



The Intuitive Healing Voice Course

with Dominique Oyston

DOLPHIN BREATH

Hyperbaric breathing can be very energising before using your voice.

When you breathe hyperbarically, you can change the levels of oxygen in the bloodstream to access greater well-being and happiness.

The brain and body utilise oxygen in so many ways. One of these functions is to create clarity of perception and thinking. Another way is to maintain a more alkaline environment in the body to create a disease-free environment. Happy hormones are released as a result of greater oxygenation of our system.

We breathe in the element of air, so it is very easy for us to breathe. Our muscles can become quite lazy which is not useful for singing or speaking practice and accessing our full resonance.

I've included a particular form of hyperbaric breathing here as a resource. This is called the Dolphin Breath because it's how cetaceans breathe.

The Dolphin breath

Question: How does a Dolphin breathe?

Answer: They suspend the breath on the inhalation side of their breath cycle.

They come to the surface to get their air and then they submerge, and they go about their work of eating, playing and socialising. We on the other hand suspend our breath on the exhalation side of our breath cycle. This means our breathing tends to be quite shallow.

Whenever you feel like taking a breath of air... you simply inhale. But then we exhale just as quickly and go about our business on the exhale side of our breath cycle. This often is very close to actually 'holding our breath, especially when we are stressed or pre-occupied.

Dolphins coast on the inhalation side of their breath cycle.

Humans coast on the exhalation side of our breath.





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Practice

If you would... take a deep breath and just hold it for a few moments. Then release that breath slowly through pursed lips... Done? Now take another deep breath... through your nose of course... and then blow out again.

Do this several times and soon you'll start feeling "Light-headed." This is telling you there is more oxygen in your system. You may even start giggling. Now why do you want to breath like a dolphin?

Because you'll have better health and more energy to burn in your brain. You see the brain burns glucose with oxygen which then ignites the light you use to see visions and feel feelings. The brain utilizes oxygen to create the flashes in our mind during the process of viewing images we call thinking. The more oxygen we have available, the clearer the images we'll have as a result.

We normally have about 10 to 30% of residual capacity. In other words, we don't go all the way empty. And then we have an in and out movement of air which is called the Tidal Volume.

Shallow breathing is brought on by holding our stomach in to look svelte or trim or we cease to breath due to fear or anxieties or dread or other not so good feelings entertained by our mind.

Its better if we were to learn to fill our lungs to a greater capacity and then hold that breath under pressure.

Why under pressure? So, a greater amount of oxygen is pressurized into the lungs. This is called Hyperbaric Breathing.

Q: Why would we want to breath under pressure?

A: So we can have a greater amount of oxygen in our blood stream.

It's better if we were to learn to fill our lungs to a greater capacity and then hold that breath under pressure.

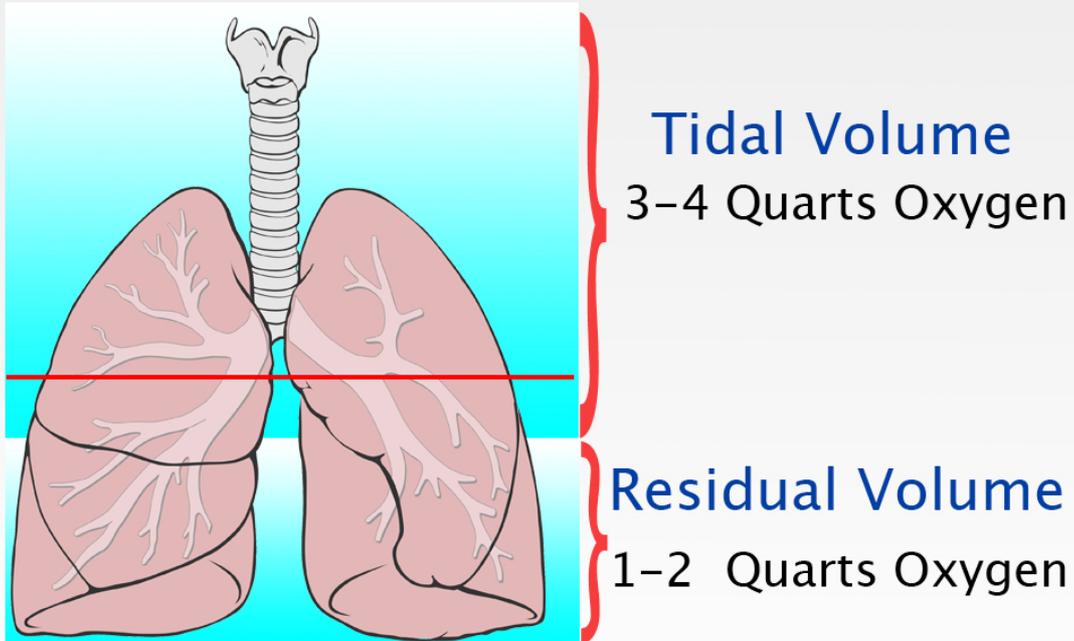




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Breath Capacity



The average person coasts on the exhale side of their breathing cycle at 10 - 15% of their Tidal Volume

Q: Why under pressure?

A: So a greater amount of oxygen is pressurized into the lungs. This is called Hyperbaric Breathing.

Q: Why would we want to breath under pressure?

A: In order to have a greater amount of oxygen in our blood stream.





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The Hyperbaric Breathing Exercise™

The specific beat pattern is 4 - 4 - 8; a four-beat count, another four-beat count and then a count of eight. The first four beats count time for the duration of inhaling deeply through the nose. During the next four beats the breath is held under pressure and then, during the final count of eight... release is expressed by forcefully exhaling through a tiny aperture (opening) in your mouth, as small as possible, thereby pushing the oxygen into the lungs at a greater than normal pressure. Repeating this breath cycle in sets of 4 periodically throughout the day to increase your mental capacity for processing vast amounts of information, reinvigorate your ability to study and gain more satisfaction in simply BEING HAPPY!

FEELING GOOD

In- two- three- four Hold- two- three- four

Blow- two- three- four- five- six- seven- eight

Anxiety is the Greek word for excitement without breath. You can be very excited about something but with little oxygen you will not derive as deep a satisfaction or appreciation for what you are excited about. So whenever you notice you are experiencing anxiety, take a deep breath through your nose, and hold it while blowing out hard at the same time.

The nose is a filter system so it is healthier to breathe through the nose. Sometimes you do not have time for this while speaking and often not while singing.

This is the Same as Breathing Like A Dolphin!

Dominique

