

Rebirthing Breathwork Summit

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The Meaning, Purpose and Power of Natural Breathing

Arne Rantzen

Devendra Welcome everyone, to the global rebirthing breathwork summit. This session is called the meaning purpose and power of natural breathing. And our guest speaker is Arne Rantzen. After five years as a Tibetan Buddhist monk, Arne encountered breathwork in 1984, and has dedicated his life to practicing coaching and teaching breathwork internationally ever since. Arne is a certified rebirth trainer, loving relationships trainer, body harmony teacher, international seminar, leadership program teacher and founder of the unlimited body bodywork system and the unlimited breath modality. Today in recognition of our vital core, he has founded natural breathing, and creative questions approach and creative questions app. He's also the author of the owner's manual that details all there is to know about natural breathing. Welcome, Arne.

Arne Thank you, thank you for having me.

Devendra So Arne, one considers breathing to be a natural process. We breathe consciously or unconsciously, and it's naturally occurring. So I'm curious to learn from you, as the title of your session captures: What is the meaning of natural breathing?

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Arne

Well, first, you said that I have dedicated my life to breathwork, it's more like life has dedicated me to breathwork. And I'm looking back and, and, wow, last 36 years this is all I've been doing. But I didn't intend that to begin with. I did fall in love with breathwork, though, for myself, you know, so I did everything for me, which included doing a lot of sessions, a lot of workshops and reading about it, thinking about it, getting my own experiences, and all that, but it was for me and then it has extended that people around me say - Hey, tell me about this. And now I've been doing this for all this time internationally and seen a lot of incredible healing coming. The meaning of natural breathing, it's a really good question. We have now many modalities of breathwork in the world and they all have their purpose, they all have and I want to preface this with that. The different modalities they have different goals they want to reach certain results. Some people want to get a daily practice, something to do everyday like a yoga practice. Other people want to feel better. Others would want to heal themselves. Other people want to feel more passionate, more creative, other people want to clear out their psychological mess self and find more of your subconsciousness and find more connection with the true divinity. So there are many ways and the different modalities provide the different ways, but some modalities do not provide certain other ways. So when somebody is taught breathwork, I think they first need to be aware of what and why they are doing. What are they looking for? So once they recognize, you know, I'm looking for this for this reason, then you investigate the different breath works and you say which one will accomplish that. So I'm very unique. I don't know the right word but I have a special focus on how I do it. My goal is to clear out my limited self. So I can reach more of my true self, which is health and happiness and well being and all that. So that's my goal. And, and to do that, I have noticed that the premise that we come into doing breathwork. What is the premise? What is the intention? What is our belief? as we come into what we are doing. So, depending on the premise, that they will have a huge, different effect on the result. So, one premise is to, you know, I was thrown into this life with this malfunctioning breathing mechanism and I'm putting on to this task that I didn't even know about, that now you have to fix and fix your breathing, because it's messed up, and it's gonna be messed up, because you were put in this world like that. So now go ahead and take care of that sign up to my other techniques, some other function, some other things that will fix your breathing. But it's your job to do them. So there's a lot of people out there, then they get into this struggle of finding one technique or developing another technique. But it's never enough, it's always more and more. And the other way that the premise could be is that I am put on this planet with a perfect life force, life force created life, I cannot create life, except you know, sex, but I cannot create life as is. So let me see here there is the premise that we are perfect already, that this perfection doesn't need me to do anything. And all the attempts I do to do about it, I actually block it. So with natural breathing, my intention is to stop this stopping of perfection. It's not to create perfection. You know, the premise, is we are already perfect. And if we can get out of the way and be the witness and enjoy what is everything heals, it's even if it gets messed up, it heals itself. So it's the way I go with the premise that I'm already perfect. I'm not here to create the perfect breathwork system. So with that, I go into observation, okay, what, what can I base that on? Well, I can go with science. You know, science says that the breathing should be like this, you have the oxygen like this, and you have this science of scuba divers, you have the science of all kinds of science. But when it comes down to actual manifestation in real life, it is not applicable. So, for me, the real science is what happens in real life, no matter what you call it, not what happens with your breathing as you live your life. Yes, that's an observation not doing anything with it. When we were born, we didn't come with a manual on how to breathe, we already knew it. It was already there. So, somehow the breathing is already perfect from the beginning. And then so this is a science I use that observing that breathing that is really unknown. And it happens with us everyday all the time. If we pay attention. It's out of automatic. So then I was born, I was creating and then I got messed up.

