



LESSON 1 » PRIMAL BREATHING:

- **BUILD CONFIDENCE, ENERGY AND STAMINA BY LEARNING HOW TO CREATE AND HARNESS VITAL ENERGY.**
- **TO CREATE AN INNER FREEDOM AND A WARRIOR-LIKE PRESENCE**

Step 0: Set an Intention, or deep resolve, for this practice. It could be to connect to your core essence, or tap into the inner instinctual animal within. Remember your body is alive, awake, and intelligent- it has its own brain. Be crystal clear in your intent for this practice, and breath life into it when you hit any resistance.

Begin standing with your feet a bit wider than hips-width distance with your knees bent. Your pelvis is relaxed so you can move it back and forth.

Step 1: Inhale and exhale out of your mouth to create a state where you're more in your body, more unleashed, more out of your head.

Step 2: Begin inhaling and exhaling as if you can breathe in and out of your pelvis.

As you inhale, your breath is going all the way into your pelvis. As you exhale, the breath is coming out of your pelvis.

With every inhale, fill up your pelvis with this cognition, this sense of aliveness. With every exhale, you're releasing any tension, stagnation, repression out of your pelvis.

Exhale as you move your pelvis forward, inhale as you move your pelvis back.

You can use your hands and your arms to emphasize and enhance this motion. As your pelvis comes forward on the exhale, your hands and arms swing back. As your pelvis moves back on the inhale, your hands and arms swing forward in the opposite direction.

You might find yourself getting tired, you might hit a wall. Keep going. Just like in fitness, you're going to get a second wind.

If you find yourself getting blocked, then sound, release, express the frustration or block and you'll find this will open up a third wind, a fourth wind, and allow you to keep going. Repeat for 20-30 breaths.



Step 3: You can bring your hands up towards your chest. Do this same process, but switch the movement of the arms; inhale the arms back while opening the chest, exhale hands coming forward.

Inhale and exhale out of your mouth as though you could inhale and exhale straight out of your chest. Do this for 20-30 breaths.

Step 4: Bring your hands up to your brain and do this same breathing practice, breathing in and out of the center of your brain, right above your soft palate. Repeat for 20-30 breaths.

Step 5: Bring your breath back in and out of the center of your chest, the exact same process. Repeat for 20-30 breaths.

Step 6: Bring your breath down to your pelvis, doing the exact same process. Repeat for 20-30 breaths.

Step 7: Stand perfectly still, become fully and completely present. Presence means you can feel the sensations in your entire body.

Feel the bottom of your feet, the sensations inside your legs, inside your pelvis, inside your cock and your testicles, inside your belly, your chest, your arms, your hands, your head.

Presence is feeling, experiencing and being connected to the part of you that is present to the experience of sensation. Notice any thoughts or emotions, not labeling them.

Feel for your body's impulse. What does your body want to do? Listen to your own body's natural intelligence, and let it guide your action.

Step 8: You can close by gathering the energy back into the lower Dan Tien (2 inches below the navel) and store this energy by placing your hands on your belly, moving clockwise, then counterclockwise.