



QUANTA
Reiki

QUANTA Reiki

Universe Healing
Spiritual Coaching

Level 1

100h Online Teacher Training
with Lola Lhamo

PART 2. QUANTA Breath

Benefits of QUANTA Breath
Yogic breath practices
Taoist breath practices
QUANTA Breath + teaching pranayam

QUANTA Reiki Foundation

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'When Prâna has watered the great earth with rain, then the plants spring forth,
and also every sort of herb.' (11.4–17)

'O Prâna, be not turned away from me, thou shall not be other than myself!
As the embryo of the waters (fire), thee, O Prâna, do bind to me, that I may live.' (11.4)
~ **Atharva Veda**

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Part 2. QUANTA BREATH



1. Benefits of QUANTA Breath practice

Spiritual Science. What is Prana?

Prana (प्राण, *prāṇa*, *sanskrit*) means breath, life force, vital energy, principle of life, the spirit of soul, spirit energy. Prana has different names in different cultures: *anima* in Latin, *pneuma* in Greek, *Qi* in Chinese, *ruh* in Islamic and Sufic, *mana* in Polynesian, *ruah* in Hebrew, and many other names. However you call it, Prana is what creates and sustains you, what gives you life, and you can manage your life force with the help of Pranayama, yogic science of breath.



When I was 9 years old I practiced Kung Fu and the master wouldn't allow us to start physical exercise before the breathing was performed to open both nostrils, only then intense physical activity was considered safe as both sides of the brain were active and would work in balance. After just 2 weeks of practicing simple square breath my sinusitis and asthma diminished and that was the moment of realization how much healing capacity we have within ourselves.

Very often in India before starting important corporate meeting the team is practising Pranayama together to have clear mind for important decisions or chant mantras, as singing is an expansion of breath, Pranayama.

Pranayama or process of breath management doesn't have to be complicated, in fact most powerful techniques are very simple and easy to learn.

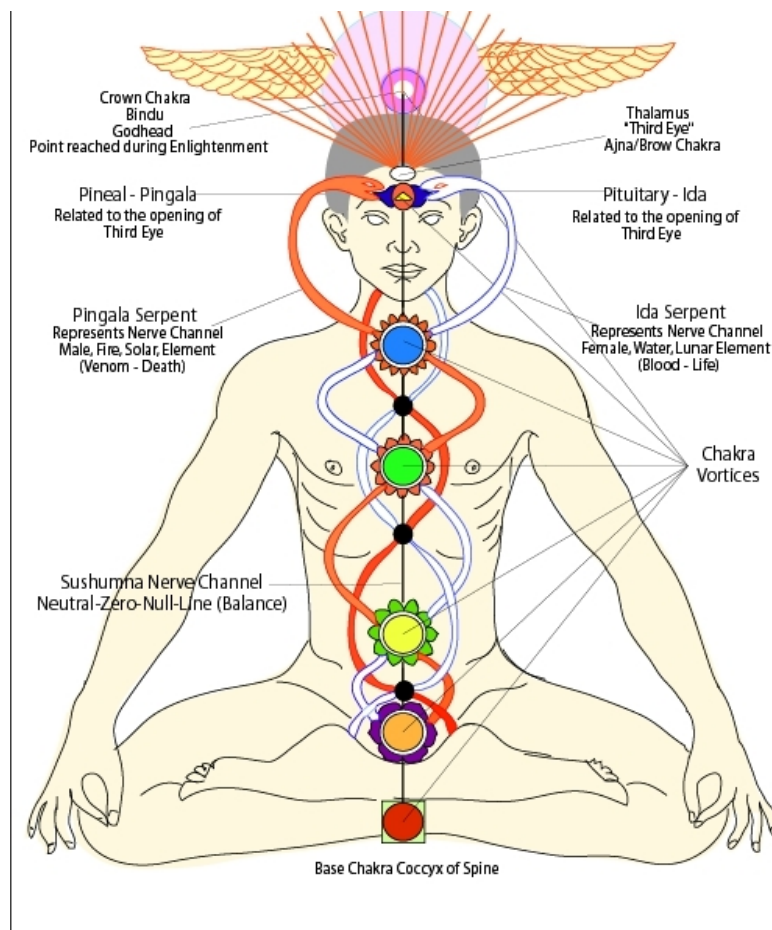
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1. Benefits of QUANTA Breath practice

Spiritual Science. What are Nadis?



In physical body, the nadis are channels carrying air, water, nutrients, blood and other bodily fluids around and are similar to the arteries, veins, capillaries, bronchioles, nerves, lymph canals and so on.

NADIS: Energy Channels

Since ancient times, the ṛṣis of India believed there are millions of Nadis (energy channels) in the body.

Nāḍī (Sanskrit नाडी nāḍī = tube, pipe, flow) is a term for the channels through which, in traditional Indian medicine and spiritual science, the energies of the physical body, the subtle body and the causal body are said to flow.

Nadis carry life force energies known as *prana*.

In Kundalini yoga, there are three important nadis:

- ~ *ida* - left channel, introverted, lunar, feminine, cooling;
- ~ *pingala* - right channel, active, solar, masculine, heating;
- ~ *sushumna* - central channel.

In Raja Yoga or Yoga of Patanjali, when the mind is quietened through Yama, Niyama, Asana and Pranayama the important state of Pratyahara begins. A person entering this state never complains of Dispersion of Mind. This is characterized by observing the movements in sushumna in the subtle body. Sushumna makes the way for the ascent of Kundalini.

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1. Benefits of QUANTA Breath practice

Anatomy of Breath Cycle

On an Inhale

As you breathe in, the diaphragm (the dome-shaped muscle that primarily powers the breath) contracts, lowering and flattening. This increases the volume of the thorax (chest cavity enclosed by the rib cage), which not only makes room for the air coming into the lungs but also changes the atmospheric pressure inside the lungs, pulling air in. That air travels through your nostrils and into your nasal cavities, down through your pharynx (throat) and larynx (voice box), and into your trachea (windpipe). Next, it gets routed through the bronchi (passageways leading to the lungs) and bronchioles (passageways less than 1 millimeter in diameter) and into the lungs. Once in the lungs, the air reaches the alveoli (small air sacs), which serve as the marketplace for gas exchange: Oxygen (O₂, the food your cells need to produce energy) is traded for carbon dioxide (CO₂, the waste produced by energy production in cells) into and out of the bloodstream.