I got traumas, I got incomplete experiences, something I'm holding on to or I need or I don't want to say I'm holding on to something incomplete, or I get educated on how to do the breathing. Those are not the natural breathing and they leave me with sub ventilation. Sub ventilating is a problem because we breathe in less than we can. So we live in life to do a minimal level of being. So then, but there is that part of the natural breathing that wants to self correct. So it's always trying to come forth and it

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succeeds when we get out of the way. It means when I relax in the evening, and I don't have to perform anything more. And my breathing changes, suddenly I start to sigh. Where did that come from? What's that? I didn't say I'm gonna sign. No, no, it just came because of my tension of dealing with my life, I need to, I should that came all that tension. And now nobody's here anymore, it's evening, I'm alone, I can do whatever. And maybe relax back to and the natural breathing takes place. That any miracles with a yawn or we look at TV and we laugh.

But in the daytime, we like behaving, you know, so the breathing changes that. But then again, for a little while, we can do that. But then we're in the morning, we wake up again, we have to behave. And then we get back into controlling the breathing again. And then trying with good intention to do it, right. But that trying is actually backfiring. So trying to do the breathing, it's like in a swimming pool, you're swimming, and there's a ball in front of you, and you're trying to catch the ball. But as you swim, it goes further and further away, but only if you stop, that the ball can start to flow to you, the wind brings it to you. But you have to stop your activity of trying to get them which never happens, you know until you give up. And I've been working on this so long, I've been trying and trying. And finally I gave up the BAM You know, I've been doing healing sessions for bodywork sessions for too many years. And I find that most of the healing happens at the end of this session. When we say okay, if you know what we're done now, then it happens. Because the intention of I need to do something here that actually blocks it, you know, I cut myself I bleed, I do nothing, the bleeding stop, I don't have to do it, actually, the more I do that, the longer it takes to heal. So I like to use nature, my real life as my mirror of what is actually going on. And I know there's a lot of scientific stuff and the data that I supposedly explained, but it's not happening in real life. So that is my premise that is already perfect. I am not here to create perfection. I'm here to get out of the way. And the way I do it with natural breathing is to build up some energy, and then I get out of the way and that entity will do the work. So this natural breathing, you know, the other thing of the meaning of natural breathing. How can I say it's natural? Well, it happens. But it happens in many situations in life. For example, if I'm running, I cannot run or jog with the breathing, and the breathing changes. I don't have an option. Can you ever see a person having an emotion without their breathing changing? You can never see a person laughing, sighing, yawning, having sex, exerting themselves, falling asleep. Those are all occasions where the breathing changes and we cannot do anything about it. It will change, we cannot stop the change. That's why I call it natural. So it happens many times. Taking all the situations I just mentioned now, and many more. They have some characteristics that are the same all of them. And that, looking at what those character characteristics are, I mean it's undeniable, back to me. You cannot laugh with your mouth closed. You cannot yawn with breathing through your nose, nose. You cannot have emotions through your nose, breathing through your nose. You cannot jog, breathing through your nose. Well, the nose is so good. It warms up the air, it cleans this and all the science about it. But it doesn't happen in real life. So I'm more on that side. Okay, what happens in real life? Well, this is one thing that happened. For example, and I'm going to go through what I called the five breathing basics were the five quality characteristics of the breathing that seems to be there, every time we get out of the way. Every time we are happy, every time we are free, every time we don't have to try to do something that means that. So Wow, that's really that. So since that is there, then it comes to my mind over the years, understanding they work deeper, but from an experiential point to do. Yet logical, I think it's extremely logical. So you know, you wake up in the morning, you breathe, but you breathe, not your natural breathing. Natural breathing happens in a breathing session, suddenly you feel like, wow, I'm not doing anything and then I'm watching my breath is going completely effortless. Like you become a witness in a really strong, it's been called a breath release. So the breath release is something that happens, not by my doing. So accessing that, that natural breathing in the morning, it doesn't happen or when we sleep it doesn't happen. Because I'm busy trying to make it, I'm trying to make it instead of being taken with it. So that time trying to make it is that but then there is the quality of natural breathing who wants me to surrender. But then there is another aspect to me where no you're not gonna surrender. So there is a little conflict there. But the natural breathing will not fight. So it kind of sits in the background until there is no more fighting. And there it is. So the fighting is what I call the breathing control system. The breathing control system is if you look at it in your real life, there is something that is making me breathe differently when I jog. What is that something, it's something that makes me breathe differently

