

Dykhaniye - Natural Energy

Everyone knows the dangers of air-borne pollution and the declining quality of the Earth's air due to destructive industrial and commercial behavior. Many people blame pollution as the cause of asthma and other breathing disorders, yet asthma yields in the country as well as in the cities. The "fitness industry" promotes clean air facilities, yet these climate controlled gymnasiums breed strained ruddy faces, exhausted and uncomfortable facial contortions that are not healthful living. Could it be that there is an entirely different problem with the air we breathe?

Healthy breathing patterns, like healthy nutritional patterns, are those that meet our needs and provide optimal conditions for health. The "commercial fitness industry" (with all its gizmos and gadgets) conditions us with bad habits deriving from the misperception that the more we breathe, the better we live; This is like saying about good nutrition that the more we eat, the better off we are. We breathe 70,000 thousand times per day and over millennia the human has developed defense mechanisms to compensate for dysfunctional breathing. When your breathing patterns are unbalanced, your body responds with urgent signals that something is critically wrong in our behavioral patterns! The traditional fitness and medical communities view these signals as "diseases" that "just happen" offering elaborate, expensive, unhelpful treatments, never addressing their cause.

How does lacking breathing retention, force, or capacity adversely affect our health?

We are taught that we inhale oxygen and exhale carbon dioxide (CO₂) and the conclusion that is drawn is that oxygen since we take it in our body is good and carbon dioxide, since we expel it, is harmful. However, this couldn't be further from the truth, and it is this belief that the root of a host of unhealthy lifestyle habits and diseases, from which studies have shown 9 out of 10 people are victims. If a person is hyperventilating (over-breathing), a solution is to give them a paper-bag to cover their mouth and breath into. If we exhale CO₂ and it is bad for us, then why give the person hyperventilating a bag to re-breathe their own CO₂ emissions? When we over-breathe, we lose CO₂. Breathing into a bag has been a folk medicine cure for hyperventilation for centuries because it normalizes these dangerous breathing patterns by replenishing our depleted CO₂ supply. When we breathe normally, hemoglobin (the major carrier of oxygen in the body) is 98% oxygen saturated. When you breathe more you can increase oxygen saturation negligibly but you lose carbon dioxide which is essential for oxygen utilization. If the level of carbon dioxide in the body decreases, our hemoglobin does not release oxygen to the tissues (called the Bohr Effect), and causes oxygen starvation.

The process of low performance health:

The more you over-breathe - the less oxygen the tissues of your body might get! Over-breathing is a by-product of poor posture and lack of healthy movement. Stress, trauma, fear, and pain reinforce poor breathing patterns, forcing us to over-breathe.

What are the Health Benefits of Dykhaniye?

Respiratory Enhancement: full thoracic capacity, integrated breathing (intercostal, diaphragmatic, upper respiratory) power and depth.

You will learn breathwork technologies through static, vertical and horizontal, and dynamic exercises that will catapult your respiratory capacity 6-7 times the oxygen levels of your

current capacity. Oxygen is the fuel for the body. That means with this technology, you will literally gain 6-7 times the energy levels you currently have. Certain highly energizing breathing patterns **Dykhaniye** are so powerful that they cannot be done when preparing for sleep since it may cause insomnia from having so much energy, which is why there are many breathing methods in this system, for normalizing your energy as well as hypnotize you to sleep.

Dykhaniye increases your intra-abdominal recruitment in each respiration, since your lungs are not an active organ, but a passive one. Most people, because of this incorrect perspective and lack of training, try "to breath," when in reality they should realize that they need to "be breathed." Being breathed by your movement and alignment creates increased energy, for the average individual uses only 1/10th of their potential tidal volume. What this also does is allow you to develop appropriate breathing patterns to your activities - being effectively breathed by that peculiar set of circumstances throughout the day so that you have increased energy, appropriate to the level of the activity.

Dykhaniye is a method of energy management!

This unique system of respiratory exercises remove the need to catch your breath, magnify your endurance, and can help you protect yourself against illnesses. Dykhaniye™ will help you reclaim your birthright of human power - buoyant exuberance - Natural Energy.

Dykhaniye will help you lengthen the "control pause" of your respiration - the absence of exhalation and inhalation. It is at this point that optimal performance occurs in all physical activity.

The process of high performance health:

Your breathing, like the rest of your health patterns must be optimized for health improvement, disease prevention, and performance enhancement. For these reasons it is not a simple matter to change or normalize a breathing pattern. Playing the guitar is not difficult, merely strum or pluck the strings. Making music however takes study and discipline and so it is with reconditioning your Natural Health including your breathing.