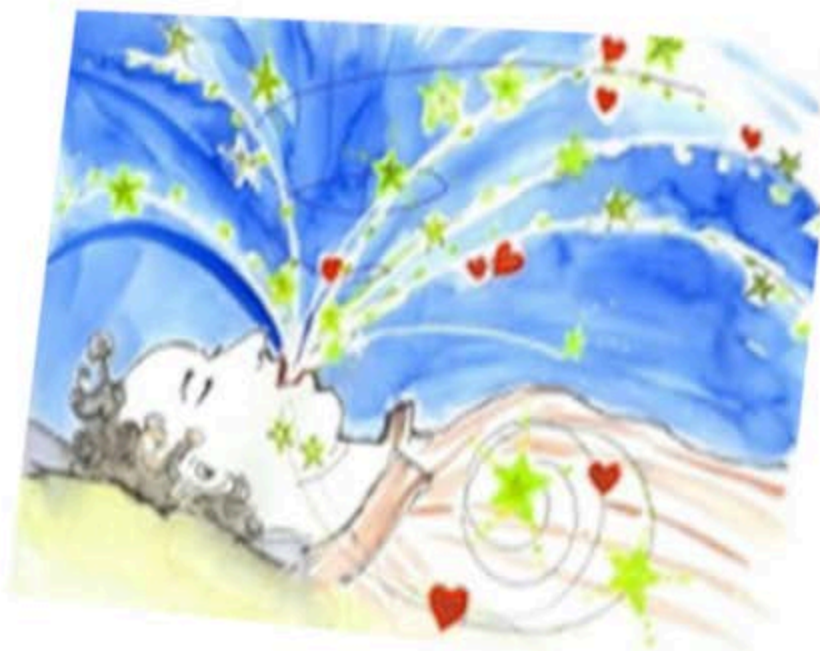


The Advanced Breathwork

Own Your Self Manual



**How to Conquer
the 6 Challenges to Change!**

Compiled by Arne Rantzén,
during 40 Years of
Coaching and Teaching
Breathwork and Conscious Creation.

The Premise

Your first and most important Challenge is to set the PREMISE understanding of where your healthy, fulfilling life and your luxuries come from.

Do you believe that you are naturally nurtured and provided for, so you can relax in to an easy abundant life, or do you believe that you are created defective and have to muster up some power of your own, so you can correct and overcome your problems and accomplish your goals?

This is important because it WILL DEFINE YOUR STRATEGY to how you can be healthy and achieve your goals.

A Perfect Life-force vs. a Correcting Approach

If you are basing your ability to live a healthy fulfilling life on that you are born a powerless victim of circumstances and that life is here to bother you with burdensome circumstances, then your only chance to win is to hope that someone or something, that is more powerful than life, will come along and rescue you from your predicament.

You will also find yourself searching for the cure and solution to counteract your issues. You will try external CORRECTION and IMPROVEMENT METHODS, but you always find that your issues are still there.

If you are basing your approach on that you are made of, raised and supported by Life-force, including having an inherent impulse to make you flourish, as proven by the many times you have been healed, your troubles soothed and your problems miraculously solved, then you can relax and let yourself be spontaneously and effortlessly nurtured.

Realizing the power of your Life-force will make you regard all issues as actually being gifts. They are here to wake you up from the unawareness of your mis-thinking and limiting habits, so you can stop interfering with your providing Life-force.

Refrain from your correcting methods, surrender to your unlimited support and re-connect with your self-arising incessant Life-force.

EXERCISE

My fundamental Life Premise

Write down your responses to the following inquiry.

The ways I act as a powerless victim _____

The ways I am naturally empowered _____

Notice what Premise you base your life on.

The Experience Test

Throughout this Owner's Manual I'll describe what you can expect to experience as you progress on your Life-journey, and how to deal with these challenges.

Choosing to change tends to activate the ego to resist with doubt and mistrust. To prevent this challenge, to enjoy your transformation and to get more out of it, you are best off if you are prepared with a trustworthy *Evaluation System* in place

Trust, faith, belief and good wishes can be helpful, but that will not be enough to stand up to a mind afraid of and resisting change. You'll need a fail-safe Experience Test. Here is the only one that I have found.

