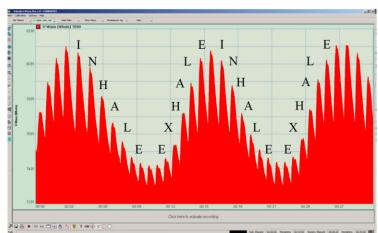
Hello all.

This is from Stephen Elliott, President & Life Scientist, Coherent Breathing. *This is A Special Edition For Ukraine*. In this single page I will attempt to summarize the practice of Coherent Breathing so it can be learned very quickly

and can be practiced very easily and without reliance on any device.

Coherent Breathing facilitates the calming of the nervous system and with this, the relaxation of muscles throughout the body, especially those where we carry tension when under duress. Tension is a natural response to stress. It is part of our fight-or-flight mechanism, a response that we all have for purposes of survival. However, we all the ability to mitigate stress and resulting tension by consciously managing our breathing.

When we breathe relatively slowly, deeply, and rhythmically, it sends a wave of freshly oxygenated blood to the brain with every breath. The brain and central nervous system interpret this wave of blood as, "Everything is OK, you can relax now," even when things are not OK. So, breathing is a means we have of tem-



The Wave Of Blood Generated By Breathing Coherently. (Monitored At The Earlobe.)

pering anxiety and mitigating pain, both physical and emotional, both in the moment and over the long run.

Coherent Breathing can be summed up with this simple poem:

Inhale with purpose. Exhale – relax. Let go, from head to toe.

When we breathe with depth, the autonomic nervous system automatically tenses slightly during inhalation. When we exhale, the autonomic nervous system automatically relaxes. This happens with every breath we take when breathing is relatively slow, deep, and rhythmic. Coherent Breathing takes advantage of this automatic nervous system response by gently inhaling for approximately 6 seconds and exhaling gently for approximately 6 seconds in a manner emulating the pendulum of a clock, or a sinewave.

Inhale with purpose. (6 seconds) Exhale – relax. (6 seconds)

Or we can repeat the single phrase:

I am calmness. (Inhale for 6 seconds.)
I am calmness. (Exhale for 6 seconds.)

Try and inhale and exhale through the nose vs. the mouth. If the nasal passages don't allow the free passage of air in and out, then try breathing through pursed lips as if holding a straw in between the lips. Try practicing this for 1 minute at first, then 2, then 5, then 10, then 20. We find as we practice this that it becomes easier and easier to perform and the nose will begin to open. This is because the nasal passages are under the control of the autonomic nervous system and by breathing "coherently" we are modifying our own autonomic nervous system status, and the nervous system will allow the nose to open.

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