



The Essential Breathing Exercise for Health Cheatsheet **Learned from Natural Healers in Morocco in 2016**

Welcome to the Essential Breathing Exercise that will improve your cardio-vascular system and make sure your internal organs will get more nutrients from blood stream which can result in improved recovery and better health.

There are more advanced methods of this breathing exercise available, and I can send them to you personally if you write me at glenn@manifestationmasterkey.com.

However, you do not need to perform any advanced breathing technique for the next two months.

Let me explain the technique in detail. It's easy and anyone can do it ... at ANY age.

The key here is consistency and daily exercise..

Here it is, please read until the end and try it out.

Deep conscious breathing where you control the length of each inhalation and exhalation improves blood circulation, improves the lung capacity and brings more nutrients into your system.

Breathing exercises have been part of many civilizations in history and they're still being used in Far East and in the Mediterranean cultures to this very day.

I do breathing exercises minimum twice a day, 5 minutes in the morning and 10 minutes in the evening.

As a side result of this exercise, I am now able to hold my breath for over 2.5 minutes.

Each session should last at least five minutes.

In this exercise you are going to **consciously control the length of each inhalation and exhalation.**

First, I suggest you do this while laying on your bed in a supine position, on your back. Wear loose clothes, do not put any pillow under your head and do not cover yourself with any sheet.

We're starting:

1. Make three slow deep inhalations and sigh on each exhalation. Just try to relax and forget about daily struggle. Focus on your breath. Relax you face, mouth and the back of your neck.

2. At the end of each exhalation, empty your stomach of all air by sucking your abdomen deeply in - as if you were trying to touch your spine with your abdominal muscles. This is how you end each exhalation from now on during this exercise.

3. Now, start inhaling (through both, your open mouth and nose) by slowly filling up your abdomen with air. Try to fill you abdomen with as much air as possible and then, in a continuous fashion, fill up your chest until a point at which you won't feel that the back of you neck is going tense. During this exercise, back of your neck should be constantly relaxed. As you start each inhalation, count from zero to five (5 seconds). Later when you do this exercise in seated position, you can use a timer on your phone so you don't have to focus on counting in your mind.

4. As you reach the end of each inhalation, hold your breath for about one second, but do not tense your abdominal muscles - just pause for a second at the end of each inhalation point.

5. Then, start exhalation by counting from zero to five again (exhale with your mouth and nose) and exhale all air out of your stomach.

6. After full exhalation, pause for a second without tensing any muscles and then start to inhale again.

Continue this exercise for as long as possible or if you have a timer on your phone, set it up so it beeps after five or more minutes.

How to Make The Exercise Continuously Harder.

After three to seven days of performing this exercise at least once per day, you can take it to another level.

Start with 5 second inhalation and exhalation but increase the number by one second on each breathing cycle.

When you reach the 10 seconds mark, decrease by 1 second on each inhalation and exhalation, until you reach the level of five seconds again. Repeat until your timer beeps.

After a week or two, you can step it all up again and hold breath for 5 to 20 seconds after each inhalation - increasing the hold with each breathing cycle by 1 second, together with increasing the length of your inhalations and exhalations.

This way you can practice for months and see steady improvements in your vitality and energy.

Conclusion

There are many ways how breathing exercise can be intensified to get even faster and more astonishing healing results. In my Manifestation Masterkey Program, I reveal several ways on how you can combine breathing with vibrational formulas to direct various frequencies into specific body parts or how you can bath your internal organs in light.

If you're interested to master these techniques, you can join The Manifestation Masterkey Program by clicking the image below.

Sincerely,

Glenn Bolton