All experiences are an expression of Life-force.

Life expresses itself through experiences. All experiences are Life-force in action.

Since, you can't get rid of your Life-force or ability to experience, it will be much easier if you just accept that fact. Trying to ignore, that you have all kinds of enlivening experiences, is futile, because, whether you like them or not, you still have them. When you *know* that *all* your experiences are just expressions of Life-force, and are both valuable to you and safe, you'll welcome them. If you try to reject them, you'll just inflict unnecessary pain and suffering on yourself.

It is in-accurate and a mistake to evaluate an experience as good or bad, and acceptable or non-acceptable, by its particular nuance.

The lack of experiences is not what being a human is about. The more experiences you have (even if you think you don't like them), the more alive you are. If you have an intensified experience, you must be *very alive*.

What you LABEL an experience, define how it affects you.

- ◆ If you have a dis-liked memory connected with an experience, you will call it a negative experience, and try to avoid it.
- ◆ If you have a liked memory connected with an experience, you will call it a positive experience and desire to re-create it.

Some experiences are mis-understood. Not liking an experience comes from a mis-interpretation, that you have picked up from people you have come in contact with, media provocations and your own stored Incomplete Experiences.

Many experiences have been mis-judged as limiting you, when, in fact they have been activating you and other experiences have been deemed pleasant, when in fact they are just numbing you out.

Pretty much every opinion, scientific research, media scheme, expert and friend advice have opposing and conflicting information elsewhere, so, these days you have to be especially vigilant about what you choose your mind to entertain, because *what you accept becomes what you will experience*.

How do you know what is really true?

There is a lot of information out there. Some true and real and some not. So, the criteria that I and that this Owner's Manual use to evaluate, whether to accept a proposition as true or not are:

- ◆ Truth has to be what is actually going on in your every-day real life. 3rd party research, opinions, assumptions and concepts (not being your own personal experience) are not your real-life experiences, so they can't convince you.
- ◆ Truth has to be reasonable, logically understandable and your own experience. Statements like, "believe me", or "it's too complex to explain", or "it's recommended by well-known people", will not make you feel truly safe.

How can you know if an experience is in your best interest?

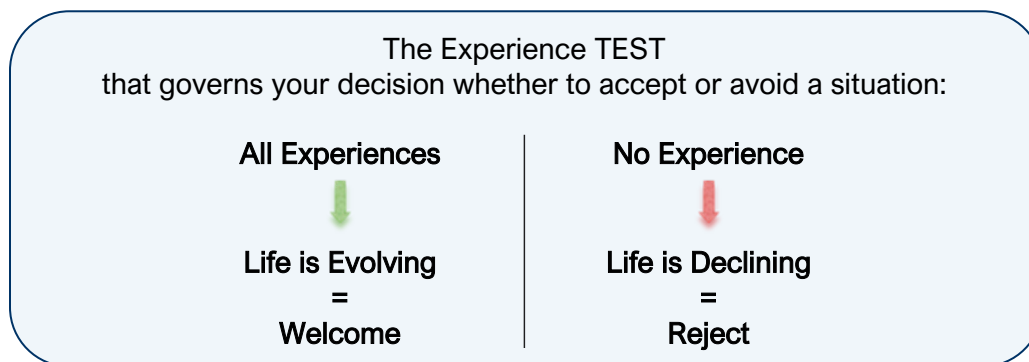
You can put your experience to the test and notice if it brings you:

- ◆ *A more restricted life*
You must do something or must refrain from something, in order to be OK. (You have to arrive at some other place, because you are not there, *yet.*)
- ◆ *More freedom*
You are OK, without having to defend, correct or improve anything. (Maybe you are perfect and just need to realize that you are already it.)

The Test

The Test is about having an indisputable method that you can use, in the middle of any experience, to evaluate and be able to make an unmistakable decision of whether you should accept the experience or if you should evade it.

