

HOW TO
BREATHE
LIKE A BUDDHA
(AND ENLIGHTEN YOUR LOAD)



BREATHWORK BASICS
FOR CHILDREN OF ALL AGES

DOJO DAD

SO SIMPLE, A CHILD CAN DO IT!

Breathing like a Buddha (an 'awakened' individual)
is a simple and subtle skill YOU CAN (and should) do all day.

It's called

BREATHING DOWN

and I learned how to do it from Grandmaster Min Q. Pai
when I studied his Martial Art Style, Butterfly Hand (Nabi Su).

BREATHING DOWN

is a silent (Zen) meditation style that awakens Self Awareness and Body Consciousness
and is akin to how a healthy baby breathes, naturally deep, rhythmic, and connected.

BREATHING DOWN

not just in and out, is the key to 'Breathwork' basics.
(*'Breathwork'* is a healing modality that's 'blowing up' as it has many benefits.
However, in many forms, those techniques are *unnatural activities*.)

Many of us lose touch with this intuitive way of Being as we grow. It's what happens
as our *Breathing-Body Posture* gets 'bent-out-of-shape' from the comforts and
conveniences of couches, cars, computers, and many other modern constructs.

(The recent stressful shock to our systems from Covid has increased these
conditions and children have been significantly affected by these situations.)

My mission is to reframe the Martial Arts mentality of breaking boards and busting heads to
one that empowers children of all ages to rebuild their *Breathing-Body* and 'Buddha Nature.'

First, please review **THE BREATHING-BODY-BLUEPRINT**© on the following page.
(This is the plan to erect your 'Breathing-Body-Building,' a.k.a. The Temple of True Nature.)

It shows that the Spinal Column is central to your body's construction.
(Breathing like a Buddha begins with supporting your structure.)

It also points to the core muscle you'll exercise: the Diaphragm.

Equal to the Heart, this **Most Important Muscle** makes the Lungs work
and surrounds several Vital Organs, specifically the Kidneys.

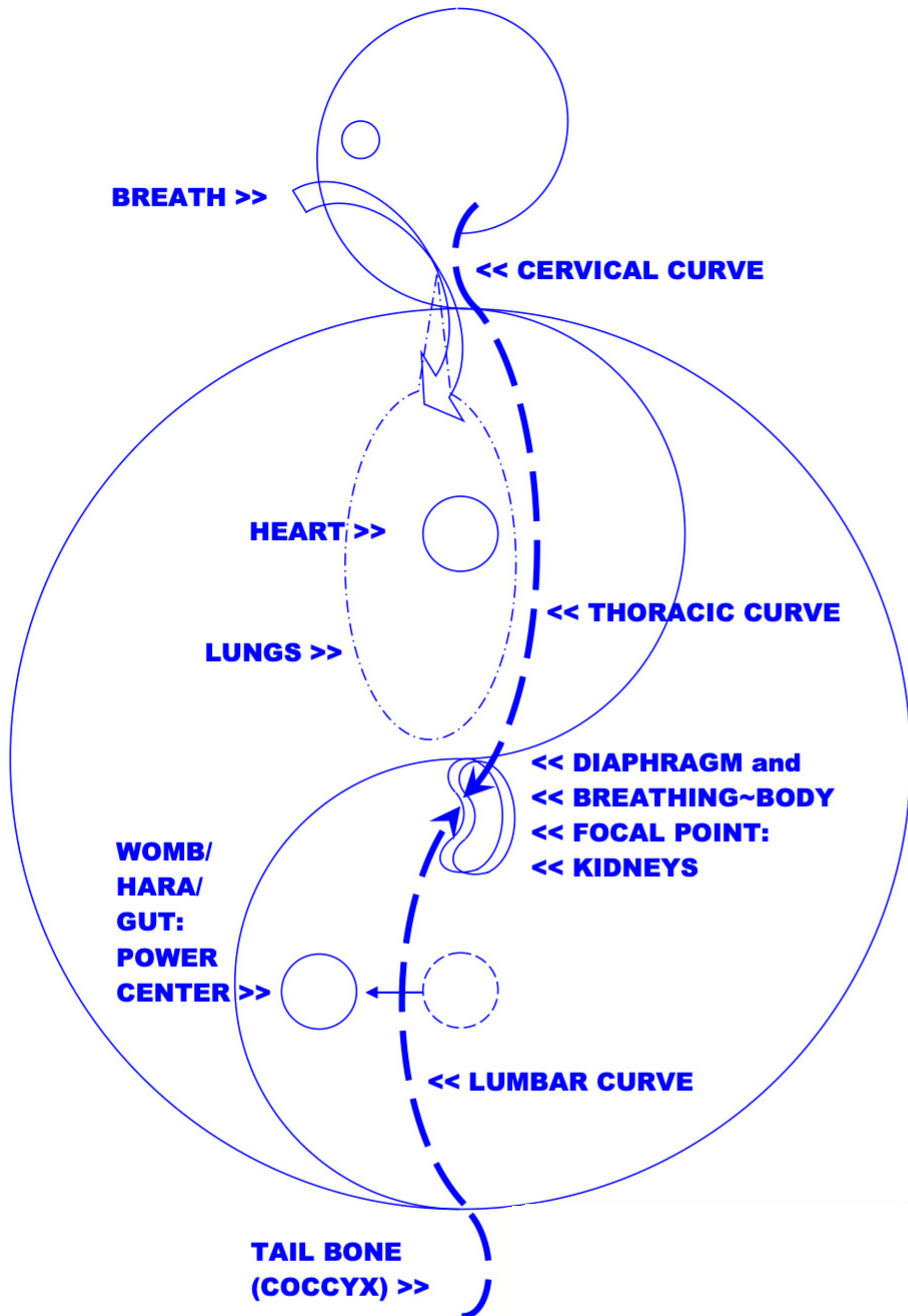
The Kidneys clean the Blood (and other fluids) and are known
as the 'spark plugs' of our Musculoskeletal Machines.

