

Vibrant Health

Change Your Habits, Change Your Life!

COMPLIMENTARY GUIDE

HABIT 4 OF 22 DEEP BREATHING



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

Devised by
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& David Orrey**

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Introduction

With our compliments

This complimentary guide contains habit 4 (of 22) from our Vibrant Health Programme.

The full plan is the culmination of thousands of hours of research, condensed into an easy-to-use format of simple daily habits.

Habit 4 is entitled ~ **Deep Breathing**.

The gateway to relaxation and rejuvenation.

When you regularly breathe deeply through your nose, you automatically activate the nervous system responsible for restoration and repair.

This will help the stresses and strains of everyday life melt away and put you in a more relaxed that your body us designed to operate in most if the time.

This will bring more calmness and serenity into your life 😊!

We sincerely hope you get lots of value from this information and start using it immediately.

On behalf of myself and David, we wish you the very best of future health & happiness,

Stephen Kirkbride

Health & Wellness Mentor, Nutritionist, Healer,
Psychic Medium and Numerologist.



This is **David** btw 😊

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

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Understanding What You Are?

This section is crucial to help you get the most from the programme by understanding what you really are (energetically).

The complimentary habit information starts on page 15; however, we highly recommend you read the preliminary sections (pages 4 – 13) to fully understand the 'bigger health picture' to get the most out of this guide.

Spiritual beings

You may or may not know that you, me, and every other human on the planet are magnificent spiritual beings having a series of human experiences.

Why, you may ask?

In a phrase... '**soul evolution.**' You like everyone else, chose to be the person you are, along with the path you are currently on in this lifetime, as you knew it would present you with the lessons and challenges that your soul needs to allow it to evolve further.

Most people at this point usually say to me *"If I had a choice, I'm pretty sure I wouldn't have chosen this body and this life!"* 😊

I can assure you that you and everyone else, consciously chose (whilst in the spiritual realm) their current life before they were born. Now unless you are drawn towards the study of spiritual or philosophical pursuits, the chances are you could easily think life is just random and a one off.

To help you put things into perspective, here's a brilliant bit of wisdom entitled 'the rules for being human'...

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons? They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.



5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you've been accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

11. You will likely forget all this...but you can remember it whenever you want 😊.

These universal truths apply to every single human being and are a wonderful little guidance system to keep reminding us of who we are and how it (life) works.

We have also added it to the annex at the end as a single page if you wanted to print it off and have it as a regular reminder of the rules of life!

Let's go deeper...

Everything is just energy

Here's a little bit of science which is also important to understand (to lead us into the health stuff); everything in the universe is just energy vibrating at a certain frequency and that includes us as human beings.

Although the body you are sat in, appears to be physical flesh and blood (we are actually 70% - 75% water), if you viewed it under a powerful enough microscope you would see at a certain level, you are simply trillions of atoms vibrating.



Away from the microscope, you appear to be solid. This is the same with any seemingly solid object, it too is just vibrating atoms that give the appearance of solidity to our senses.

We are all born as high vibrational beings

When we are born, we have the pureness and high vibrations of a new body and soul just beginning its journey. This is the beauty of nature and evolution at work and if you were to measure the frequency, it would be very high indeed.

This is why we are all energetically drawn to new-born babies and small children because they are in a state of high vibration. It is the same for young animals, think puppies or kittens, they're adorable.

You could say every birth is a miracle of nature as each new-born has gone through a natural gestation and incubation period before entering the world independently.

Homeostasis

This high vibrational, optimal state is known as homeostasis, it is the default healthy setting of the body. As long as we have decent habits and generally nourish the body, it should stay in the high vibrational state of homeostasis.

Unfortunately, the vibrational state starts to diminish if we're not careful 😞.

The PROBLEM....

Modern day life is slowly poisoning us (if we allow it)!

Whether we like it or not, modern life in the western world particularly, is not conducive to good health, we're negatively bombarded from many directions which starts to lower our vibration and vitality.

The list is long but here are the common ones:

- Processed food
- Food additives (MSG, High fructose corn syrup, aspartame)
- EMF radiation (Wi-Fi, smart metres, devices)
- Air pollution
- Anxiety/Stress/Fear/Negativity/Guilt/Shame
- Vaccinations
- Prescription medication

Each element above has the effect of lowering your vibration and subsequently your health and vitality.

