

Natural Action Technologies, Inc.

Structured Breathing™ Techniques To Improve Brain Wave States

What's the significance of the Brain Wave States?

Science has found Brain Wave States occur throughout daily brain function. As we learn about these patterns and combine them with Structured Breathing™, it is very possible to amplify our brain's potential and performance! The "structured air" holds a previously unknown element for brain processes, as for the first time in our lives, we receive air that is cleansed and energized as we breathe.

Summation of Brain Wave Patterns

Beta Level - Inner Critic State

This is the common brain wave state of one's normal functioning day. It helps us make it through the day, making critical judgements and logical reasoning, sometimes good sometimes bad, as it can hold us back or cause us to feel stress, aka the inner critic.

Alpha Level - Deep Relaxation and Intuitive State

This is a more relaxed state of awareness than Beta. It is a relaxed, "Daydream" state where we are open to possibility and receptive to new learning. Previous brain research shows that Alpha State improves meditation and memory, reduces stress, and decreases pain. NAT Structured Breathing™ Research concurs with this and more, especially for alleviating Negative Emotional and Spiritual Components. (Practiced below.)

Theta Level - Light Sleep and Deep Meditation State

This is the "silent" state before one drifts to deep sleep or comes out of it, aka R.E.M. State. It is a state of profound creativity and insight, as well as the state of our deepest-seated programs. In this state we consciously create our reality with the potential for optimal visualization and creativity. At N.A.T. research, we have experimented with clearing Negative Emotional Components through this breathing pattern along with Alpha and Delta breathing patterns, all with amazing results. (Practiced below.)

Delta Level - The Deepest Sleep

In this level, we are in dreamless sleep, fully detached from our conscious awareness. It puts us in the realm of our unconscious mind and the potential of the collective unconscious. It is a deep healing and regeneration state. Here, we can manifest desired changes through Structured Breathing™. (Practiced below.)

Structured Breathing™ Techniques for Accessing Brain Wave Patterns

1. Beta Level (12 Hz & above) Common daily brain wave state.

Connect thumb and index finger on both hands (if manageable) in an O-ring fashion. With the Natural Action Technologies Structuring Unit at one's lips, breathe in through the structuring unit of choice, inhaling directly into the mouth deeply and smoothly. (See Figure 1a and 1b.) Do not force the inhale, but do go as deeply as your breathing allows. Exhale out the mouth, but do NOT exhale back into the unit.



Figure 1a. Structured Breathing With NAT Portable Unit (Beta or Alpha Brain Wave Access)



Figure 1b. Beta Finger Pattern (Thumb-Index Fingertips Contact)

2. Alpha Level (8-12 HZ) Pain, Stress / Anxiety, Meditation, Memory, Learning Performance

Connect thumb and middle fingertips on both hands (if manageable) in an O-ring fashion. With the Natural Action Technologies Structuring Unit at one's lips, breathe in through the structuring unit of choice, inhaling directly into the mouth. Again do not force the inhale, but do inhale as long and deeply as comfortably possible. (See Figure 2a and 2b.) Exhale out the nose. Do NOT exhale back through the unit. As you perform Alpha Breathing, breathe through any negative feelings or thoughts in your mind that you currently feel until they have faded out. In this level or any of the other levels, essential oils or energetics may improve results.



Figure 2a. Structured Breathing With NAT Portable Unit (Beta or Alpha Brain Wave Access)



Figure 2b. Alpha Finger Pattern (Thumb-Middle Fingertips Contact)

3. Theta Level (3-8 HZ) Meditation, Negative Emotional Clearing, Reprogramming

Connect the thumb and ring finger on both hands (if manageable) in an O-ring formation. With the N.A.T. Structuring Unit at nostril create a good seal so that air can be inhaled through the unit directly into the nostril without loss of air. Pinch off the other nostril and close the mouth. Now, breathe in through the structuring unit of choice, inhaling directly into the nose to the brain. (See Figures 3a-c.) Then, exhale out the other nostril, keeping the mouth closed and the "inhalation" nostril pinched off. Do NOT exhale back through the unit.



Figure 3a. Structured Breathing With NAT Portable Unit (For Theta or Delta Waves)



Fig 3b. Theta Finger Pattern (Thumb-Ring Fingertips Contact)



Fig. 3c. Structured Breathing With NAT Mini Shower Unit (For Theta or Delta Waves)

4. Delta Level (0.2-3 HZ) Headaches, Anxiety, Sleep, Reprogramming

Connect the thumb and little fingertips on both hands (if manageable) in an O-ring fashion. With the Natural Action Technologies Structuring Unit at the nostril, create a good seal so air can be inhaled directly through the unit into the nostril without loss of air. Close off the other nostril and close the mouth. Now, breathe in through the structuring unit of choice, inhaling directly into the nose to the brain. Then, exhale out the mouth, keeping both nostrils pinched off. Do NOT use the structuring unit for the exhalation.