Engaging your Diaphragm to **BREATHE DOWN** and 'squeeze' your Kidneys
is the simple skill to 'Organ-ize' Health, Strength, and Life Force Energy: *chi*.

We Are Energy Beings, and this 'core concept' is crucial to embody.

Fueling Your Body with Breath Will Pump You Up and Enlighten Your Load!

THE BREATHING-BODY BLUEPRINT®



6 SIMPLE STEPS

To Breathe Like a Buddha!

1. Breathe 2. Stretch 3. Bend 4. Twist 5. Shake 6. Hang

(Carefully read and follow these directions to take the first step!)

1. Sit at the front edge of a seat or flat, seat height surface as erect as possible. Then let the upper body fold over the legs, pivoting at the hip and keeping the spine 'straight.'
2. After relaxing into that position, place your arms against your shins and 'pry' the spine open. Breathe. (Inhale~Exhale, 2X minimum, as your torso is stretched across your lap.) Then, lock into the lowest part of the spine you can and, leading with the head, sit up slowly.
3. Sit straight, spread the legs, and lower the knees and thighs below hip height. Notice how it thrusts the spine into an improved posture.*
4. Pivot forward and back on the flesh of the sit bones, hinging at the hips and flexing the curve of the lower back (Lumbar) and then the entire spine several times each.
5. Inhale, pushing the belly out, then exhale, sucking it in, in unison with the forward and back flex** 3X.
6. Gyrate the pelvis/spine in a circular motion several times, then reverse to loosen the Lumbar curve further.

* When a Buddha sits in 'Full Lotus,' their crossed legs help the hips and spine improve posture. The focus is to train the Breathing-Body in this position.

** Inhale slowly through the nose, flexing the spine towards the body and abdomen away from the body. Fill the lungs $\frac{3}{4}$ full, expanding the belly, not the chest. Exhale longer than inhaled (try to 2X the time and more), aiming to push all the air out of the lungs. In doing so, bring the belly towards the body. Some schools say to exhale through the mouth; some say to make a sound: a sigh, hum, or tone. I learned to breathe silently through the nose.

Note: If you cannot inhale for 4 seconds, you're going too fast, or your lung capacity needs to increase. Do what's comfortable. Practice improves the amount of time and air used for inhalations.

Breathe in and out again. After exhaling as much as possible, 'cough' to engage the Diaphragm further. Notice and maintain those core reflex muscles, then exhale even deeper. Do this several times to connect to your vital organs area. Recall a 'vomiting sensation' and copy it. Many people do not 'breathe deep,' and even fewer 'Breathe Down.' Most use the Lungs only at chest level, which is a shallow breath. As the belly expands, so does the lung's capacity.

Some benefits of deeper Breathing through the nose are:

- Nasal hair filters out dust, allergens, and pollen, which helps prevent them from entering your lungs.
 - Your nose warms and moisturizes the air you breathe, making it easier for your lungs to use.
 - Your nose releases nitric oxide, which helps widen blood vessels, improving oxygen circulation.
- Conscious, controlled Breathing regulates the nervous system, calms the mind, and nourishes all of our cells (blood, brain, bones), mitochondria, and, well, everything!

THE EASIEST EXERCISE EVER!

The **6 Simple Steps** mix foundational Martial Arts movements and Proto-Yoga practices to promote a *posture and breath connection* that supports health, strength, and growth.

How we walk in the world is the first step to moving our Breathing-Body-Buildings into inhabitable structures. If a child has poor posture, suffers from (growing) pains, low self-esteem, or any number of issues (ADHD, Asthma, attitude), this 'Buddha-Breath' offers a deeper understanding of the body's ability to relieve stress and tension, let the energy and blood flow easily, and facilitate health and healing on many levels. These skills I learned as a young adult need to reach kids early as their bodies blossom before they damage themselves from modern daily distractions.

I know this information can help our kin to get *in formation*, as the benefits are numerous:

- Health • Strength • Growth • Flexibility • Functionality
- Self Awareness • Self Confidence • Self Control • Self Defense
- Saving Money/Time from Pain Management/Health Issues • and much more.

In the meantime, make this your (and their) mantra:

Posture IS Power ~ Breathing IS Eating ~ Energy IS Everything

For further exploration, I just published this short and interactive book for families to read together. Educating children with this knowledge of Self will be the greatest gift we can give them.

It reached Amazon International Best Seller Status in 6 Children's Health and Fitness Categories. Click the image, check out the book, then get one and give one. Gratitude in advance!



HI, I'M DOJO DAD

It's my honor to continue my Grandmaster's lineage with these teachings and with your child.

A parent's prime concern for their child/ren is helping them care for their bodies and minds.
Fortunately, protecting our progeny starts when they tune into their True Nature and
go deeper with Breathing Down to build bones, optimize organs, and evolve energy.

For more pre-requisite Personal Training, motivational Martial Arts, and dynamic Self Defense, contact me @

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Blessings and Respect!



LET'S CONNECT