Making a conscious effort to reduce these effects and adopt habits to raise your vibration is the key. More importantly, all the good habits we're suggesting you do, will help do this for you 😊.



You could also join a tribe for this!

If we all lived in the wild like indigenous people do, we wouldn't need to give health a second thought as we'd instinctively live-in harmony with our surroundings. We'd only ingest natural foods and be away from vibrational lowering foods, devices, and environments.

Tribes people just don't suffer from every day stress/fear/anxiety...hmmm!

Solution

As we're living in the modern world with many things lowering our natural vibration (which has the potential to lead to multiple potential health problems), we can mitigate this by adopting the right actions which naturally raise our vibration and health.

And we simply do this until these actions become fixed habits, then it's plain sailing 😊.

Adopting the Right Mindset

Good health is **always** your number 1 priority in life!

Here's why....

When David and I are giving health presentations, we ask the audience if they could have anything they want (and money is no object), what would they choose?

We usually get replies such as, a large mansion, a super yacht, huge log cabin in the woods, handsome rich partner etc.

We then point out that to fully enjoy any of it, the most important thing of all is to have good health. Of course, you can still have some enjoyment whilst in poor health but to fully enjoy anything in life, being in good health is essential and why it is your number 1 goal in life.

When your health is good, you feel good, your life flows much easier and everything is more enjoyable 😊

As my spirit guide Qual says, **“What does your wealth look like, without your health?”** to emphasise the importance of prioritising your health.

Formula 1 racing car analogy!

I want you to start thinking of your body as though you were operating a high-performance formula 1 racing car.



- To get the best performance out of it you would only put in quality petrol, oils, and lubricants.
- You would make sure you understood how to get the best out of it and drive it accordingly.
- You would only drive it in suitable environments and take special care of it to make sure it always operates with a high performance. You would look after it!

As busy humans, we tend to put any old petrol in it (junk food), never really bother to read the manual to fully understand how it works (life is far too busy!) and we don't really pay much attention to it, until something starts to go wrong (Dr will fix it with a prescription!).

That tends to be the reality of modern life for a lot of people 😞!

Let's talk about FEELING GOOD 😊

We've established that good health is always your number 1 priority in life.

A natural consequence of good general health and wellbeing is **feeling good**. When you feel good, positive, and happy, your vibration rises, and life becomes much easier and that's what this whole programme is about.

Each habit will incrementally raise the vibration of your body each time you do it. You will feel good each time you do a recommended action, sometimes its subtle, sometimes it's obvious, sometimes it's exhilarating, as you'll see 😊.

There'll be a combination of physical, emotional, and psychological wellbeing benefits. The more you do them, the better it is for your general health and the better you'll feel good.

Complete Health & Wellbeing Models 1 & 2 - IMPORTANT

When it comes to health and wellbeing, most people predominantly associate it with their physical body and their mental state of mind.

Our own philosophy is that we actually have **8 specific areas of health** (YES 8!) which we all need to continually nurture for complete health and wellbeing.

We use 3 visual images (models) to help you understand how it all fits together, here are the first 2;

Model 1 ~ Your 8 Health Buckets

The image on the following page is our own model that represents the 8 areas, each area is depicted by a bucket that has a very small but continual leak at the bottom.



It's obviously metaphorical, working on the basis that each bucket holds the water that lubricates and makes each of your 8 key areas run smoothly and healthily. However, each bucket slowly leaks and will eventually drain dry if neglected.

You job is to continually pay attention and nurture all 8 areas (i.e. keep topping up with water) using the recommended actions/habits, to maintain good health and wellbeing.

If you neglect any bucket(s), a part, or parts of you will eventually be running on empty and potentially start to create health problems/issues.

Each of the recommended habits in this programme enhances at least 1 primary bucket and also enhances multiple secondary buckets.

We'll point this out within each habit, so you fully understand the combined benefit for each action/habit that we recommend.

We'll also add the '8 Health Buckets' image below to the index at the end of this manual so you can print off as a visual reminder (highly recommended) if you wish.



Let's delve further into each bucket and zone...