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when I have an emotion or stop having an emotion there is something that controls what's going on. And that level of control depends on how much traumas or incomplete experiences in this learning we have. But in general, it controls it pretty much and the natural breathing wants to heal us. But this other control system is monitoring for us to not contact that sub ventilating, to not contact that trauma, to not mess with it. What already is working? Let's not mess with you. If you mess with it, you don't know what's gonna happen. So I have a job. My job is a breathing control system. And I'm gonna monitor you all the time. Where your energy level is your energy level of how much energy are you taking in, through breathing and through awareness? How much energy do you use up through moving through being unconscious or through control thinking? I'm gonna go and not forget to buy the milk and do this. Here, I'm thinking that uses up energy. So there is always, on every inhale, I take the breathing control system compared with how much am I using up. And it always needs to end up equal. The way you take in, it should be equal to the way you take out, and then you stay in status quo. So, but if you start jogging, then the breathing is a security system, a control system says, whoa, you're using up more energy, okay, you need to add more energy to become equal. So now you need to breathe more, you know, or you meditate and your breathing quiets down, well, then your mind quiets down, then your breathing is always it forces you to breathe more. Or if you start to breathe now, we're gonna do a practice later. But if you start to breathe now, natural breathing, you're gonna get more energy, your breathing control system will force you to get rid of the energy, it will start to make you move around a little bit. I have so much energy here. And you know, I got to get rid of the energy, I don't know what to do with all this energy. So it forces us to act to get rid of the energy. And so from a natural breathing point of view, our job or from my point of view, our job is to break the breathing control system. What happens when we break that we will end up with more energy than we normally have? More, more spirit? More life force? Well, so now I'm ending up with more life-force than I usually had, where is it going to go? I mean, I'm already full. I have an irrigation system, all the pipes in the water are flowing, except that there is a section over there that is broken, but yeah, so the water is flowing. And now suddenly, those pipes over there they're clogged, got some mud in them. So now I'm getting more energy in my body and get more pressure on my irrigation system. And this part that is already sealed up. But that one over there, you start to push on the mud. And they start to go somewhere. So it opens up what I call sub-consciousness, opens up more flow, more happiness, more health, well being abundance, it opens up my meeting more on my true self. So breaking the breathing security system or control system is our task. And it can easily be done with understanding like this.

Devendra So there was so much information that was already packed in your answer there. And I love what you said about just getting out of the way, like natural breathing is all about undoing or getting out of the way and let the breath take over. And when you talk about sighing and yawning I couldn't help notice the animal kingdom because they do so free like you see cats and dogs and you know, yeah, so freely and so luxuriously with no hesitation to yawn and here we are if you're sitting in a corporate boardroom or meeting room, you dare not yawn during someone's presentation.

Arne I am so grateful when my students and clients yawn.

Devendra So, I don't know, I would want you to go into a little bit more detail because I think our audience is going to benefit tremendously by learning about the breathing control system. So you can choose between whether you want to share the five breathing basics before or you shared a few terms, which I would like some clarity around you said sub ventilating and breathing control system. Maybe you can share a little bit more on that.

