



Tips to keep you airborne!



How to attain peak efficiency

June 2021

I'd like to cut to the chase dear readers for those who have been holding their breath all month, in a bid to discover how to better combat continual partial attentiveness, focus more, wander less and feel happier (for those who missed the backstory, checkout last month's post).

Put simply, the answer comes by way of resonant, a.k.a. coherent breathing.

But before I give you the 'how to', I must share some absolutely fascinating research carried out at the University of Pavia in Italy in 2001.

Subjects were covered in sensors to measure heart rate, blood flow, nervous system feedback and the like and then were then asked to recite a Buddhist mantra, a version of the Rosary in Latin and the Catholic prayer cycle of the Ave Maria.

Lo and behold, they discovered that in all three instances, the average breaths for each cycle were 5.5 breaths per minute... almost identical and just a tad quicker than the pace of Native American, Hindu and Taoist prayers.

But wait...they also discovered that the data from the sensors showed that this slow breath technique increased blood flow to the brain and had the heart, circulation and nervous system coherently humming in synch and peak efficiency.

Once the subjects went back to normal tasks and 'normal' breathing, heart rate quickened the synchronous symphony just fell apart.



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Further research by renowned professors and doctors, Gerbarg and Brown, has since been carried out, reinforcing that the most efficient breathing rhythm occurs when you inhale for 5.5 seconds and exhale for 5.5 seconds, resulting in 5.5 breath cycles per minute.

Isn't this kind of amazing and doesn't it want to make you give it a go?

First up...not everyone will be able to easily slip into 5.5 second breaths, so work your way up to it and maybe start with 3 second inhales and exhales.

Make sure you're sitting up straight with relaxed shoulders and a relaxed belly. If you like, place your hand on your belly and feel your belly expand as you softly breathe in and out. Your diaphragm will love you for it and in return will innervate the vagus nerve, which will unleash the magic.

Start small and work your way up. See if you can slip in 10 rounds as you move and groove through your day.



Till next month...here's to being coherent, synchronous and maxing out on peak efficiency!

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE, including staying more focused and efficient.

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