The Tangible Zone (these are external to a degree, and what others can see)

1. **Physical health** ~ the most obvious one, all the essential habits (1 – 11) will help you take very good care of this.
2. **Financial health** ~ we only touch on this one directly with 1 habit (habit 22). It is obviously very important to nurture and look after your finances as we all live in world where we need money to live and thrive.
3. **Vocational health** ~ this is very important indeed, yet so often neglected. It can be your occupation and/or your passion(s) related to your highest values (habit 15 will help you establish your values). Your true vocation in life is what your soul longs to do, an inner urge and therefore it has a strong connection to your spiritual health. If you are doing what truly inspires you in accordance with your highest values, that is your main spiritual path in this lifetime.

It is important that what you do as your vocation (could be main job, secondary business, or hobby) gives you fulfilment, otherwise you can end up suppressing your life away, if you are just doing it for the money. If you are not fulfilled with your main job, you need to look at moving towards a vocation (you can start it part-time) that you would love to do, which is in accordance with your highest values.

It may take some time and planning (baby steps at first) to get there, but it will fill you with energy, enthusiasm, and joy when you align this part of you (neglecting this part is why so many people are lost and unfulfilled and dread Monday mornings!). When you're in tune with your vocational health, your emotional and mental wellbeing and fulfilment, will go through the roof 😊.

The Feel-Good Zone (The most important zone, the heart ❤️ of the operation, when you nurture and balance these 2 areas, you will **feel very good** about yourself and that is the number one aim of this whole programme).

4. **Emotional health** ~ this is how you feel at any given time and is the most important bucket of all 8. Every single one of the 22 habits will enhance your emotional health and make you feel that little bit better each time you do it. Habits 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your emotional health. With practise, they will get you feeling good all the time and that's when the magic happens 😊.
5. **Mental health** ~ this is how you internally see yourself and affects your confidence, self-esteem, and self-worth. It is the second most important bucket after emotional health and positively links to all 22 habits. Similar to emotional health above, habits 12, 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your self-image and confidence and make you feel really good about yourself.

When your **emotional and mental health** are in great shape, everything else will fall into place much more easily.

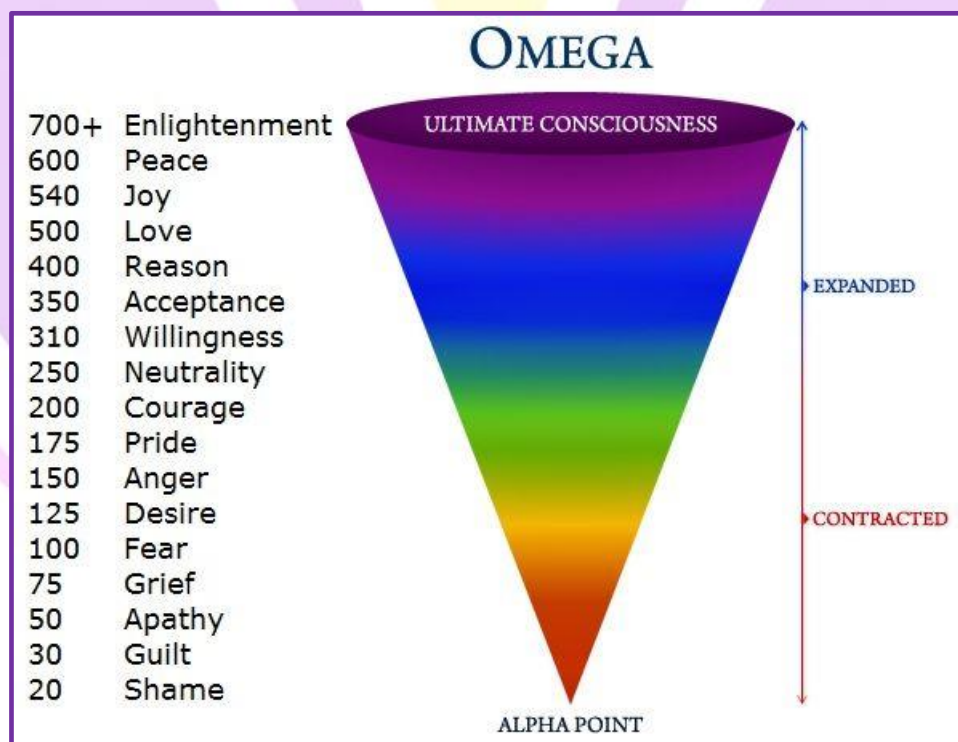


The Connecting Zone (as humans, we intuitively want and need to connect with others).

