

Quantum Breath



E-BOOK BY QUANTUM NATURE

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Pssst... We use clickable [hyperlinks](#) throughout the e-book for more information



Disclaimer



A kind reminder.

The information in this ebook, "Quantum Breath" is for educational purposes only and is not a substitute for professional medical advice. Always consult a healthcare professional regarding any medical conditions or before starting new exercises.

Breathing exercises may benefit many individuals, but results vary based on personal health and adherence. The techniques presented are not guaranteed to be effective for everyone and should be used at your own discretion.

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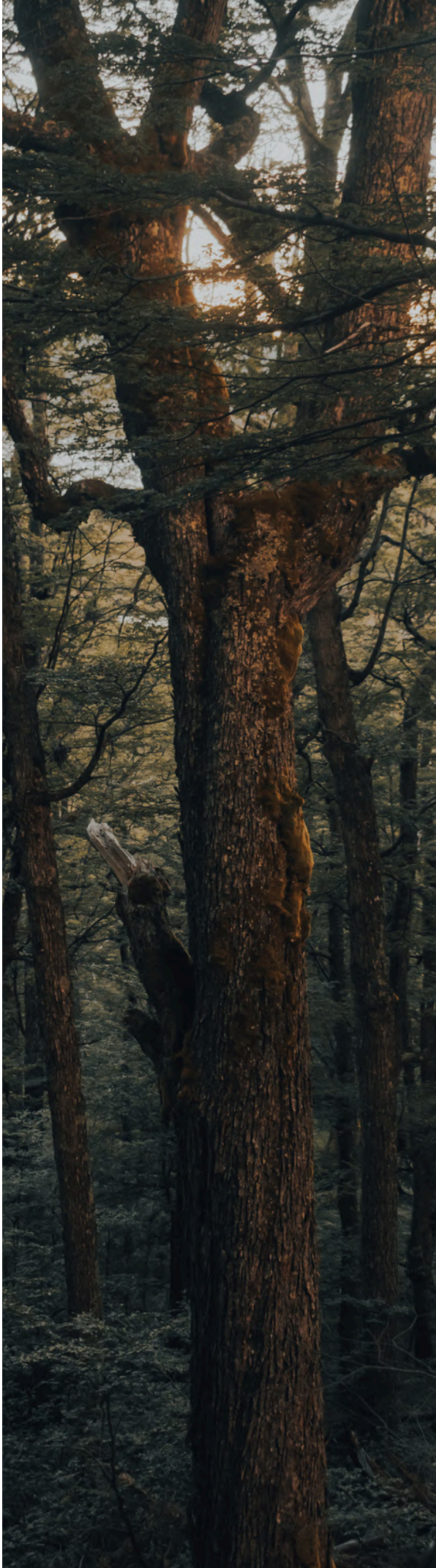
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LET'S GET STARTED!





01

Introduction

In this e-book, we'll cover the benefits of different breathing techniques on your overall wellbeing and how you can use your breathing necklace.

You'll gain knowledge about this powerful tool and experience what it can do for you.

First, let us introduce transformative coach Robert Bridgeman.





Hey, I'm Robert

I am an author, transformational coach, columnist, and co-founder of Bridgeman Academy. Since 2008 I have researched traditional mystical movements and immersed myself in various traditions and methods. I also lived in Asia for two years, immersing myself in multiple branches of Buddhism.

I'm now determined to share my knowledge with as many people as possible. In this e-book we will take a deep dive into breathing and it's effects on our overall wellbeing. To experience the power of the breath I will guide you in three meditations.

Robert Bridgeman

LET'S BREATHE



The Importance of The Breath

Our journey in life begins and ends with a breath. In the moments in between, we have the opportunity to make conscious choices about how we breathe. Although we often view breathing as a simple necessity, it holds much more significance than mere survival.

When practiced mindfully, our breath can serve as a transformative resource for improving our overall well-being.