The way you know if this new situation is valuable and safe and if you should accept it or not, is by detecting if it makes you *feel more or less.*



Keep this Experience Test, readily available, in the back of your mind, so you can use it as your evaluation tool, whenever you want to get rid of an experience.

Consider:

- ◆ Do you FEEL MORE? If so, you must be MORE alive. You want to Accept that.
- ◆ Do you FEEL LESS? If so, you must be LESS alive. You want to Reject that.

The amount of LIFE-FORCE increased

The Breathing Threshold



Jingling
Caused by:
• Awareness
• Natural Breathing

Drowning
Caused by:
• Moving
• Thinking
• Not Breathing



Feel Energized

Feel O.K.

Feel Drained

The amount of energy you take in

The amount of energy you disperse

The amount of LIFE-FORCE used up

Threshold

Feeling

Feeling

Feeling

Balance

Time

The Breathing Threshold

Breathing beyond the Breathing Threshold means to break your Breathing Control System and retain more life-giving Life-force than you use up.

Your Breathing Threshold is the point in your breathing, where your inhale tends to end, and your exhale starts. It is the depth you are inclined to inhale to.

When you do the 5 Breathing Basics, you breathe more than you are inclined to and thus retain more Life-force than sub-ventilating allows. This is called “Breathing Beyond your Breathing Threshold”.

- ◆ You add more Life-force and go beyond your Breathing Threshold by being aware and inhaling deeper than you are inclined to.
- ◆ You use up Life-force and breathe below your Breathing Threshold by being unaware, moving and thinking.

Locating the Breathing Threshold

Your Breathing Threshold is encountered in every breath.

The depth of your inhale, before you hit the Breathing Threshold varies, depending on how much Life-force you are using up.

For example, if you run, you can breathe deeply, without going beyond your Breathing Threshold. If you are very present and relaxed, you don't need to breathe much to go beyond your Breathing Threshold.

Breathing beyond the Breathing Threshold is where you retain more energy, health, passion and success.

Natural Breathing builds Life-force through speed, depth, and surrender. How deep and fast you need to breathe to go beyond your Breathing Threshold, depends on how much energy you use up.

Tingling

When you have increased Life-force, you will experience TINGLING. Tingling is a heightened sensation, coming from an increased vibration of your cells / energy body / spirit / Life-force. If you have tingling, you know you are breathing beyond your Breathing Threshold and that you have retained more life-giving Life-force.

The more Tingling you have, the more you are above your Breathing Threshold. The more drained you feel, the more you are below your Breathing Threshold.

When you do Quality Natural Breathing, you should have tingling within a minute, or you don't have the correct relationship between breathing and surrender.

If you have a lot of tingling in your body, don't struggle to correct or adjust your breathing, even if it technically doesn't look perfect, your breathing has taken you above your Breathing Threshold and thus is already good enough to cause change.

Common ways to keep below the Breathing Threshold

Your Breathing Control System adjusts your breathing to match your use of Life-force.

- ◆ Physical struggle
 - Not taking the breath in and/or letting it out all the way.
 - Chest not expanding and collapsing with the inhale and exhale.
 - Moving and fidgeting.
 - Not moving but tensing muscles.
 - Breathing with your jaw and mouth moving in unison with inhales and exhales looking like a fish breathes.
 - Keeping the muscles that holds your jaw so tight that your jaw is locked in a too open position.
 - Making sounds.
 - Talking.
- ◆ Emotional struggle
 - Acting out emotions
 - Not feeling emotions
- ◆ Mental activity
 - Thinking - whether it is following thoughts, daydreaming, positive thinking, praying, or being fascinated with visions.
- ◆ Being unaware.

Going beyond the Breathing Threshold

Your goal for your Natural Breathing sessions is to break your Breathing Control System and retain more Life-force, by increasing your energy input and decreasing your energy output.

You can do this by adding more input and keep the output the same, like breathing exercise or keep the input the same and decrease the output, like meditation. You can either breathe more or surrender more - or do it in the most efficient way by doing both - breathing more while also surrendering more.