6. **Divine Sexual health** ~ this one isn't exclusively about sex with a partner, it applies to everyone and is about connecting to your divine creative power released through orgasm. It is about tapping into the glorious elixir of life and bathing in the divine life nourishing energy that creates everything in the universe. It is highly recommended to connect regularly with it (regardless of if you are in a relationship or not), habit 11 will help you fully understand and take care of this. You'll learn how it relates to the Emotional Vibration Chart (model 2) in a significant way.
7. **Social/Family health** ~ We all have a deep human need to feel wanted and accepted by other humans. Having a social circle of friends, work associates, like minded advocates and close family bonds are all important for your mental and emotional wellbeing. It is important to regularly connect and nourish these relationships to feel complete as a human being. Habit 21 will help you with this.
8. **Spiritual Health** ~ As the saying goes "for what profits a man if he gains the whole world and loses his soul?" Understanding you are a spiritual being having a human experience and acknowledging/connecting with a higher power is very important indeed for your spiritual health and your integrity as a human being.

Also...to feel genuinely fulfilled with your life, your spiritual health needs continually nurturing. Having a higher purpose/vocation (in line with your highest values) with the intention of benefitting fellow human beings and advancing humanity in some way (no matter how big or small), is nourishing for your soul and spiritual health. Taking care of your spiritual health will also help to keep you grounded and more fulfilled, habits 9, 12 – 15 and 17 - 21 will help you with this.

Model 2 ~ Emotional Vibration Chart (aka Map of Consciousness)



This chart is courtesy of the late Dr David R Hawkins MD who through extensive testing and research has mapped the range of human consciousness.

It is officially known as the 'Map of Consciousness,' however we're going to refer to it as the **Emotional Vibrational Chart** simply because that is easier to relate to in terms of health and getting you to focus on the key aspects.

It maps the 17 levels of human consciousness (each labelled as an emotion) on a scale of 1 – 1,000 which represents the levels of energetic vibration connected to the level of consciousness of each of the emotions.

You can see that the really good emotions of love, joy and peace are at the higher vibrational end of the scale and as we all know, feel really good. **That's where we all want to be!**

Conversely, fear, grief, and guilt etc, are at the lower end of the chart and don't feel so good to experience.

Important distinction...

We can all pretty much experience the whole range of emotions briefly from time to time. For example: we can be deliriously happy or really angry, these are fleeting short term emotional experiences.

However, underlying all of this, we each have an average vibration calibrating somewhere between 0 – 1,000. Dr Hawkins established that around 75% of the world's population is below 200 and only a small handful of people (less than 20) are above 600. Quite surprising!

There have been just a small number who have calibrated at the very top of the scale (enlightenment), here's 3 you may have heard of Jesus, Buddha, Krishna!

Instead of using the phrase average vibration, let's call it **resting vibration**.

The most important aspect of all ~ the higher your resting vibration, the better you naturally feel!

Now, it is quite obvious looking at the chart, if you have a higher resting vibration of say love (500) you are generally going to feel much better than if you had a resting vibration of anger (150).

This whole programme is devised to incrementally raise your vibration through all the actions/habits to continually move you up the scale.

Although on the surface you could be mistaken for thinking this is just a health and wellbeing programme, it's actually a feel-good programme as the repeated actions/habits are designed to push you up that chart so you vibrate higher and naturally feel better 😊.

The higher your vibration, the more conducive the energetic environment for the cells of your body.



Key note:

You cannot make big leaps in your resting vibration, for example: you cannot just go from say anger to love quickly, you can experience them as individual emotions in quick succession, but you have to go through each level in turn.

The chart is for your intellectual understanding, **your job is to simply focus on the recommended actions and mindset** with each habit as they will incrementally raise your vibration, slowly but surely.

And, more importantly, this isn't a quick fix, it's an incremental action programme for your lifetime (or until even better information is discovered and supersedes any aspect), hence why we want to help you install them as fixed habits.