Simultaneously, as you inhale, your heart rate speeds up, thanks to a message sent by stretch receptors within the alveoli to the brainstem (controls heart rate) and the vagus nerve (commands autonomic function), increasing blood flow through arteries (tubes that carry blood away from the heart) to the lungs so more blood can be oxygenated.

From the alveoli, O₂ molecules move into capillaries (thin-walled blood vessels) and attach to red blood cells, which start making their way through the pulmonary veins (vessels that carry oxygenated blood to the heart) to the left atrium, or chamber, of the heart. Next, blood moves into the heart's left ventricle, which then contracts (beats). The contraction pumps oxygen-rich blood through every single cell in the body via the network of arteries and capillaries.

As you Hold Breath

Holding your breath increases pressure inside the lungs and gives them time to fully expand, increasing their capacity. As a result, the blood that then travels to the heart, brain, and muscles will be more oxygenated.

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1. Benefits of QUANTA Breath practice

Anatomy of Breath Cycle

On an Exhale

Inside cells, mitochondria (the energy-production centers) use oxygen to burn sugars, fats, and proteins for energy, and CO₂ is a byproduct of this process. CO₂ is biochemical waste—you don't need it—so your body starts the process of shuttling it out. CO₂ travels through cell walls into the capillaries and then veins that carry CO₂-rich blood to the right atrium and right ventricle of the heart. Next, the right ventricle contracts, pushing the CO₂-rich blood out of the heart through the pulmonic valve into the pulmonary artery and back toward the lungs. As the blood enters the alveoli, the CO₂ leaves the bloodstream and passes into the lungs. The diaphragm relaxes, decreasing the volume of and pressure in the thorax, and initiating an exhalation. Meanwhile, the heart rate slows, decreasing blood flow to the lungs and discouraging gas exchange while the lungs are still full of CO₂-heavy air. The pressure change in the lungs forces the air and CO₂ waste back up and out of the lungs into the trachea, through the larynx, pharynx, and nasal cavities, to be exhaled through the nostrils. Ahhh ...

With each breath, millions of sensory receptors in the respiratory system send signals via the vagus nerve to the brainstem. Fast breathing pings the brain at a higher rate, triggering it to activate the sympathetic nervous system, turning up stress hormones, heart rate, blood pressure, muscle tension, sweat production, and anxiety. On the other hand, slowing your breathing induces the parasympathetic response, dialling down all of the above as it turns up relaxation, calm, and mental clarity.

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1. Benefits of QUANTA Breath practice

Anatomy of Breath Cycle

Patanjali describes Pranayama as the pause or the rest period after an inhalation ceases and before an exhalation begins. Then there is another pause after an exhalation ceases and before an inhalation commences again. Yogic Pranayamas are mainly centered around these two pauses cycling between the inhalation and the exhalation.

- **PURAKA**- related to inhalation of oxygen to the fullest capacity of lungs.
- **KUMBHAKA**- refers to the steady state of holding air with full distension of lungs.
- **RECHAKA**- refers to total exhalation of air emptying both lungs to the maximum.
- **SHUNYAKA**- holding the state of void or vacuum when air from the lungs is totally expelled.

Puraka (Prolonged Inhalation practice)

This Pranayama exercise would force open every unused alveolus (Air Cell) in the lungs along with stimulating the sluggish ones. Since the inhalation process is prolonged here, more oxygen is ingested and made available for the body cells to be used, boosting the overall health in general. it also helps increase the breathing lung capacity.

Kumbhaka (Prolonged holding of breath)

Regular practice of Kumbhaka Pranayama will establish the regulation of breath improving the regular respiration of the practitioner. This Pranayama aids with concentration and intrapulmonary and intrathoracic pressure and overall health. increase lifespan. Along with increasing the lung capacity it also helps reduce the strain on the circulatory system.

More energy is released into the system as Glucose metabolism gets a kick due to the practice of Kumbhaka Pranayama. It also helps with increased positivity and sattvic state of Mind.

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Rechaka (Prolonged Exhalation practice)

A large volume of Carbon Dioxide gets eliminated by doing Rechaka Pranayama regularly, this eases nerve Asthmatics gain from this practice as exhalation issues are a corollary to Asthma. It also helps reduce blood pressure and facilitates the feeling of let go in general. Rechaka stimulates and inspires the brain. It also exercises the Diaphragm and restores its effectiveness related to ventilation of the lungs.

Shunyaka (Prolonged suspension of breath)

This Pranayama preserves the tone and elasticity of the Diaphragm. It is extremely useful for weak Stomach and weak Colon. Regular practice of Sunyaka Pranayam helps correct conditions like inflated lungs and Tachycardia. It induces thoughtlessness. Blood pressure is reduced by doing Sunyaka, along with abdominal organs. Elimination of toxic Carbon Dioxide. It helps to improve blood purification & circulation by applying internal pressure on the abdominal organs.

