

## HOW TO COMPLETE TRUE NATURE BREATHWORK

**Every breath is activated and sustained by PRANIC breath.**

This means 'long slow strong inhale and exhale' for twenty minutes at least, before starting to focus on the memory or instructions given for the protocol breath you're about to complete. You must sustain the pranic breath method throughout, to create a squeezing sensation in the body where your eyes are streaming or there's pressure between or around the eyes. Continue to breathe like this until you feel relief, start to cry deeply, or feel a sense of having emptied the body of the negative energy you were asked to focus on. Pranic breath is both the activator and sustainer of emotional release from the body. You will be taught how to do it in the introductory videos, in the below folder. Don't skip any videos.

### Recommended Processes

#### **Numb People**

For those who are quite stressed and not 'feeling' much, do pranic breath for at least twenty minutes a day, for two weeks. Then start the forty four breath protocol. Two protocol breaths a week and pranic breath everyday for twenty minutes at least.

#### **Fearful/Highly Stimulated People**

Do pranic breath for two weeks, increasing the length by ten minutes every few days. Then start the protocol. Do two or three of the protocol breaths a week, and pranic breath every day for half an hour.

#### **People In Extreme Circumstances**

Do pranic breath for two days, for an extended period of at least thirty minutes. Then complete INJUSTICE breath. Continue pranic breath for a further four or five days. Then complete BLACK WIDOW breath. Continue with the whole protocol from the beginning, with pranic breath every day for twenty to thirty minutes, and two to three protocol breaths a week.

#### **The TOOLS Breaths**

**There are extra breaths called LOVE NEEDLE, SNOOKER CUE BREATH and BULLET BREATH.** They are not PART of the protocol, you use them intuitively to help your body relax and break down energetic blocks, which you can feel during PRANIC breath.

Some do Love Needle before big long breath sessions. Some use snooker cue during difficult breath sessions where they can't feel anything. Most people use a mix of both. Trust your own guidance.

Here is the link to the entire video series: PLEASE watch them in order, and complete them in order.

[True Nature Breathwork Videos](#)