Please burn this into your brain

It's your thoughts and corresponding feelings that are the driver with all of this as they **emit an energy field which affects everything around you.**

You attract whatever is vibrating on the level you're vibrating at, so **the higher up you get** on the chart (ideally love, joy and peace), **the better the circumstances and events you experience** and most importantly, **the better you feel!** 😊

How to Get the Most from this Habit

David and I created this programme as a 2-step process to learn each habit;

1. First step, **learning**: the information on the habit is to educate you on the importance to your health and **why** you should adopt it.
2. Second step, **doing**: you then know exactly **what** and **how** to do it, until it becomes a deeply ingrained habit.

Hopefully, you'll feel inspired to do the recommended actions until the habit becomes fixed and subsequently automatic for you 😊.

It just takes a bit of discipline first

The best definition of discipline I have heard is 'giving yourself a command and following it.'

The difference between discipline and habit is this;

Discipline is making decisions and taking actions using your **conscious mind**.

Habit is carrying out actions using your **subconscious mind** as you no longer have to think about it, you just do it.



So, once you have learned and understood the benefits of each individual habit, you just need a bit of discipline to carry them out daily until they become a fixed habit.

...and voila 😊!

Habits

We are all creatures of habit as this is how the unconscious mind operates when we repeat an action enough times.

Scientifically speaking, every single thought or action creates an electrical impulse across the neural pathways of your brain to create what are known as synapses. By repeating specific thoughts or actions you strengthen the neural pathways/synapses until they reach a point where conscious attention is no longer required. It then becomes stored in your subconscious mind and body, as a fixed habit.

If you repeat an action long enough the brain will naturally and unconsciously want to keep doing it and that is the plan!

Only 66 days needed!

There is a lot of talk about a habit becoming fixed after just 21 days, but recent scientific studies show it takes 66 days to fully ingrain a habit subconsciously.

David and I do 'earthing' (habit No 2) every single morning whatever the weather, we have done it for that long (several years) it would feel weird not doing it.

The first week or two is where the most discipline is required. After 66 days, you will have done it that many times, it will feel like the most natural thing in the world. It will be like getting dressed or brushing your teeth, you don't have to think about it, you just do it.

So, are you ready to get going?



Habit No 4 ~ Deep Breathing

"You can go 3 weeks without food, you can go 3 days without water but if you go 3 minutes without breathing, you're in TROUBLE!"



Deep Breathing

We all take breathing for granted and most of us are what I call shallow breathers. What I mean by that is we are mainly using the upper part of your lungs and not your full lung capacity like we're meant to, it's what I call sub-optimal breathing.

I believe breathing this way is akin to fast food for your lungs when you consider the benefit of optimal breathing. As we on average take around 23,040 breaths every day, this can have a big impact on your health.

I'm going to go a little technical here so that you understand what is actually happening in your body when you adopt this habit.

Heart Rate Variability (HRV)

Did you know a healthy heartbeat contains healthy irregularities?

Let us say your resting heart rate is 60 beats per minute, you could be forgiven for assuming that it beats 60 equal beats at one per second, like a clock.

However, there is a variation in the intervals between your heartbeats. The interval between your successive heartbeats can be, for example, 0.85 seconds between two succeeding beats and 1.35 seconds between another two, depending on what bodily function/system is being used at the time.

HRV is measured in milliseconds, and you can feel the difference, try this;

Place a finger gently on your neck or wrist and find your pulse. You should feel that the longest intervals take place when you exhale, and the shortest intervals when you inhale.

Your HRV tends to be higher when you are fit and healthy, and your breathing has a direct link to it.

Just hold that thought for a second!



Let's now talk about your autonomic nervous system

This is a little technical but bear with me.... you have two sub-systems which operate different functions. There's the Parasympathetic Nervous System (PNS) and the Sympathetic Nervous System (SNS).

Put simply, your SNS is always looking for emergencies or what we more commonly refer to as the **'fight or flight'** response.

Now your PNS is what I would term your 'rest and restore' response system because it wants you to relax whilst it repairs and restores your bodily systems to their optimal working state.

Now in an ideal world we would be relaxed most of the time with only occasional spiking from the SNS when dealing with high stress or an emergency. Sadly, most people aren't living in an ideal world (too much negative stimulation!), and this leads to an unhealthy imbalance between the PNS and SNS.

Emotions at the lower end of the spectrum such as worry, anxiety, fear, anger, and depression are sure fire ways to unbalance the two systems and release cortisol which is the stress hormone.