We believe that intentional breathing can significantly impact our physical, mental, emotional, and spiritual health. The four layers or [“The Four Bodies”](#) as Jill Willard calls them, shape our existence. These will be explored further in this e-book.

Before we examine how the breath affects each aspect, it’s important to understand their differences and why we should look at them in relation to one another.

Physical:

When we speak of our physical body, we refer to the tangible, material aspect of existence, encompassing the body and all its biological functions.

Mental:

The mental layer deals with the mind and intellectual capacities, including thoughts, beliefs, and cognitive processes.

Emotional:

The emotional layer is often confused with the mental layer, however, this layer refers to our feelings and how we experience, express, and manage emotions.

Spiritual:

The spiritual layer is the most abstract layer for some. It relates to a sense of meaning, purpose, and connection to something greater than oneself, which can be religious, philosophical, or simply existential.



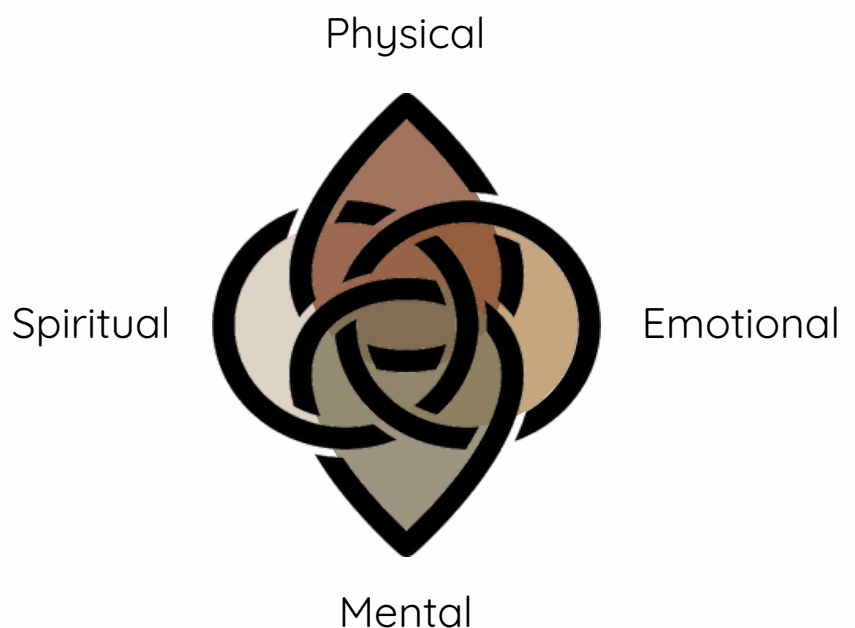


A Holistic Perspective

According to [Willard](#) and her Four Bodies approach, each of these layers are deeply interconnected with one another, challenging the accepted Western approach where the physical body generally plays the most important role.

The Four Bodies approach acknowledges that your wellbeing extends beyond physical symptoms and that there can often be a hidden emotional, mental and spiritual cause that we may be unaware of. When one aspect is out of balance, it may trigger the other elements as well. Therefore a holistic approach which looks at all of the layers, can greatly impact your overall wellbeing.

Together, these four layers create a holistic understanding of human existence, with balance across all layers leading to overall well-being and harmony.



Breathing Methods

For generations humankind has recognized the value of breathing and techniques related to it have been practiced for centuries. These practices are deeply embedded in various cultures and traditions around the world. Here are some well-known and notable examples:



PRANAYAMA IN THE YOGA TRADITION

Pranayama, a Sanskrit term meaning "control of life energy," refers to various breathing techniques used in yoga. These techniques are designed to regulate the flow of prana (life energy) in the body, leading to improved health and well-being.

QIGONG IN CHINA

Qigong is an ancient Chinese practice that combines breathing, movement, and meditation to cultivate and balance life energy (qi) in the body. Qigong is often used for both preventive and therapeutic purposes.