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Arne

Yeah. Yeah. I have some pictures here. If I can show that. This is how I see that. Yeah, this is my idea of natural breathing. We are being infused with breath all the time. Something is breathing life into us. And it's creating life. And it's free. We don't have much option. You might as well just relax into it. And then let's see. And this is a breathing control system you use, the nature breaks the chain of the sub and you if you're, if you inhale more than you are inclined to, if you if you don't move, when you almost feel like you have to move, because you're gonna freak out, you're gonna have so much energy and then explode. If you don't know that it will break on the breath itself on the chest itself, but also on the whole being. And the sub ventilating will be erased and will be undone. And so we can start to get back to life again. That is the picture of the control system here. Let's see. So when I say that natural breathing, and those situations that I mentioned before, like yawning or jogging or emotions into one's own, there are spots I have found that there are five characteristics that exist in all of those situations, they are always there. And the first one is, you have nothing if you're not aware. If you're not aware, there is nothing.

Arne told me that I did really well.

You have to be aware for you to get the benefits of it. We have to be aware of ourselves. Oh, yes, being aware. Awareness, it does not mean I'm aware of you, I meant, it's not something I see. It's not something I hear. It's an experience. So the difference between a concept and an experience is the awareness. A camera can take pictures, but only humans can actually put an experience into the picture. So awareness into the breathing, into being, into your emotion, you know, you have an emotion and you're not aware, then you are, you're acting out. But you're thinking so you're using up the energy. I'm angry, you know.

I was so angry on the punch. Well, I'm not aware. I am. I know, I can say I'm aware of you or that I'm angry with, but I'm not aware of the experience. So being aware of the experience is the foundation for breathwork, for life, and for natural breathing. And the second one is the breathe into your chest. Well, you know, there's a lot of opinions about that. But nobody can yawn, sigh, have an emotion, jog, you cannot jog breathing in your belly. You can't laugh breathing in your belly. So every time we relax the breathing gets into opening up the chest. And the miss learning we have is when we learn, we learn to be numbed out people in the business society. So to say, in the world today, I don't like what you say, or I need you to, but all this concept but they are all closed off my chest. or extreme examples. You know, I'm totally not engaged in my life. The chest breathing is being engaged. Well, if you have a big, big belly, a pot belly beer belly. You're you're not engaging, you're absorbing like you're not engaging in. So chest breathing is necessary for charisma, for being out there in life. Well, and I can understand that it's not popular to do breathing because you feel more, you're gonna be more alive. When you're more alive, you're gonna address your world in a more engaging way. You know, like, well, I have to say this, I don't agree with them. No, if you do chest breathing, you cannot say I'm not gonna say yes did say you become like a child. You become expressive in assembly. No, that's not what I think. You know, but if you shut your mouth, so to say, and you start to breathe in your belly, then you're not the inspiration that you're supposed to be acting out into life. And you know that that goes in against a lot of science. And seniors, for example, well, they have a different purpose. So not gonna talk about that. But if you're looking for breathwork for enhancing your life, then chest breathing is necessary. It goes in here. Also, when you breathe into the chest, and you really do it, it's actually a joyful experience. It's natural, it's like, wow, that it feels so good to breathe it into the chest feels so freeing. And then now I'm hypothesising that, you know, the eastern traditions, they talk a lot about heart chakra and so on. I try not to get into too much science, but maybe that's what they are talking about. That joy that I feel right in here, when I breathe in here. So it comes when it's moving, the chest needs to be full. And it happens when you're laughing, when you're jogging, when you're falling asleep, you breathe into your chest, and so on. Now, breathing fully number three. So be aware, breathe into your chest, breathe fully. Breathe fully means you breathe more than you're inclined to. So when you breathe more than you usually do. So here I'm sitting and then I'm relaxing, I get a little tired. My breathing capacity, my lungs are filling up so much more than I usually do. You know, the lungs are the biggest organs in the body. And we have two of them.

But we barely use them. So why do we have them if we're not supposed to be using them? We are supposed to be using them. And they are located in the chest. If I'm supposed to be breathing in my

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belly, my lungs should have been in my belly. I mean, yes, in my understanding of it that you can't even get air from here to your belly without going through your chest. I'm not saying not to breathe in the belly, but it has to start in the chest, expand the chest and then expand to the rest of the body and more than you normally do. And then like jogging, jogging is actually perfect natural breathing, except for number five, but it's breathing continuously.