Recent studies have found that when your fight or flight response (SNS) goes into overdrive and too much is produced over a prolonged period, it can cause the following health issues;

- Acid reflux
- Muscular pain
- High blood pressure
- Rapid weight gain
- Lack of sex drive
- Mood swings (which often show as depression/anxiety)
- Osteoporosis

So, **getting a good balance between your PNS and SNS is very important for both your physical and mental health.** Too much stimulation of your SNS over the long term will start to manifest as major disease/illness as the body is not designed to operate in this mode for prolonged periods.

Back to HRV and Breathing

You've heard the saying **'take a deep breath'** when confronted by a stressful situation or been told to calm your breathing?

This is very sound advice as it automatically activates your PNS which has a good effect on your HRV.

In a nutshell, by improving your breathing with slower and deeper breaths, you stimulate your PNS which improves your HRV and subsequently puts you more into rest and restore mode, which is very good indeed for your health 😊.



Relaxed breathing scientific study

The Indian journal of medical research carried out a breathing study in 2013.

Pranayama meaning breath-control is an ancient technique involving slow and rhythmic breathing.

The study found that regular practise of pranayama activates the PNS and decreases/deactivates SNS activity. It also improves cardiovascular and respiratory functions and decreases the stress and strains on the body.

Regular practise of pranayama has also shown to reduce blood pressure.

All the subjects in the study were asked to do was to take 6 nasal breaths per minute for a 20-minute period. This equates to a deep breath (inhale/exhale) every 10 seconds.

The researchers found that the subjects bio markers changed (positively) almost immediately when they started the relaxed breathing.

Nasal breathing

In the summer of 2018, I read a book called Chi Running by Danny Dreyer.

Chi running is a relaxed way of running during which you breath only through your nostrils.

My first thoughts about it were, how on earth do you do that when your body naturally wants to breathe through the mouth to take in more oxygen?

I tried it a few times but wasn't able to run far with my mouth closed. Anyway, intrigued by this, I then attended a workshop in 2019 and what I learned was incredible and led to me becoming a regular nasal breather for the amazing benefits.

In 2020, I then discovered a ground-breaking book called 'Breathe' by James Nestor. In the book I discovered many of his followers were taping up their mouths before going to sleep, so they were nasal breathing all night.

So, amazed by what they experienced I tried it myself and was very impressed...

My energy levels increased along with a heightened sex drive; my whole body seemed to operate more efficiently.

The science behind nasal beathing

These benefits can be put down to the role of **nitric oxide** as more is created in your system when you just breathe through your nose.

Nobel prize winner Dr Louis Ignarro discovered that nitric oxide functions as widespread signalling molecule throughout the body. The main benefits include;

- ✓ A lowering of blood pressure and improving blood flow to organs.
- ✓ A healthier heart and arteries.



- ✓ Good for learning, memory, and recall.
- ✓ Aids the digestion process.
- ✓ Promotes erectile function and sexual arousal.
- ✓ Protects the skin against ionising radiation from the sun.

Men suffering erectile dysfunction were found to have low levels of nitric oxide.

Bad news – high sugar and/or highly processed foods lower nitric oxide levels in the body. Also, Dr Ignarro says don't use mouthwash as it wipes out essential friendly bacteria within the mouth which affects the processing of nitric oxide.

Good news – both root and leafy vegetables raise levels of nitric oxide in the body.

So, in essence, having more energy from a better functioning system along with a better memory and sexual arousal capacity is all in your hands through nasal breathing and a decent diet!

Start right now

As you've been reading this section you've probably been paying attention to your breathing to check if you automatically breathe through your mouth. Yes?

If it's something you're not familiar with, I recommend you just start slowly for a few minutes each day and then build it up over say 3/4 weeks to 20 minutes a day.

After a few months you'll be able to sleep overnight with your mouth taped up (if you wish 😊).

Nasal breathing is also a great way to relax and lead you into a meditation (habit 9) and enter some very blissful states, we highly recommend combining the two habits daily.

You'll find that when you need to concentrate very carefully, for example: threading a needle, you instinctively start breathing through your nose as it calms your system and makes the task easier.

The increased air resistance through nasal breathing increases the vacuum in the lungs and helps us draw in 20% more oxygen giving the heart and lungs a further workout too 😊.