THE WIM HOF METHOD

This breathing method teaches you to influence your autonomic nervous system through the breath. This method is well known for its combination with cold water therapy.

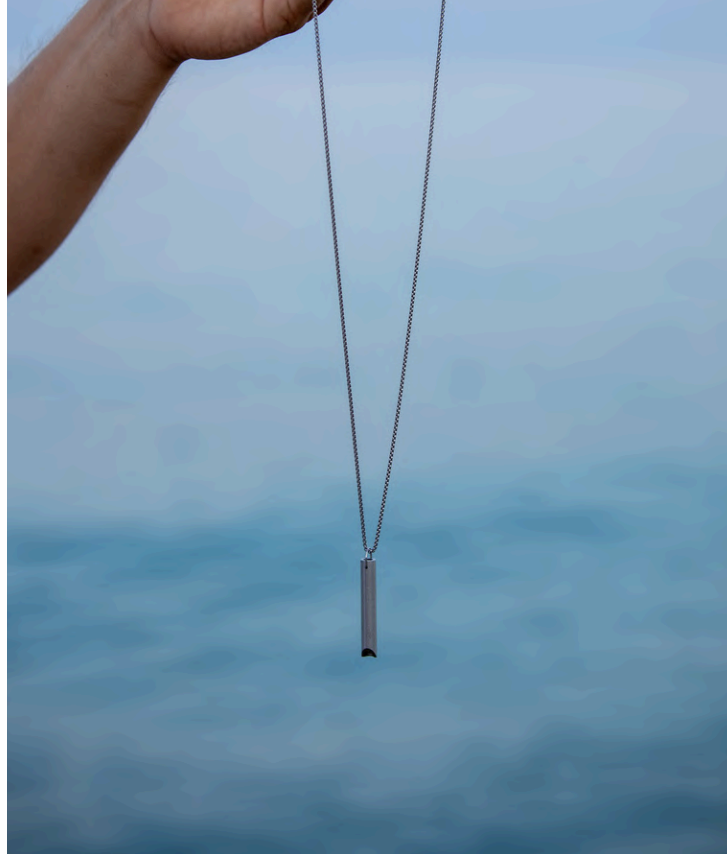
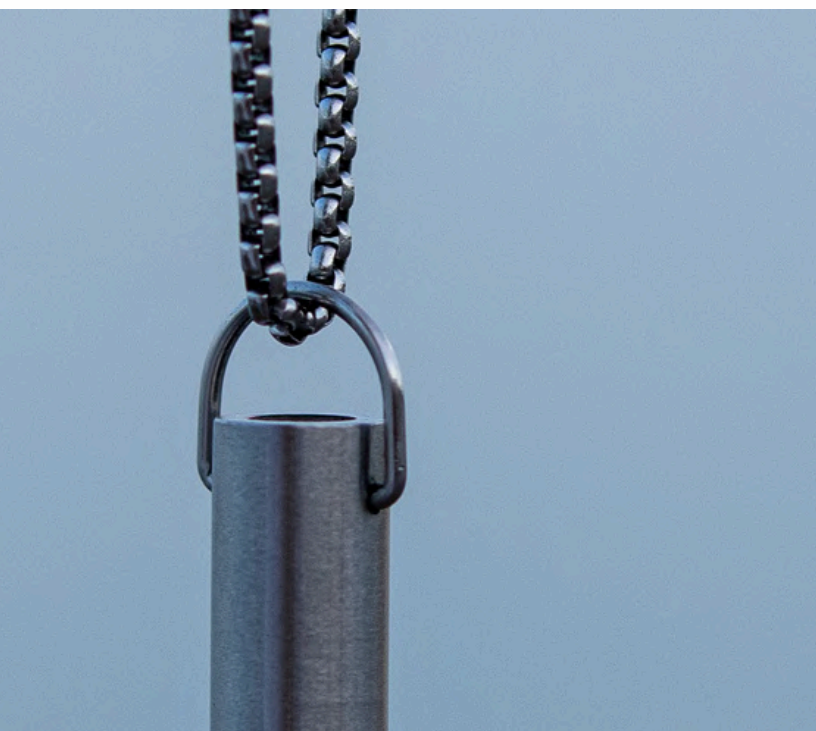
BRIDGEMAN BREATHING METHOD

Robert has crafted a unique breathing method that lies at the heart of his transformational teachings. This method centers on the power of long exhales, allowing you to release the stagnant air lingering in your lungs.



