

Breath Frequency

When we consciously lower the frequency of breath per minute, we encourage great benefits. Normally men breathe at a rate of 16-18 cycles per minute, women breathe at 18-20 cycles per minute.

8 cycles per minute.

Feeling more relaxed. Relief from stress and increased mental awareness. Parasympathetic nervous system begins to be influenced. Healing processes are elevated.

4 cycles per minute.

Positive shifts in mental function. Intense feelings of awareness, increased visual clarity, heightened body sensitivity. Pituitary and pineal begins to coordinate at an enhanced level, producing a meditative state.

1 cycle per minute, (one Minute Breath).

20 seconds to inhale

20 seconds hold

20 seconds to exhale

Optimized cooperation between brain hemispheres. Dramatic calming of anxiety, fear, worry. Openness to feeling one's presence and the presence of spirit. Intuition develops. The whole brain works – specially the old brain and the frontal hemispheres.