Emotion, it's continuous breathing. It's not I'm having an emotion, and I hold the breath, no.

You have to keep that going. It's there it happens in life. Now with yawning, each of these characteristics is missing. When you're yawning, you might be aware you breathe empty chairs to be lonely, but you don't create content as you do jogging. You can be aware you can breathe in just before the break continuously, but you're not relaxed. Relaxed means you don't move, you don't use up. You don't think you fall asleep, you breathe into your chest to fully breathe continuously and you relax. But you're not aware.

So you need to have all these five together. And that when you have miracles happen is absolutely incredible. The power that it is right in there.

Devendra And Arne what about the breathing control system?

Arne What about it?

Devendra What is it? And when you said something about breaking the breathing control system? So yeah, could you explain a little bit more? What do you mean by the breathing control system? What happens when we are within the realm of the breathing control system and what exploration can one go into once they go beyond the limitations.

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Arne

So the breathing control system doesn't exist in natural breathing. It doesn't exist from the beginning. It starts to exist when we have our first incomplete experience. Something happens, something, a trauma happens, or I'm angry at my parents for not giving me candy. Then something stopped, something I'm holding back. Either I do it unconsciously that I have an accident, the breath, the breath is not out of me. I went unconscious, I went into a coma or you know there was a split second that I lost it, I blacked out. And then I come back. That blackout is creating sub-consciousness. It also happens in miss learning, you have to do it like this. If you don't have to wait, we can be forcefully engaged in the breathing control system. But the easy way to explain it is that when I have a trauma, I'm experiencing something that is so bad, in my opinion, that I can't deal with it. So I take it and I store it for later, when I'm more able to deal with it. Now, I need to keep it here. Because if that suddenly starts to come up, when I'm in, in any situation, you have a blackout and I remember being traumatised and I'm driving the car, it might not be the right time to address that. So I need to control it. And that is the breathing control system. And what it does, it is making sure you don't touch the memory. And it needs to keep you in the status quo. And so it's fabricated as a defence. It was good in the beginning. It's not good anymore, but it was good. So it kind of lies to us, man, it's okay to worry about it. Breathing a little less is fine, which is not true. Because over time, if you sub ventilate, sickness starts to happen. Diseases start to happen, unhappiness, poverty, all of these things build up over time. If we don't release the sub ventilation and go back to normal breathing. Normal breathing, natural breathing is not something we have to study and practice every day. I have a reason for my sub-consciousness which is my trauma, my incomplete experience I stored away. I've fabricated the breathing control system to protect me from it. Now I want to experience more life. Well, then I have to let that go. I cannot keep having them. So at some point, I need to let go of the control and trust that the experience I had in the past that I couldn't handle today. I'm a grown up, and I'm not in that same place that the circumstances are not here, I can see it more objectively that I can bring it forth, or I bring it forth a little bit and then I put it back again and bring it forth again. And slowly, slowly, I start to not be so traumatised by that, you know, we, we actually, it is the owner's manual I have, it takes you through six challenges that happen on the path to transformation to returning back. And, and they are not the techniques in themselves, but they are stuff that happens on the way that makes us not succeed. I have a picture here, I like to share about that, see if I can do that. Go back to this one.