Your breathing Quality is more important than your breathing Quantity. A quality breath takes you beyond the Breathing Threshold, in every breath. A quality breath includes breathing in all the way and then breathing out all the way.

If you don't inhale all the way, then your increase of Life-force is not maximized. If you don't exhale all the way, then you can't take a full inhale and accept new fresh Life-force.

EXERCISE

Breathing with and without crossing the Breathing Threshold

What is your volume of air intake?

What is the speed of your breathing?

What is the frequency of your breaths?

- ◆ Breathe deeply and struggle at the same time.
- ◆ Breathe deeply and slow at the same time.
- ◆ Breathe shallowly while being relaxed.
- ◆ Breathe fast while struggling at the same time.
- ◆ Breathe fast and shallowly at the same time.
- ◆ Breathe slowly while being relaxed.
- ◆ Breathe deeply with a good tempo, while being relaxed.

Notice how you can stay below and go beyond the Breathing Threshold.

Effective breathing

When you lose control inside a lot of energy, you uncover new consciousness territory.

Breathing too perfectly may keep you from losing control, while breathing too little doesn't get you anywhere.

Don't adjust the breathing if it is beyond your Breathing Threshold. Only adjust it if it is below your Breathing Threshold and no extra energy is being built.

If you are prone to drama, then surrender more. If you are a suppressed person, give yourself some space to lose control.

Reminders for effective breathing

- ◆ Stay aware.
- ◆ Breathe fully.
- ◆ Stay relaxed.
- ◆ Enjoy your experiences.



Inspiring. Real. Fun.

From the Himalaya mountains of Tibet to the secret jungles of Costa Rica, and nearly everywhere in between, Swedish-born Arne Rantzen has learned from and taught alongside the great shamans and spiritual masters of our time.

Arne began his Healing Journey in the 1970 with addiction. Broken and derelict, he found his calling with Tibetan Buddhism and the Alternative Healing modalities, that uncover the power of our innate Life-force.

After over 40 years of being a Breath Coach and Trainer, Arne has trained thousands around the world. He will ignite your self-wisdom, explode your potential, and help you throttle-up your personal energy, so you can OWN YOUR SELF and be the expert designer of your life.

You Can Take the Struggle Out of Your Healing Journey!

If you are looking for a Healing Journey that will save you from basically being a faulty creation, with in-built problems, dis-ease, pain and failure, and that you have to struggle with, endlessly, to try to correct, so you can *become* perfect, the Owner's Manual is not for you. Since, you have surmised that you are lacking health and success, you look for external things and activities to correct this. Being external, they can never repair *your* personal mis-presumption and external performances.

If you are looking to recognize that you are actually alive, with a body, earth, sky, air, consciousness, thinking ability, that you have had many problems that self-corrected, and that you have already enjoyed an abundance of nutrition, happiness and health, not thanks to your effort, then, this Owner's Manual will guide you to relax and to let your Life-force resume your support.

Be prepared for the SIX CHALLENGES, where most people get stuck!

This Owner's Manual is a Healing Journey Hand-book of how to handle *real-life situations*. It will introduce you to common-sense Universal Laws, and provide exercises, so you can apply them to your own life. These Laws are quite simple and easy to Master, so you will not have an issue learning how to use them. They are already on your side and for your convenience.

The real issue are the Challenges you will encounter, when you CHOOSE-to-CHANGE. You have collected many ideas and habits throughout your life, building up the *momentum* of how you chose to live. But, some of those plans didn't turn out the way you wanted, so you have reverted back to your same-old, same-old familiar limited life, many times.

The Six Challenges are your training ground and opportunity, to end your repetitive unwanted life, and to re-learn and re-program your habits, to be in alignment with your real Unlimited Life.

Natural
Breathing

Natural Breathing and Creative Questions are the two applications you cannot bypass on your Healing Journey, so the Owner's Manual gives them to you here, as a springboard to conquer your Six Challenges.

?

Creative
Questions