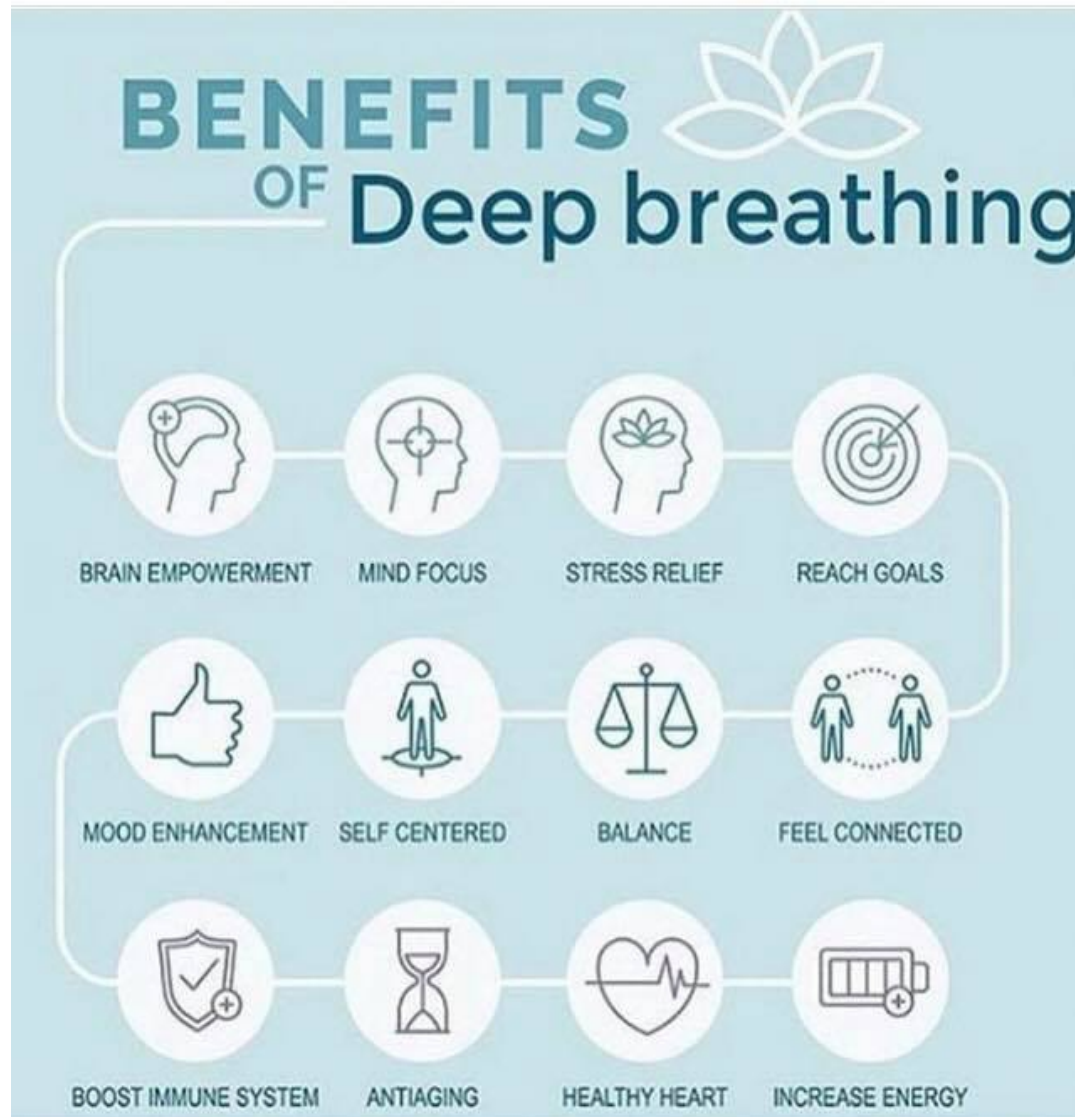
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1. Benefits of QUANTA Breath practice

Key Benefits of Deep Breathing, scientifically proven



"Pranayama is at once a physical-health practice, mental-health practice, and meditation. It is not just breath training; it's mind training that uses the breath as a vehicle. Pranayama makes your entire life better."

~Roger Cole, PhD, an Iyengar Yoga teacher and physiology researcher in Del Mar, California.

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

~Oprah Winfrey

"Virtually all of the oxygen we breathe is used to produce energy in our cells."

~Dave Asprey, researcher & professional biohacker

"Breathe and feel Cosmic Ocean of Qi flowing through you, feel being touched by eternal healing force" Lola Lhamo

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1. Benefits of QUANTA Breath practice

What is Relaxation Response?

In the 1970's, **Dr. Herbert Benson**, a cardiologist and founder of Harvard's Mind/Body Medical Institute considered the impact of relaxation techniques, particularly breathing techniques, on the natural release of neurochemicals for physiological health.

He coined the term the "**Relaxation Response**," to describe his findings, which echoed the wisdom of thousands of years of meditative practices.

Deep breathing and the training of the **Relaxation Response**, is now used to treat a number of stress-related disorders, and QUANTA Breath Practice is one of the systems developed, offering training for Breath Practices facilitators in communities.

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. Focus on a word, phrase, short prayer, or only your breathing. If you choose the word "one" - as you breathe out, say the word, "one", silently. For example, breathe in ... out, "one",- in .. out, "one", etc. Breathe easily and naturally.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm.

When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.

6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "one."

With practice, the response comes with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)

1. Relieves Emotional Stress and Anxiety

There are dozens of studies that support the use of deep breathing for stress and anxiety management. One notable piece of research in particular took 60 pregnant women in preterm labour and taught them a modified abdominal breathing technique. This was practiced 3 times a day for 3 days in order to reduce stress and state anxiety. The research found that those in the experimental group had significantly lower emotional stress and anxiety, indicating that deep breathing could be an effective nursing intervention for pregnant women in preterm labour. The study also found that the doses of labour represent drugs, ritodrine and atosiban, were also reduced as a result.

Source:

[Effects of abdominal breathing on state anxiety, stress, and tocolytic dosage for pregnant women in preterm labor.](#)

2. Relieves Pain

One study found that implementing deep breathing exercises as a relaxation technique was effective in managing pain for patients who had recently undergone coronary artery bypass graft surgery. 73.3% of the subjects found that deep-breathing was helpful in their pain management.

Another study found that deep and slow breathing (DSB) techniques were effective in managing chronic pain, as measured by pain thresholds for hot and cold stimuli and their impact on mood states.