Recommended habit & technique

I wholeheartedly recommend you start a relaxed breathing habit every day for 20 minutes if you can or for as long as you can. If you're pushed for time, why not combine it with meditation habit (No 9).

The technique I recommend as follows;

- Sit in a comfortable position (where you won't be disturbed) and close your eyes.
- Breath in deeply through your nose (fill your lungs) for a period of 4 seconds,



- Hold it for 2 seconds,
- Breath out through your nose for a period of 4 seconds.

If you are uncomfortable with nasal breathing, it's fine to breathe through your mouth. This habit will help you become mindful of your breathing, something we often take for granted.

Warning, there are unavoidable side effects, you won't be able to stop yourself feeling good and very relaxed 😊!

Recommended books

'[Chi Running](#)' ~ Danny Dreyer

'[The Oxygen Advantage](#)' ~ Patrick McEwan

'[Breathe](#)' ~ James Nestor

Study References

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Final word

Conscious breathing, especially nasal breathing does wonders for both your physical health and mental wellbeing. Just like meditation, this is a beautiful way to feel better, relax and connect with who you really are.

Recommended habit action steps

- ✓ Practise the recommended technique (4 seconds in, 2 seconds hold, 4 seconds exhale), experiment and find out what works best for you.
- ✓ Get into a daily routine of conscious nasal breathing as often as you can, if even if it is just the odd deep nasal breathe, throughout the day.
- ✓ Consider combining it with meditation (habit 9).

Here's a Snapshot of the Full Vibrant Health Programme (the other 21 habits)



Vibrant Health Essential Plan

The 11 Essential Habits...

Habit 1 ~ This one is a game-changer (most important habit!). From combating ageing, aiding weight loss, eliminating pains/allergies, becoming more energised and focused, this habit is essential to good health and vitality.

Habit 2 ~ A beautiful gift from nature. Utilising an unlimited source of healing energy to nourish your body and boost your immune system. Plugging into this free healing energy is very simple indeed, we've been doing this daily for over 5 years.

Habit 3 ~ This one is weight loss/management heaven 😊! Once you understand how your body's natural systems function best, you can work with them to aid weight loss/management and boost your immune system and general health. This has multiple benefits for you.

Habit 4 ~ Enclosed

Habit 5 ~ Use this to fully recharge your body every single day (2nd most important habit). This is the bedrock of good health and vitality that modern day life can play havoc with, if you're not careful. This will positively affect every area of your life when you adopt this with a bit of discipline.

Habit 6 ~ Will make you feel great 😊. It's fun, very natural and offers multiple health benefits from stimulating your immune system, effortlessly toning your muscles to filling your blood stream with endorphins.

Habit 7 ~ Will supercharge your health and immune system. This is paramount to give you a solid core for your health, vitality, and well-being. This is about taking good care of your inside, so it is reflected outwardly in your energy and vibration.

Habit 8 ~ Will also fill you with lovely endorphins 😊. From boosting your energy levels, making you feel positive about yourself to burning a few calories, this one has a multitude of health and well-being benefits for minimal effort (you can even do it whilst watching TV!).

Habit 9 ~ This is a little bit of nirvana for you. Combining relaxation and restoration, it will do absolute wonders for your physical, mental, and emotional well-being. We've included some audio bonus's so you can completely lose yourself in a beautiful way.

Habit 10 ~ Is 'high grade' fuel to nourish your body. If your body could communicate directly with you about its vital needs, to maximise your potential for vibrant health and wellbeing, this habit takes care of those very important needs.

Habit 11 ~ Is the elixir of the gods 😊!! This one is the most uplifting, exhilarating, and energising habit you could possibly do! This is about connecting on the deepest level of your being. It will make you smile and put a twinkle in your eye when you do it!

Vibrant Health Advanced Plan

The 11 Advanced Habits...

Habit 12 ~ Will help you step into your true power! This will help you to build a solid core of mental strength with integrity. It will change the way you go through the world and people around you will notice! It is primary building block to creating a life of purpose, fulfilment, and joy.

Habit 13 ~ Is the key to mental liberation! As the most important advanced habit this will help you clear all that mental and emotional baggage that holds you back. This is the cornerstone of emotional and mental well-being to help you build the foundation to then do anything you wish.

Habit 14 ~ Is the key emotional freedom. This will help you to remove any anxiety & stress from your life within seconds! These very simple, yet very powerful tools (you'll master them in minutes), will help you remain calm, relaxed and in control, no matter what life throws at you.