So this is, you know, the house down at the bottom that's the trauma. And then people come and they say, hey, I want to heal myself, I will not free myself, I know what that is better life for me, I am gonna go. And I found a way I found somebody or something. And it feels so much better. The trauma that I had. It seems like it doesn't bother me anymore. So I'm very happy and driving up that mountain. And then I come around the road around the mountain. And I come back to seeing the trauma again. And this is where most people fail. Except they go, Oh, shit, it didn't work. And they start to back down the mountain again, to find another mountain. But what they are missing is yes, you will see the trauma again. But you're further away from you. It will stay for a shorter time, it will not be so intense. So if you really take a look at it, yeah, it's true. Just you don't have to do anything at the place. But don't back down. Just, stop and wait. And then you go up the mountain again. And then you see that trauma again? Yeah. Oh, you know, he told me, he said that this will be gone. I can't tell you first ashes to have this gone? Well, it doesn't work that way. He will never be gone, because you're holding on to it. So you will see it again. But you will see it less than before. And at the top is where you are free. At the top, you no longer need to get rid of it, then it will be gone. This is the challenge we all have to go through to not look more from a distance whether it is working or not. And you will never be able to get rid of the trauma. Getting rid of it because you're holding on to it. So you know many people say I was so angry with my parents but now I love them. Yeah, but nothing changed from the past. They still did what they did, and you did know you did. So they still have that. Yes. But they don't have a charge on it anymore. Yeah, we all make mistakes. You know, and I really love them. In my case, my parents. When I did this process, it was five things I was really angry with them about. So to the extent that I ran away from home, one was they didn't take me to the Beachers concert. And then I started breathwork and I saw how ridiculous that was. So then I dropped it. And what I found was more love, love was there instead.

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- Devendra** I think that the information that you shared in this picture is amazing. And how insightful it is that yes, that event happened in your life. And you would hate to revisit it. But the only way through it is to go through revisit and then you know get those blocked energy away from you. The simplest example that I can think of is every morning stepping into a cold shower. I hate that. I have to go through that for the experience of it so that I can train my mind.
- Arne** That's your choice. Yeah, not a trauma, I'm talking about something that's traumatised from the past. You're talking about traumatising yourself, that I don't maybe agree.
- Devendra** But there's also something to say about training yourself. Creating a self with these small daily routine
- Arne** We go back to the premise. You know, are we messed up and we need to train ourselves and fix ourselves because we are really fucked. Put here on planet Earth, take shit, fix it. No, it's, it's not like that in my opinion. But yeah, that you know, I have to train myself than must come from that. I'm for it, so I need to train myself.
- Devendra** So Arne at this point, I would love for you to share with our global audience, a little breath practice, tell us what it's going to be. And please lead us into that practice.

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Arne

Yeah, so I call it a breathing snack. Because there are two ways to do natural breathing or breathwork. Let's say natural breathing. One is to do a full session where your intention is to go under the sub-consciousness and clean up your pipes or the irrigation system of your Prana and recover and recognise your true self. In order to do that, natural breathing will do that. But it's a full process of like an hour, an hour and a half of breathing. And if you don't, you don't want to do that on your own. Especially if you've not practised and you don't know what's going to happen. But even if you, I know myself, I don't do it on my own, I could do it but I would not have the results by doing it on myself. I need to build up more energy, and then at the same time get out of the way. At the same time as I monitor if I'm breathing well and in doing the five breathing basics and surrendering, I can't do it all. I either surrender and I don't control anything or I control but then I don't surrender. So needed an expert beside to jump off the mountain first. You come with me here we go, you know they will direct us. So that is the preferred way of doing natural breathing that will heal so much. Now that there are other situations where I'm yes drowsy or tired, or I feel, I don't feel so healthy. I needed a power boost, you know, I want to energise myself a little bit, then I can do the natural breathing, but only for a short time. Not for the purpose of cleaning up the subconscious. But just the energy is a wake up, wake up myself and that said different purpose then we're gonna do the latter now we're gonna do the breathing snack. The one thing with breathing snack, if you do it on your own, you have to stop as I'm explaining here. If you don't do that, you might find yourself in an awkward situation. So with the breathing snack, you breathe, you get the initial energy up in your body, you will start to feel something new. You will start to feel energised people say you feel we call it tingling, you know when it's the same sensation, like when the foot is falling asleep. You know that sensation. So my foot is falling asleep. How do you know I can't feel it? It's like tingling. But that's a misconception. Know your foot, if your foot falls asleep, you would experience it less and less. But the truth is you're experiencing more and more. So you're actually becoming more alive. So with the natural breathing, and most breathwork I think makes you that more alive. And so once you feel that aliveness, don't go any further. Because if you do further you might find yourself freaking out, if you don't have proper, proper education first. I want to say that that breathing snack is really the five breathing basics. So I'm gonna be aware of my breathing number, I'll show it first and then we'll do it. We're going to be aware of my breathing, I'm going to be aware of breathing into my chest. And I'm not going to do a little birdie breathing. Like that. And I'm not going to do fish breathing. You know, fish breathes, like that. The breathing control system tries all kinds of techniques to get you to not retain the energy. So you're gonna create through the mouth, open your mouth a little bit more than you used to.