Sources:

[Relaxation technique and postoperative pain in patients undergoing cardiac surgery.](#)

[The effect of deep and slow breathing on pain perception, autonomic activity, and mood processing.](#)

[An experimental study](#)

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)



3. Improves mood

A deep breathing technique was taught to students between the ages of 18 and 28 years in an attempt to improve mood and reduce stress. The study used both subjective (self-reported) and objective parameters such as heart rate and salivary cortisol levels, and found that deep breathing was an effective way to improve mood.

Source:

[The role of deep breathing on stress](#)



4. Improves symptoms of depression

Those who have suffered from depression know that sleep quality can often be significantly reduced as a side effect. A study which looked at the impact of deep breathing relaxation exercises, when combined with cognitive breathing therapy, over a four-week period, found that the quality of sleep in depressives significantly improved. Heart rate variability, another biomarker often correlated with depression and anxiety, also saw positive changes.

Source:

[Breathing exercise combined with cognitive behavioral intervention improves sleep quality and heart rate variability in major depression.](#)

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)

5. Improves focus, attention and general psychomotor function

The Purdue pegboard task is used as an indicator of fine motor speed and focused attention because it requires a degree of visuo-motor co-ordination. In one study the task was given after 10 minutes of nostril yoga breathing, a deep breathing technique, and there was an immediate improvement in task scores. This was also accompanied by a decrease in blood pressure.

Another study found that ten minutes of deep breathing techniques, six days a week for six weeks, resulted in an improvement in scores on a rapid fire arithmetic deviation test and a playing card test.

Sources:

[Blood pressure and purdue pegboard scores in individuals with hypertension after alternate nostril breathing, breath awareness, and no intervention.](#)

[Effect of controlled deep breathing on psychomotor and higher mental functions in moral individuals.](#)

6. Improves symptoms of Obsessive-compulsive disorder (OCD)

As OCD is an anxiety spectrum disorder, it may not come as that much of a surprise that deep breathing can be of benefit. A yogic deep breathing technique was taught to a group of adults with OCD, followed by a one year course of therapy. Assessments of the group at three, six, nine, and 12 month periods found that means of OCD and stress were both significantly reduced. There was also a significant reduction of OCD medication use, following the treatment.

Source:

[Efficacy of yogic techniques in the treatment of obsessive compulsive disorders.](#)

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)



7. Improves symptoms of Irritable Bowel Syndrome (IBS)

IBS affects millions of people worldwide, and there are a number of believed causes. It's significantly correlated with stress related illnesses, but can often occur as a standalone issue. In one study, a deep breathing technique, as well as a set of 12 asanas (yoga poses) was taught to a group who had diarrhea predominant IBS. The control group were not taught the yoga techniques and were instead given loperamide, a standard IBS drug. Results found the yogic group to have both less IBS symptoms and less anxiety than the control group.

Source:

[Yogic versus conventional treatment in diarrhea-predominant irritable bowel syndrome: a randomized control study.](#)

8. Increases energy

There are a few of reasons that deep breathing can increase vitality. One is because it relieves stress, which obviously frees up a lot of energy that otherwise would have been lost in that way. Another is because it has been shown to produce increases in Growth Hormone (GH) and Dehydroepiandrosterone sulfate (DHEAS) two key hormones that are important for the body and associated with aging. Research found that 12 weeks of daily yogic training practices successfully increased GH and DHEAS in both males and females.

Source:

[Effect of Regular Yogic Training on Growth Hormone and Dehydroepiandrosterone Sulfate as an Endocrine Marker of Aging.](#)

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)



9. Can help curb hung pangs from fasting and low-caloric diets

Obesity is a significantly problem worldwide, so many people turn to diets for weight loss. However, an issue that is often difficult to overcome is that of hunger pangs, whereby contractions occur in the stomach. Typically, these happen 12-24 hours after the last meal, which is tricky for those who are fasting or undergoing low-caloric diets which they need to stick to rigorously. A recent study found that when given a deep breathing exercise, participants were able to significantly reduce, or even suppress the feelings of hunger on an empty stomach.

Source:

[Modified Qigong Breathing Exercise for Reducing the Sense of Hunger on an Empty Stomach.](#)



10. Reduces physiological tension

It is known that deep breathing relaxes the mind, but there have been little studies into the physiological effects of deep breaths. A 2016 study found that deep breathing techniques were effective at relieving both psychological and physiological tension in anxiety sensitive individuals.

Source:

[A sigh of relief or a sigh to relieve: The psychological and physiological relief effect of deep breaths.](#)

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)



11. Improves heart function

It has long since been known that deep breathing exercises can be used to influence respiratory rate in healthy individuals. What we haven't known is to what extent this can improve heart rate variability and other biomarkers of heart function. A study of 36 participants found that one month of deep breathing caused positive changes in heart rate variability, an indicator of cardiac autonomic control.

Source:

[Influence of deep breathing exercise on spontaneous respiratory rate and heart rate variability.](#)



12. Improves Symptoms of Posttraumatic Stress Disorder (PTSD)

PTSD can be incredibly damaging to the lives of those who are unfortunate enough to be effected by it. Deep breathing, and other relaxation techniques such as yoga and mindfulness meditation, were all found to be effective in alleviating associated symptoms such as sleep disturbance, irritability, anger, sleep disturbance and problems with focus.

Source:

[Relaxation Techniques for Trauma.](#)

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)



13. Can benefit diabetics

Since 1980 the global prevalence of diabetes has risen from 4.7% to 8.5% (2014), and it continues to do so. Therapeutic intervention can be complicated and may require a number of treatments. Fortunately, a 2012 study looked at the impact of diaphragmatic breathing as a complimentary care method and found some positive results. It was shown that these breathing techniques were effective in reducing the oxidative stress in diabetics, and the anthropometry and glycemic parameters in type 2 diabetes.

Source:

[Diaphragmatic breathing exercise as a therapy.](#)



14. Can assist in prevention and treatment of gastroesophageal reflux disease (GERD)

There are a number of causes of gastroesophageal reflux disease (GERD). One of these is when the surrounding structures around the lower esophageal sphincter (LES) such as the diaphragmatic muscle, become incompetent. One study found that a 4-week breathing training program significantly improved quality of life measures in GERD sufferers and decreased their usage of proton-pump inhibitors (PPIs), the drugs used to reduce gastric acid production.

