

A simple, quick breathing technique that will change your life.

Breathe 123: 45 Seconds To Everything You Want

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BREATHE

1 2 3

45 Seconds to
Everything
You Want!



JULIE HUTTON

Breathe... 1 ... 2 ... 3

45 Seconds to Everything You Want

By Julie Hutton

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The breath represents being alive in the immediacy of the moment. Placing the mind on the breath and returning to it again and again is the essence of shamatha (peaceful abiding).

Sakyong Mipham: Turning the Mind
Into An Ally

Chapter One

Just Breathe

I'm about to show you a remarkable yet easy breathing technique that could literally change your life.

You will possibly be astounded at how simple it is and how swiftly you will feel its benefits.

I will also demonstrate how you can integrate the process so that it becomes almost an unconscious part of your everyday life, producing a stream of energy and positively charged thinking.

My hope and expectation is that you will be so thrilled, feel so rewarded, you will want to continue to practice.

You will want to go deeper into the technique and, in doing so, you will begin to identify and realize your true potential.

The amazing thing is that in 45 seconds – 45 tiny "NOW moments", as I call them – you will experience both a sense of calm and the stirring of a dormant force within you that we will work together to guide and develop.

It's not magic. It's not juju. It is simply the easily controlled use of a physical process (described in the next chapter) – your breath:

- to awaken a sense of peace and order in your body and mind,
- to achieve a spiritual release, and, through this,
- to access and unlock a latent power each one of us already possesses.

Isn't that exciting to consider?

Right now, what is your "emotional set point?" How do you regularly, consistently, habitually feel about your world, your life, your activities, the people around you?

Is life a battle or an adventure?

Is the world a friendly, supportive place or is there danger lurking behind every corner?

Is the economy working for you or about to swallow you up?

Basically, do you feel:

- Safe and trusting or fearful and cynical?
- Appreciative and blessed or critical and deprived?
- Powerful and capable or powerless and incapable?
- Affectionate and kindly or irritable and cranky?
- Unlimited and free or limited and trapped?

When you Breathe 123, you move from your habituated response, your normal emotional set-point, whatever that might be, into a new realm.

You will discover that not only can you swiftly re-balance yourself in almost any situation, at any time, but also, with practice, you will be able to use this technique repeatedly to:

- Control your own mind and thoughts
- Guide and redirect your emotions
- Gain peace and tranquility
- Experience extended states of bliss and ecstasy
- Achieve success wherever you seek it
- Enjoy improved mental and physical health
- Gain wisdom, insight and enlightenment

You will do this with complete ease and grace, always feeling in control and confident.

You may find yourself wondering how such a simple technique, with such abundant benefits, has eluded you for so long!

You could even be tempted to dismiss the profound power of this technique because of its ease and simplicity.

I call it Breathe 123 for the obvious reason that it is built around the concept of taking three measured breaths.

That's it.

That's the whole essence of this process in a nutshell—'three measured breaths' is the secret. That's why I consider it easy and simple.

The rest of our discussion in this arena is pure, sweet icing.

As you advance, you will travel more deeply, through successive repetitions of the technique as part of a peaceful, contemplative, deepening and blissful process.

But even if you only do this one thing – Breathe 123 – you can feel an immediate, profound and far-reaching effect.

You can initiate it at any time, wherever you are, and you can build on it to develop an intense and lasting strength and a sense of contentment.

Then, to deepen the experience is to step through a portal, to walk into the light and to begin a journey through successive doorways, each leading to a greater sense of self-awareness and mastery.

It's meditation without the grueling, boring postures. A journey within yourself to find inner peace and to emerge refreshed, reinvigorated, energized.

I developed the Breathe 123 process in response to my own needs and to help my fast-paced clients gain an initial taste of the immense pleasure of deep inner peace.

It becomes a refuge from hectic lifestyles and the persistent, frantic, thought-jumping process we call the "monkey mind", which I discuss in a later chapter.

I know, from my own experience of integrating new habits, that busy people need small, easily manageable steps to escape this mental processing whirlwind.

And these steps must show powerful results from the start, or they are soon abandoned. This is what Breathe 123 does.

Powerful results, right out of the gate.

These encourage further practice, leading to immersion in the process, especially in a supportive environment, such as that provided in my seminars or in an atmosphere I will define and help you create as we go through this book.

Integrating and sustaining new habits can be very challenging, as anyone knows who has ever gone on a diet, joined a workout gym, wanted to set aside time to write, or even tried to change their sleep cycle.

So, I have gathered, developed and tested my own set of 'immersion tools', designing meditations to help my clients keep going and to fully reap the rewards of Breathe 123.

The outcome is a three-step process:

- First, I show you how to perform the basic Breathe 123 exercise. You can call on this at any time. It is especially useful during periods of stress and conflict.
- Second, I explain the tools and techniques that enable you to use Breathe 123 regularly, making it part of your daily routine, wherever you are and whatever you happen to be doing.
- Third, you will discover how to use Breathe 123 as part of a program of meditation or contemplation that can last for extended periods and provide a pathway for your inner journey.

Finally, a few guidelines on how to get the most out of this book:

Breathe 123 works best for those who approach the process with an open mind.

The simplicity of the technique understandably seems to invite skepticism, but those who are able to set aside their doubts and just 'go with the flow' are usually first to feel the benefits and to have the most profound response.

Open your mind, and let me guide you.

I also urge you not to hurry. There's a natural temptation, when you do experience the impact of Breathe 123, to want to rush forward, to do more, to experience more.

But the essence of this technique is the sense of calm it produces. If you rush, you will lose that and fail to gain all the potential benefits.

So, take the time to understand what happens in the breathing process, explained in the next chapter, and then to learn and practice Breathe 123 in its simplest form.

Savor the sensations it elicits before moving on.

Yes, that's the secret—savor, savor, savor—for in the savoring, the sweet pleasure of Breathe 123 is experienced.

Be patient and, after just 45 tiny NOW moments, you will experience the sweet pleasure for yourself.

Yes, sweet pleasure.

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