And yes, let the air come in without you needing any sound on the breathing. It's possible to breathe, you know, all the time you breathe in without making sound, but the breathing control system comes in on the side and tries to get you to not do it. Um, yes, helping you're not to fall into that trap. So you're aware, you're breathing into your chest, you breathe fully means you breathe more than you want you can notice it.

This is what I can breathe without having any change. Nothing, nothing happens I can look like much but nothing actually happens. I will not take in more than I'm using up. So I think you can even feel the it. Talk about the breathing threshold later on. But you go to that gap and you go beyond it. To quality breathing, not quantity breathing, quality breathing, and continuous breath.

Not like that. That's not considered circular breathing, connected breathing. You want to relax. Number five, you don't want to go. That's not relaxed. Right? No, that doesn't happen except for from our mind. So it looks like this. If you do it this way I'm doing it now, wait, wait a second. Wait a second. If you do it the way I do it now, within 20 seconds, you start to feel it. What's going on here? And yes, yes, if you do it, the success is so quick. If we don't do the manipulation, it never goes anywhere. And if we just do that, be aware. Just these are things that are extremely simple that happen all the time. And then if you feel like you, you're dizzy, you could lay down, that's okay, too. Got a little excited. Okay, so now I said yes, we do it together. We'll be in about 30 seconds. And then we just leave it and we just observe what happens. Okay, and it would probably be good for you. If you follow exactly what I'm doing, follow. Even maybe later you won't follow it like that. But for now follow my rhythm and my tempo to my depth then it will guarantee that you will have some good experience. Okay. So, I will

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start and then you can pick it up and follow in here. Really feel like you're pushing against a little elasticity up in the chest.

You feel like you're stretching it. Now go a little deeper. If you don't feel a lot of energy in your body, some cold and warm, go deeper, go deeper on the inhale. Okay, so let's do it. If you have 10 more seconds, open your mouth. Open your mouth more. And now just let it be for a second. And yes, go into your awareness and notice what you experience doing nothing more. Just observe. You will experience more if your mouth is open. You observe what you are. Noticing. Do you notice anything different than before? Do you feel more awake? More at ease. More bright? More lightheaded? Dry lips, dry throat. What's your experience around?

Devendra So I can feel my toes have gone cold. And I can feel the tingling sensation and the soles of my feet. I'm standing by the way. So very much aware of the cold tips of my toes right now.

Arne So you became more aware? You became more aware of your experience? Because I'm sure the floor didn't suddenly get cold? No.

Devendra This is wonderful. This is wonderful. Thank you so much Arne. Thanks for all the insight, your wisdom and your natural breathing method and walking us through your unique outlook of how breathing should be. If people want to know more about you and your work. Where can they know about? Do you have a website?

Arne Yeah, two things that I have a lot to say. One thing we didn't touch on, and that's extremely important is that breathing on it gives you power, but it doesn't direct your life, you will direct your life, you will equals in this case to your thinking. So you have to be aware of your thinking too. And that's, I do a different angle of how that really works than is normally known in the world, on the website called creativequestions.com that you will find the foundation for affirmations, and how to empower the affirmations in which is the kind of work we do here and breathwork. The other one is obviously naturalbreathing.com. There's a lot of tools and more information in there. And there as well, it's possible that you can ask for a free exploration session with me to a little coaching and see if this is something you want to know more about or, or if you have some specific questions you can connect me on there through chat. And if I'm available, I will respond to you right there.

Devendra So naturalbreathing.com and creativequestions.com

Arne Yes. Yes.

Devendra Arne, again, thank you so much for your wisdom, for your time. I do really appreciate you spending time on the summit. Thank you so much.

Arne Thank you for having me. And it was my pleasure. Hello, everybody hope to see you around.

Devendra Thank you Arne

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