Source:

[Positive effect of abdominal breathing exercise on gastroesophageal reflux disease.](#)

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1. Benefits of QUANTA Breath practice

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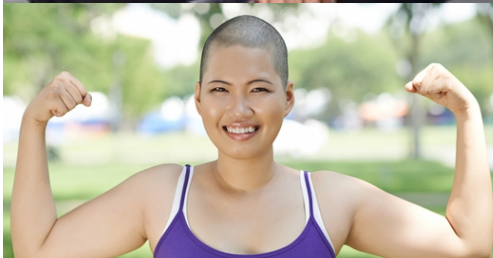


15. Improves resilience and recovery in athletes following exercise

Deep breathing and meditation is known to correlate with lower levels of cortisol and higher levels of melatonin. For this reason, it's interesting to consider to what degree these types of techniques can influence oxidative stress, particularly in athletes who require adequate relaxation for recovery. A 2011 study found that one hour of diaphragmatic breathing in a quiet, relaxing place, was successful in improving antioxidant defence following exhaustive exercise. It was also directly correlated with a decrease in cortisol and an increase in melatonin. This study may suggest that these types of breathing exercises can protect athletes against the long-term adverse effects of exercise-related stress.

Source:

Diaphragmatic breathing reduces exercise-induced oxidative stress.



16. Improves quality of life in cancer patients

Cancer treatment can have a number of long-term negative effects on the quality of life for those who are in the middle of treatment. A six-week intervention with elderly patients undergoing either breast or prostate cancer treatment, found that deep breathing, muscle relaxation, and guided imagery, significantly improved the quality of life of the sufferers.

Source:

Effectiveness of progressive muscle relaxation, guided imagery and deep

diaphragmatic breathing on quality of life in elderly with breast or prostate cancer.



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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)



17. Can help manage addictions

Deep breathing exercises have also been proposed as a low-cost method for managing cravings. A study that looked into using yogic breathing exercises as a way to assist smokers in abstaining from cigarettes found that the techniques could successfully help curb cravings. The participants were either shown a video of breathing exercises or instructed to do so for 10 minutes. Both groups had notably reduced cravings.

Source:

[The acute effects of yogic breathing exercises on craving and withdrawal symptoms in abstaining smokers.](#)



18. Controls glycemic response

Glycemic response is incredibly important in the management of weight and energy. Modern diets often have excessive sugar content and this can be very damaging to our health. One particular study looked at the impact of deep breathing exercises on glycemic response and found that there was a positive change, which suggests that breathing could play a role in weight management.

Source:

[Relaxation breathing improves human glycemic response.](#)

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1. Benefits of QUANTA Breath practice

21 Benefits of Deep Breathing (with Sources for studies)

19. Improves memory

Memory is typically a very useful gauge of overall brain health. A 2016 study, in which participants were taught deep, alternate-nostril breathing, found that after a 30-minute session, and at a 24 hour follow up, memory recall was significantly improved.

Source:

[Deep Breathing Practice Facilitates Retention of Newly Learned Motor Skills.](#)

20. Improves lung function

Breathing is a fundamental component of physical health, so it's unsurprising that lung function is so important to our own vitality and fitness. A study in 2011 found that deep breathing exercises, when performed for 2, 5 and 10 minutes, were able to notably enhance lung function in healthy young individuals.

Source:

[Acute effect of deep breathing for a short duration \(2-10 minutes\) on pulmonary functions in healthy young volunteers.](#)

21. Reduces inflammation

We know that deep breathing can relax our minds, but it's interesting to consider in what way it can have a direct impact on our physiology. A 2016 study found that after performing 20 minutes of breathing exercises and having their saliva tested at 5-minute intervals, participants had significant changes in the salivary cytokines, which serve as biomarkers for inflammation. This means that deep breathing influences our physiology on a molecular level, almost immediately.

Source:

[Yogic breathing when compared to attention control reduces the levels of pro-inflammatory biomarkers in saliva: a pilot randomized control trial.](#)

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2. Key Yogic Pranayama Techniques

Long Breathing



Aim: teaches to expand the breath, bring awareness to breath.

Result: relaxation, balance

Practice Long Breathing every moment of your life – walking, sitting, talking, working, running, co-creating - then life becomes meditation. ~ Lola Lhamo

1. Comfort

Sit comfortably or lie down

2. Awareness

Bring awareness into your belly, your physical centre...

3. Simple practice. 3+ min

Place right palm on your belly (if sitting), both palms if lying down.

Inhale – expand the belly, hold for a moment, and exhale, relaxing your belly.

Feel with every breath falling deeper and deeper into the ocean of breath.



3. Medium practice (+visualizations to “occupy the mind” and expand the breath)

Inhale – expand the belly, feel like eternal ocean is filling you in....

hold for a moment, observing the waves curling before returning back to mother ocean,

and exhale slow and long, allowing the eternal ocean to fill you in fully

3+min



4. Advanced practice (control of inhalation and exhalation time)

Longer inhalation – yang, charges with energy

Longer exhalation – yin, deep relaxation

Long retention – deep instantaneous meditation (only for advanced practitioners)

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2. Key Yogic Pranayama Techniques

Square Breathing

Aim: teaches to expand the breath, bring awareness to breath, prana movement control.

Result: relaxation, balance, more focus and control in life.

You can practice this breath anywhere – at work, public transport, in the morning and in the evening.

After 2 weeks of regular practice you will start noticing beautiful and even miraculous changes within yourself

I personally healed my asthma and sinus only in 2 weeks being just 9 years old.

1. Comfort

Sit comfortably or lie down

2. Awareness

Awareness on belly for beginners, mid-eyebrow for medium practitioners, on top of the head or above the top of the head – for advanced.

3. Simple practice. 3+ min

Inhale - count till 4.

Hold the breath - count till 4.

Exhale – count till 4.