Habit 15 ~ Will help you nourish your soul and live authentically (very important indeed. The real authentic you has many desires your heart longs to fulfil. This will help you discover/reconfirm what they are and structure your life around them to naturally express your heart and soul, so you live a life of inspiration, enthusiasm, and joy 😊.

Habit 16 ~ This will magnify your self-belief and self-worth. Going through life with a good level of self-belief will naturally open more doors for you. This habit will help you develop it and give you the tools to be able to instantly tap into it, whenever you need it. You'll feel powerful 😊!

Habit 17 ~ Will make you feel fantastic and put a spring in your step! This is the very foundation of feeling happy and full of zest for life (it will bring out your inner child). These simple actions will fill you with endorphins and positively rewire your brain to make you feel wonderful 😊!

Habit 18 ~ Will give you a natural pair of rose-tinted spectacles 😊. Building on habit 17, this will also help to rewire your brain to expect and attract the very best. Your energy levels and vibration will significantly increase, and you'll see the world very differently (in a very positive way).

Habit 19 ~ Will help you attract what you truly want! Working closely with habits 17 & 18, this one will not only rewire your brain but more importantly your body to naturally attract what you really want. The natural side effect is that you will feel wonderful (the more you do it, the better you feel) 😊.

Habit 20 ~ Will nourish your soul and make you instantly feel good. This very simple practise of deeply connecting will automatically raise your vibration and bring a constant supply of positive experiences into your life.

Habit 21 ~ Will nourish your heart's desire to connect. As social creatures we all have a deep psychological need to feel connected as humans as it is fundamental to our emotional and mental well-being. This will help you nurture and feel those deep connections you instinctively desire.

Habit 22 ~ Will help you feel and attract more abundance! Whether it is financial or intangible riches, these exercises will naturally help you **feel** more abundant and subsequently attract more of what you desire, to you.



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

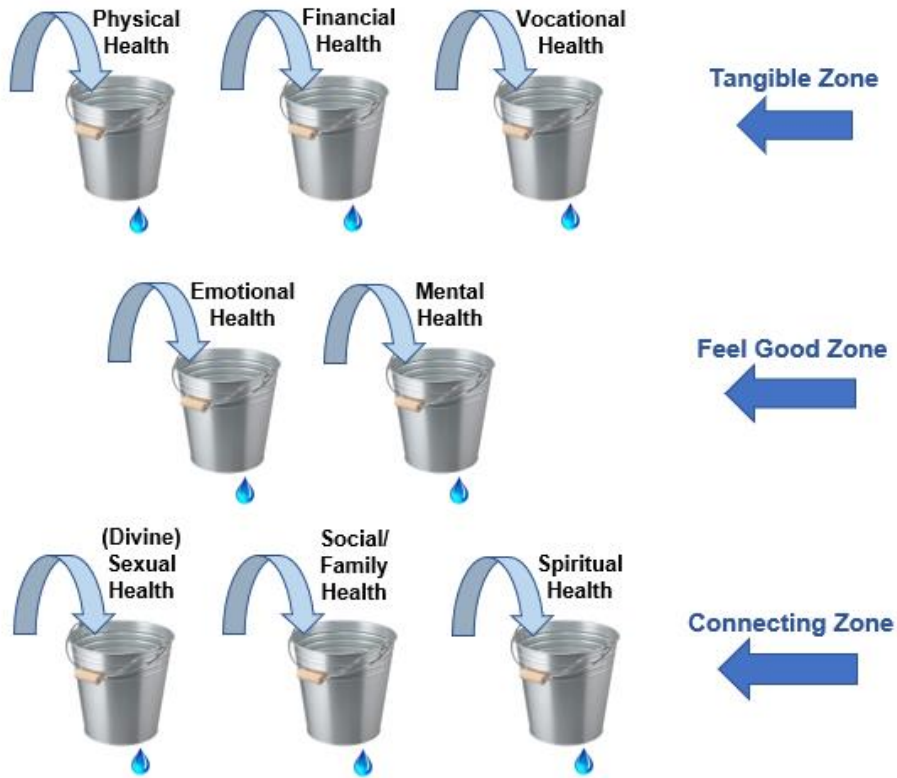
11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

