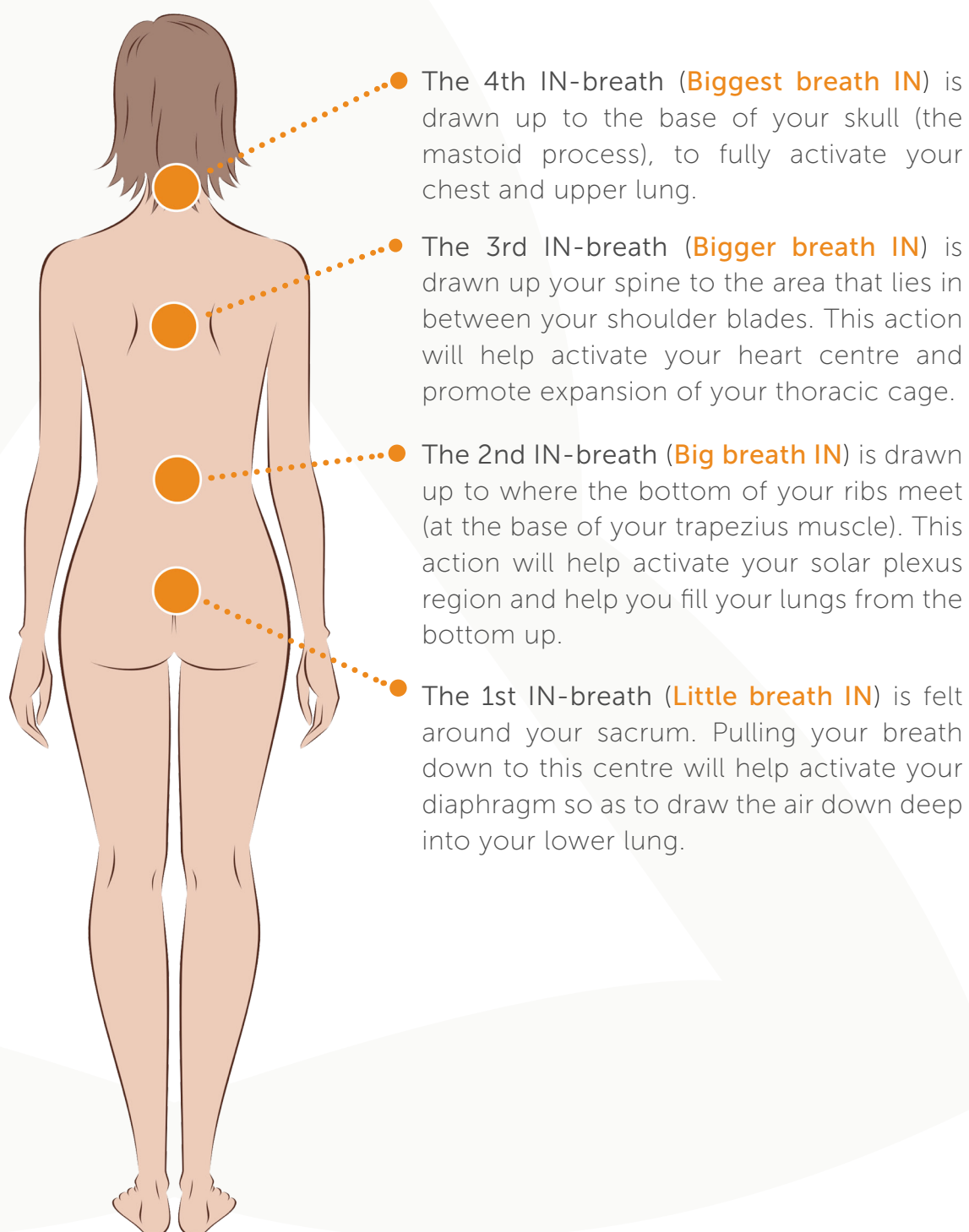


● The 1st OUT-breath (**Little breath OUT**) is expressed via your throat centre.