Stay without the breath – count till 4, if possible, otherwise, inhale when needed.

3. Medium practice

After 2 weeks of regular practice you will feel that you can naturally hold and expand the breath longer, please, move to the rhythm Inhale 4, Hold 8, Exhale 8, Stay without the breath 4.

4. Advanced practice (control of inhalation and exhalation time)

With time you will be able to come to yogic sequence of 4-8-16-4 with further expansion.

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2. Key Yogic Pranayama Techniques

Alternate Nostrils Breathing – Nadi Shodhana

Yogis say if you practice it 15min per day, you will achieve balance and kick off the process of natural healing, if you practice it for 30min a day, all diseases will vanish, if you practice it for half-year – you will start having glimpses of true reality and can travel through universe, and if you practice more than a year continuously – you will get enlightened.

In Sanskrit it's known as Nadi Shodhana Pranayama meaning “subtle energy clearing breathing technique”.



Aim: purify energy centres

Result: It has been confirmed scientifically that it lowers stress and anxiety levels and has positive impact on cardiovascular function, as it balances heart rate, respiratory rate, and blood pressure, improves neuro-cognitive and metabolic functions. Brings clarity, higher energy levels, focus.

1. Comfort

Sit comfortably. Alternate nostril breathing has the same rhythm of breath as in Square Breathing, the difference is in alternating nostrils, opening and closing them for breath flow regulation.

For this practice you always use the right hand, as if you use the left hand, - as Dharma Mittra once said, “You will get cookies”.

Left hand is resting on your knee. Use your right ring finger to close the left nostril and the thumb – the right one. Fingers in between can be slightly curved down or rest on your 3rd eye.

2. Awareness

Bring awareness into 3rd eye.

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2. Key Yogic Pranayama Techniques

Alternate Nostrils Breathing – Nadi Shodhana

3. Simple practice.

Always start with Square Breathing with both nostrils, minimum 3 cycles, 1min.

Keep the same rhythm for alternate nostrils breathing (4-4-4-4)

Check which nostril is more open. Let's say it's left. Inhale with left nostril, closing right one with your thumb, hold the breath blocking both nostrils and keep awareness in your 3rd eye, exhale with right nostril, closing the left one.

Stay without the breath if you can otherwise continue with inhalation with right nostril, holding breath blocking both nostrils and exhaling through the left one. This is one cycle.

Start with 3 cycles and then release your hands and do 3 cycles of Square Breath with both nostrils. If you feel dizzy, stop immediately and breath with both nostrils.



3. Medium practice

When you advance slowly to 3 minutes, you can do 3min of Square Breathing, followed by 3min Alternate Breathing, completing with 3min of Square Breathing.

4. Advanced practice (control of inhalation and exhalation time)

With time you will not need to close your nostrils with hands, you will just direct Prana through each channel with your intention.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 2. QUANTA BREATH



2. Key Yogic Pranayama Techniques

Full Yogic Breath

Aim: teaches to expand the breath, prana movement control.

Result: This breath revitalises the entire body with prana, releasing stagnant energy. It releases stress, activates parasympathetic nervous system encouraging calmness and balanced state of mind. It is very good for your lungs as works with three sections of the lungs.

This is wonderful breathing technique also for beginners.

1. Comfort

Lie down

2. Awareness

Awareness on belly, moving with breath to chest, and to 3rd eye, and crown.

3. Simple practice. 3+ min

Inhale with the belly, expand the belly, and move the breath, like the wave, to the lower chest and the upper chest, expanding the diaphragm, up to the collarbones, hold it there for a moment, and exhale back to the lower chest and the belly. Enjoy the movement of the wave within the body, enjoy the expansion.

3. Medium practice

Inhale with the belly, expand the belly, and move the breath, like the wave, to the lower chest and the upper chest, reexpanding the diaphragm, up to the collarbones, and towards 3rd eye, hold it there for a moment, and exhale back to the lower chest and the belly. .

4. Advanced practice

Inhale with the belly, expand the belly, and move the breath, like the wave, to the lower chest and the upper chest, reexpanding the diaphragm, up to the collarbones, and towards 3rd eye, and finally towards the crown, hold it there for a moment, and exhale back to the lower chest and the belly., bringing the waterfall of energy down the body.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 2. QUANTA BREATH



2. Key Yogic Pranayama Techniques

QUANTA Breath sequence

Aim: complex of breathing techniques to be shared after QUANTA Reiki session
take-home technique to practice every day

Result: Balancing, revitalising, teaching the patient Long Breathing, Full Yogic Breath (activating various parts of lungs), purifies the spine (Sushumna), basic visualizations



1. Comfort

Lie down preferred

2. Awareness

Awareness moves with the breath

3. Practice

Step 1: Activating physical power.

Bring awareness to your belly, inhale – expanding the belly, exhale – relax the belly, slightly contracting it inwards. Inhale – expand the belly, exhale – feel the breath filling in all the body.

Step 2: Moving the energy, opening the channels for more energy to flow.

Inhale with the belly, expand the belly, and move the breath, like the wave, to the lower chest and the upper chest, expanding the diaphragm, up to the collarbones, hold it there for a moment, and exhale back to the lower chest and the belly. Enjoy the movement of the wave within the body, enjoy the expansion.

Step 3: Purifying heart. Bring awareness into your heart.

Inhale the energy, the strength, exhale the gratitude. Inhale the gratitude, exhale the gratitude.

Step 4: Connecting pure heart and pure vision.

Inhale with your heart, take the breath into your 3rd eye, hold it there for a moment, and exhale back to your heart.

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Part 2. QUANTA BREATH



2. Key Yogic Pranayama Techniques

QUANTA Breath sequence continued



Step 5: Activating 3rd eye.

Bring awareness into your 3rd eye. Inhale with your 3rd eye, exhale with your 3rd eye.

Inhale with your 3rd eye, exhale through all the head.

Step 6. Activating the crown.

Bring awareness to your crown, feel it wide open. Inhale with your crown, exhale with your crown.