Figure 4a. Structured Breathing With NAT Portable Unit (For Theta or Delta Waves)



Figure 4b. Delta Finger Pattern (Thumb-Pinkie Fingertips Contact)

Practical Daily Uses of Structured Breathing™

Here are some practical daily uses for Structured Breathing™. Again, we recommend practicing these exercises a minimum of two (maintenance) to six (therapeutic) times a day! Perhaps even more in very compromised air?

To repeat, Structured Breathing™ works best when used in conjunction with structured water and ionic trace minerals. Pulse testing has confirmed this clinically many times. If a person's pulses have not completely balanced through structured breathing, they are most likely deficient in water / dehydrated, and the immediate consumption of up to 16 oz. of structured water will bring the pulses more cleanly to balance or near balance with increased strength. The structured water use is also important in the detox process, both in drinking and from baths.

Therefore, minerals, enzymes, and vitamins, though essential to quality health, take a backseat to these two primary and synergistic nutrient copilots: air and water. However, the addition of ionic trace minerals into the water (and then followed with structuring) can also do wonders for pulse strength and balance. As previously stated, those still not balancing pulses are probably under dental, emotional, and/or spiritual burden.

Most everyone will benefit from these simple practices. These are general guidelines below...change at will. It is always recommended to work specifically with an individual's needs through AK or other forms of evaluation. Although not absolutely necessary, it is recommended to use a DE Unit. Every structured unit (Mini, Shower, Portable, Garden, House, or Commercial) will work for the endeavor of Structured Breathing™.

Never force your breathe. Make it long, deep, and enjoyable on both inhalation and exhalation. When in doubt, easy does it. Tingling or a Qi gong energetic effect often occur especially as a person goes over 18 breaths. Practice it now, for your following interest of choice below:

General Performance States

Studying? (such as a new language) - Alpha breathing technique 9-81 breaths.

Public speaking? Theta and then Delta breathing using only left nostril for both 9-81 breaths.

Meditation? Theta and Delta depending on the type of meditation 9-81 breaths.

Writing? Alpha and Theta breathing (left nostril) 9-81 breaths.

Sports? Theta breathing through left nostril 9-81 breaths.

Performing arts? Alpha breathing, 9-81 breaths.

Lovemaking? Delta breathing left nostril 9-81 breaths.

(There will no doubt be many people Delta breathing through their left nostril! :))

Health Concerns

Negative Emotional States? Alpha then Theta breathing with left nostril only, 9-81 breaths...Start here for anyone's health improvement. Simply ask yourself, "What is bothering me now?" Then breathe through the levels.

Sleep? Theta and Delta Right Nostril 9-81 breaths.

Headaches? Theta Left Nostril, Delta Left Nostril 9-81 breaths.

Cancer? Alpha breathing 9-81 breaths.

Stroke? Alpha breathing 9-81 breaths.

Heart Attack / Prevention? Theta breathing through left nostril, 9-81 breaths.

Diabetes? Alpha breathing, 9-81 breaths.

Asthma? Delta breathing left nostril 9-81 breaths, followed by Alpha breathing 9-81 breaths.

Allergies? Alpha breathing 9-81 breaths.

Brain injuries? Alpha breathing 9-81 breaths followed by Delta breathing through left nostril 9-81 breaths.

EMF & Interference / Sensitivities? Theta Breathing, Left Nostril 9-81 breaths.

Heavy Metal Toxicities? Theta Breathing, Left Nostril 9-81 breaths.

Observations noted from Structured Breathing™

* A more regulated autonomic nervous system

* Easier, more balanced emotional states

* The ability to let go of the past

* Reduced glitches in neurology

* Smoother, more uniform, body function

* Increased oxygen intake

* Reduced pathogenic loads

* Reduction in anxiety and toxicity states

* Instantaneous pain reduction

* Greater physical endurance and recovery

* Greater Mental Concentration, Clearer Thinking

* Going into the Zone more easily

* Greater Lung Capacity

* Balanced Breathing of Inhalation and Exhalation

Again, be sure to combine each structured breathing session with structured water (~16 oz.). A structured water bath is also highly recommended especially when known toxicity states exist. (Again, these are only suggested starting points...other variations are possible. In time and with further research and gathered clinical data, Structured Breathing™ will gain further clinical and performance insights and may begin to become a household word.)