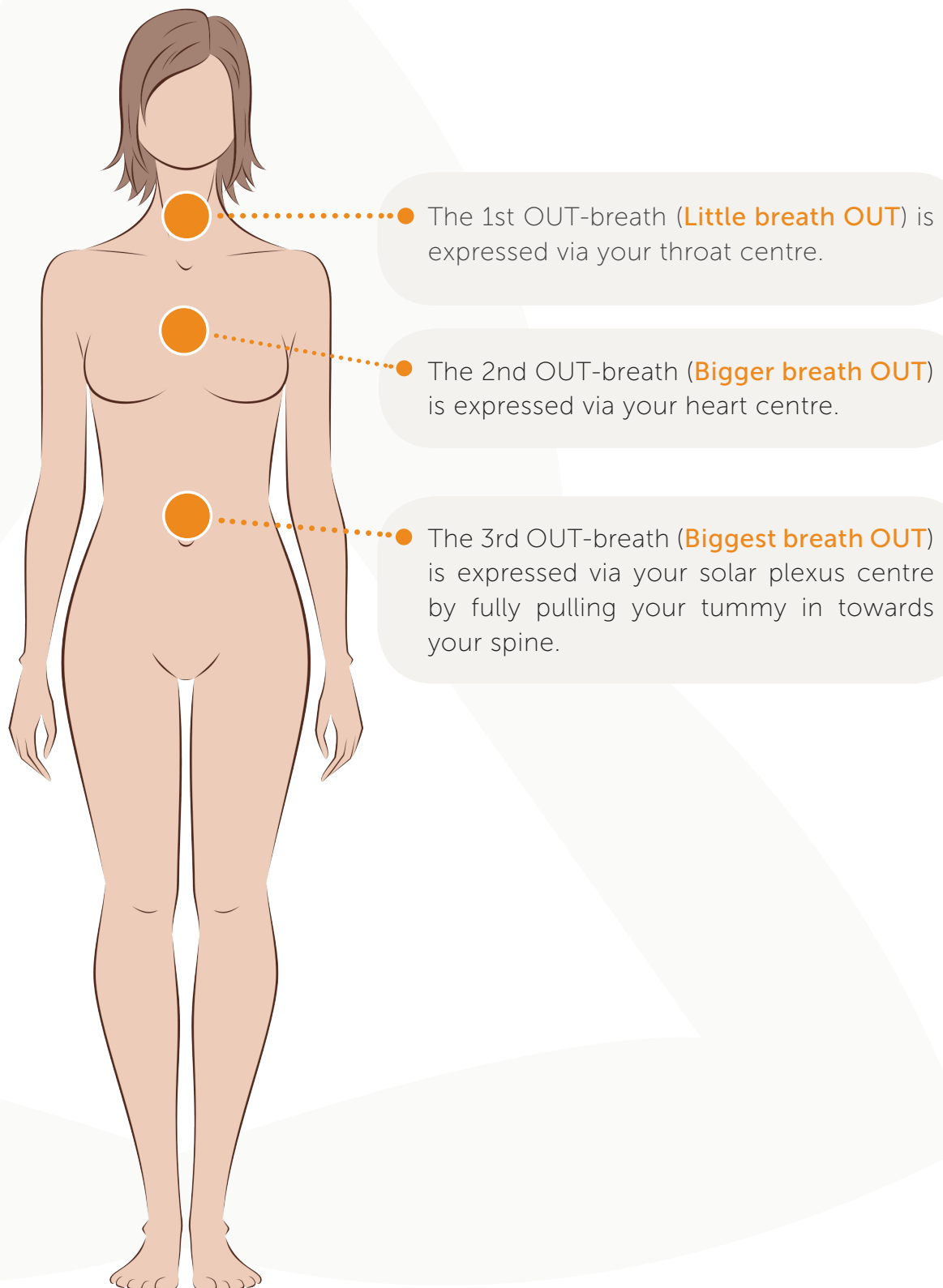
● The 2nd OUT-breath (**Biggest breath OUT**) is expressed via your solar plexus centre by powerfully squeezing your tummy in towards your spine to fully empty your lungs of air.

The 7-STEP & associated techniques

When practicing the TriBreath™ 7-STEP breathing rhythm with the **Little Breath Bigger Breath technique** and associated breathing centres, your IN-breath's will be directed in such a way.



Using the 7-STEP breathing rhythm and associated techniques, your OUT-breath's will be exhaled (via your mouth or nose) over three steps.



A closing note

And there you have it. i hope these three techniques covered within this **TriBreath™ 3 Simple Life-Changing Techniques to Move Easier & Breathe Deeper eBook** help you in more ways than you can possibly imagine at this present moment in time.

In a short amount of time your breath, mind and body will sync up as you walk and the more you invest in this connective practice, it only gets better as consciousness is all pervading.

What i've shared with you is my default now. It's taken many decades of both observation and application to recognise the relationship that exists between our respiratory, mental and physical bodies, but there it is!

i believe using the breathing rhythm's and my mind to self-generate and distribute light to smashed and damaged nerve and vertebrae enabled me to walk again with strength and fluidity after a compounded accident that literally, "broke the horses back". i was born in the year of the horse 1966.

Within three years i was running again. Not very fast or far mind you, but running nonetheless. But with a different mindset. It wasn't just physical anymore! It was all about energetic connection, going for a breathe and tuning my body up.

The healing abilities of the human body never cease to amaze me. Yet as with all things, you can only turn knowledge into wisdom with right action.

And on that note, i would like to invite you to continue your expansion and let you know about the material found within the TriBreath™ members area.

You can access more at... <https://tribreath.com>

There you will find an indepth video library with more TriBreath™ techniques and exercises to help you maintain and build a body that can readily perform the everyday movements required to live an active and mobile life.

Yep, it's all about mind, breath and body connection!

Please know if you have any queries, send me a line and let me know.

Wishing you all the best...

Brett J. Hayes