Step 7. Directing Prana through crown down the body

Inhale with your crown, bring the breath like the waterfall, the shower of energy down through all the body. Wash yourself with this prana, life force.

QUANTA Reiki practitioner:

Step further away
Light Cocoon practice
(direct energy, light with hands
towards patient)

Step 8. Breath with every cell of your body. Feel the openness.

Inhale light, exhale light.

Step 9. Breath with your skin.

Step 10. Bring awareness back to you heart. Smile with your heart. Feel the light of your smile is expanding to all body, all the organs are smiling, filled with light. Keep this smile shining throughout the day.

Step 11. Feel the nourishment of the Earth, the gravity. Move your toes and fingers. Gently move to one side, sit down when ready.

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Part 2. QUANTA BREATH

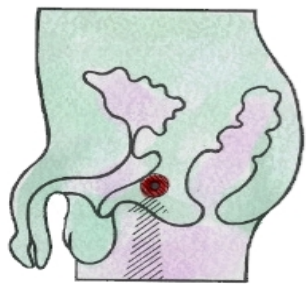


2. Key Yogic Pranayama Techniques

QUANTA Universe Circle breath

Aim: prana movement control

Result: Purifies energy centres, activates dormant energy capacities, activates Kundalini, balances, recharges



Mula Bandha

the root lock

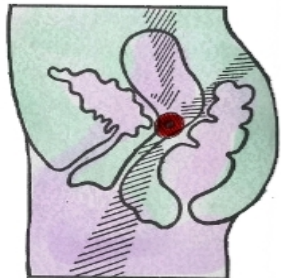
Mula means 'root', 'origin', or 'foundation'. In human body, it is located in the perinium.

how-to

Contract the same muscles used in holding the urine mid-stream.

benefits

The bandha helps balance the sexual desires. It moves apana vayu or the downward wind (in the body) up to meet with prana vayu or the master wind creating a yogic state.



This is an advanced technique.

1. Comfort

Sitting down is preferred

2. Awareness

Awareness moves with breath.

3. Practice

Inhale with your root, engage the root lock, take the breath up the spine, through the brain, exhale with you 3rd eye, relax mula bandha with exhalation.

Inhale with your 3rd eye, engage mula bandha with inhalation, take the breath through the brain, down the spine, exhale with your root, relaxing root lock.

3min+

Balance with normal breath

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 2. QUANTA BREATH



3. Key Taoist Breathing Techniques

Microcosmic Orbit

Taoism and Qi Gong is based on the understanding that each person is a microcosm of the entire universe.

Therefore, as Qi Gong practitioners we can observe the cosmos in order to learn powerful lessons that we can apply in our own personal lives. In fact, the primary intention of Qi Gong is to help us to embody the wisdom that constantly surrounds us.

The Microcosmic Orbit is wonderful practice as it allows us to really understand the nature of the universe through our own felt experience. In the cosmos, energy is constantly moving in circles. Whether it's the earth turning on its axis, the planets spinning around the sun, or the sun spiraling around the center of the Milky Way galaxy, all things in the cosmos find equilibrium through circular motion.

As a part of the cosmos, the energy within humans is constantly circulating throughout the body. Because the Microcosmic Orbit mirrors the nature of the universe, it is also referred to as “**small heavenly circles**”

When our Qi circulates smoothly throughout the Microcosmic Orbit, it becomes easier to find a peaceful and nourishing flow with the forces that surround us.

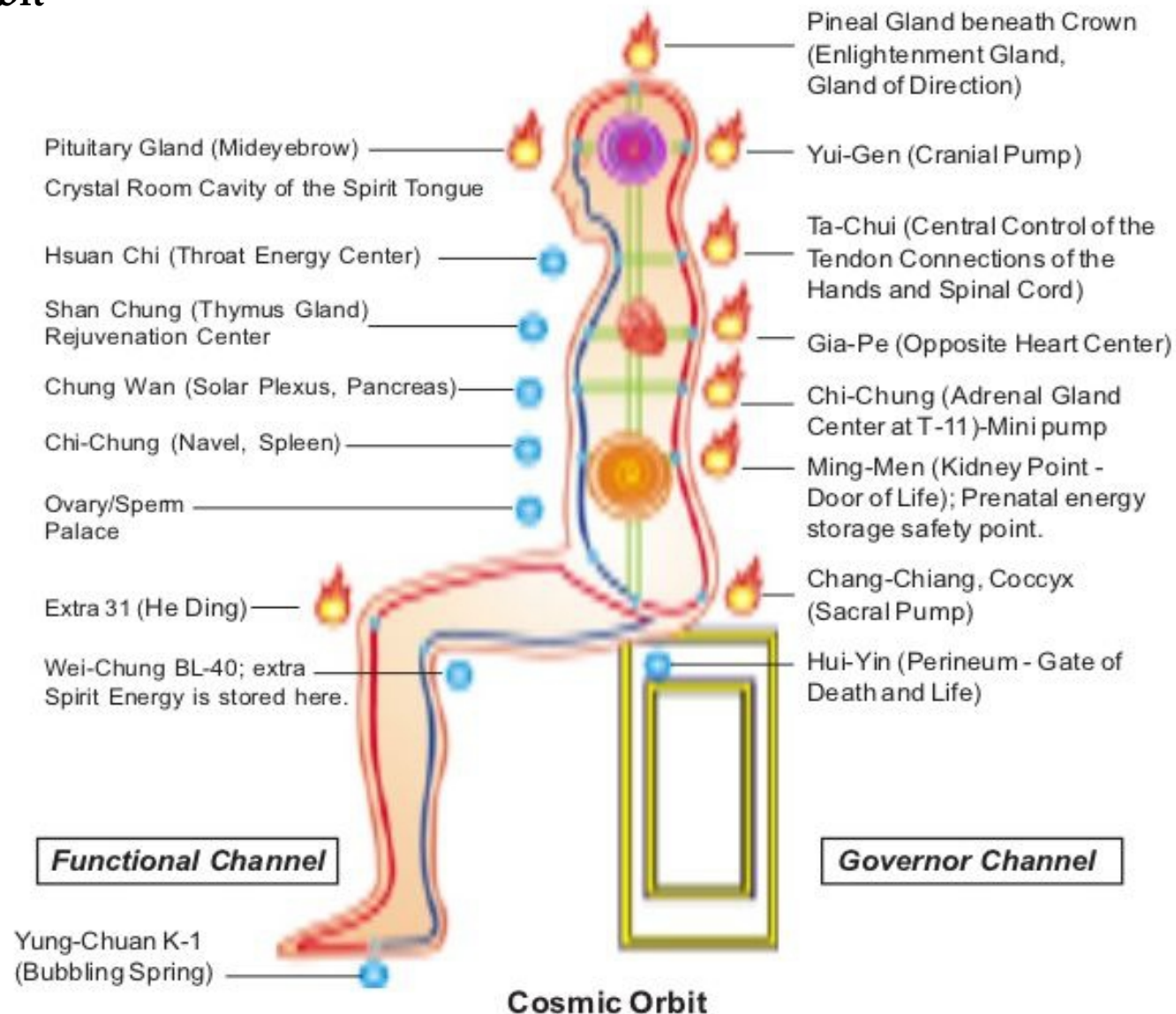
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Part 2. QUANTA BREATH



3. Key Taoist Breathing Techniques

Microcosmic Orbit



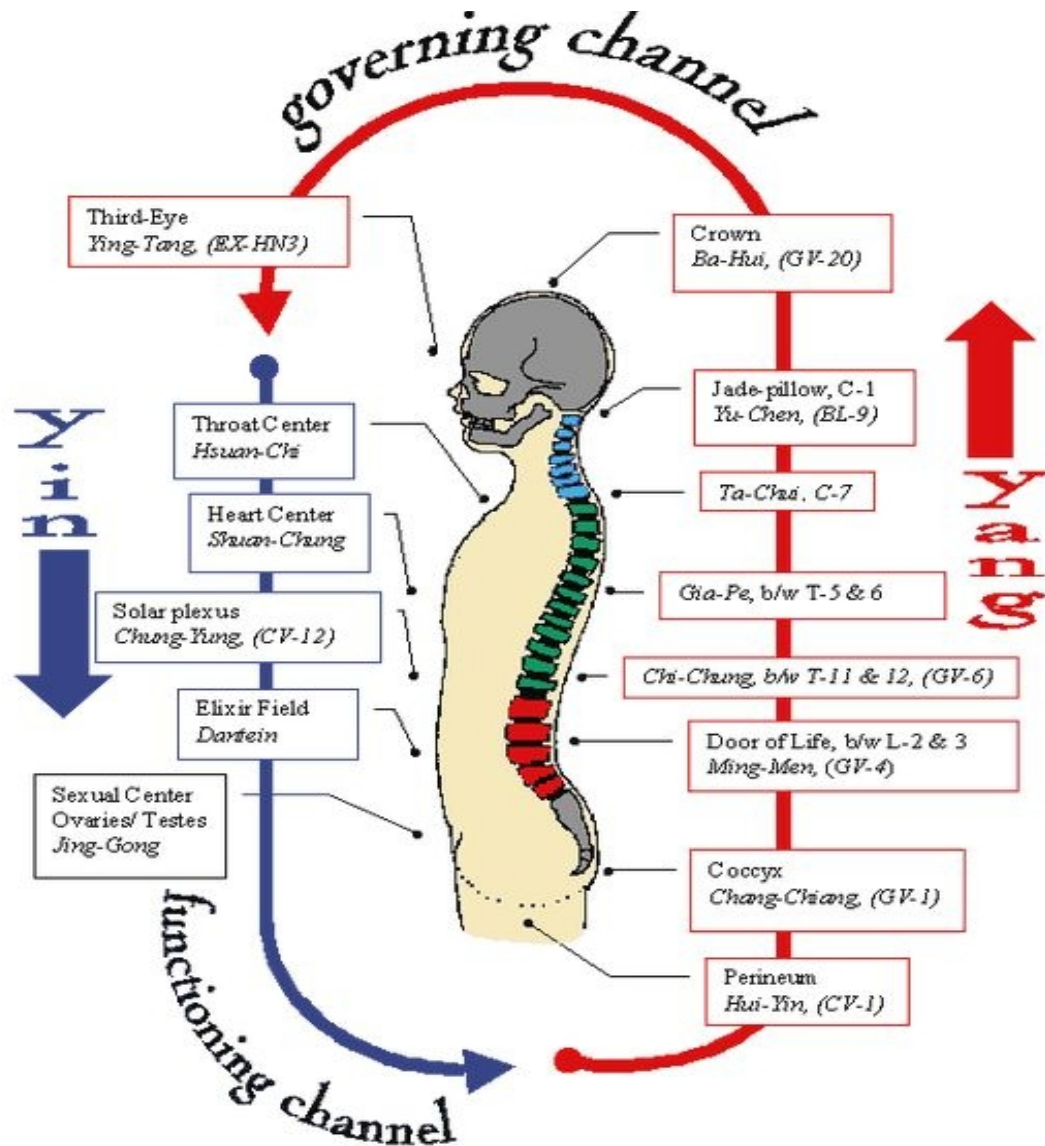
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Part 2. QUANTA BREATH



3. Key Taoist Breathing Techniques

Microcosmic Orbit



Step 1: Long Breathing
Abdominal expansion and contraction

Step 2: 2 Gates Breathing
Hands
Feet (Bubbling Spring)

Step 3: 4 Gates Breathing
Hands + feet simultaneously

Step 4: Perineum Breathing
(contracting and releasing root lock)

Step 5: Ming-Men / Door of Life Breathing

Step 6: Gia-Pe /Heart Breathing

Step 7: Yui-Gen / Cranial Pump Breathing

Step 8: Qi Pressure Breath

Step 9: Raising energy step by step

Step 10: Microcosmic Orbit



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Thank You

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