Breathing Necklace

Impact on The Breath

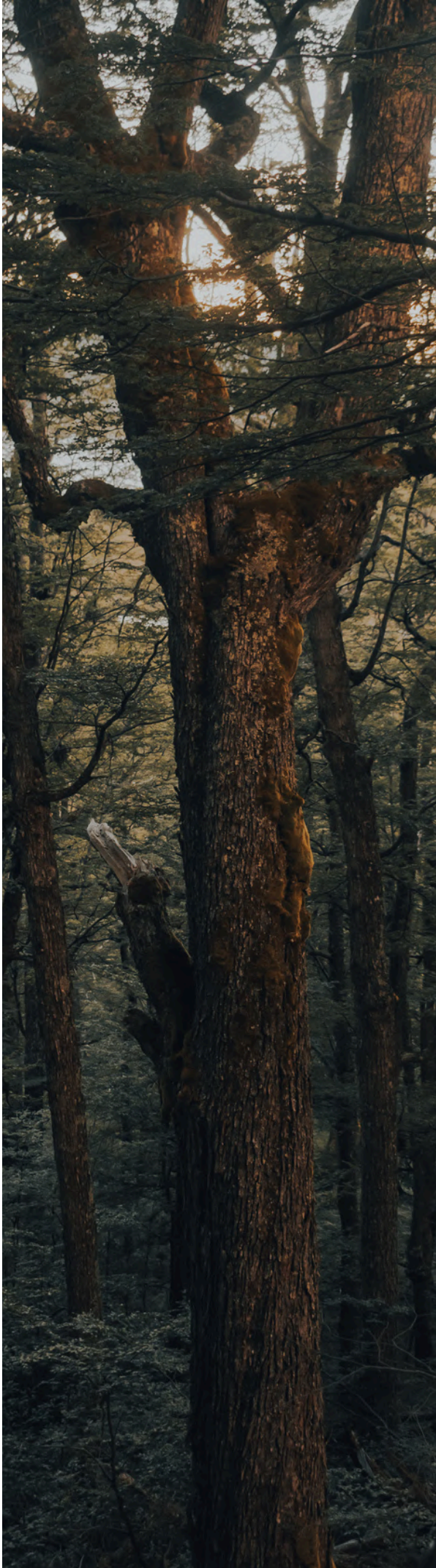


The Quantum Breathing Necklace: an innovative piece of jewelry designed to revolutionize the way you breathe. This unique accessory features a small mouthpiece that encourages slow, deep breathing by providing resistance, resulting in a more mindful exhale.

The Quantum Nature Breathing Necklace boasts an innovative design, ensuring durability and strength in every aspect, from the chain to the necklace holder. These improvements guarantee a long-lasting and reliable accessory.

This necklace serves as a constant reminder to breathe consciously and deeply, anchoring you in the present moment, in line with the principles of Neuro-Linguistic Programming (NLP). Discover how to use your necklace as an anchor in the following chapter.

Ready to unlock the full potential of your Quantum Nature Breathing Necklace? Dive into the next page for an in-depth guide on efficient usage.



02

How to use

In this e-book, we'll cover the benefits of different breathing techniques on your overall health and how you can use your breathing necklace.

Step by-step guide





How To Use Your Breathing Necklace

Step-by-step guide:

1. Immerse yourself in the experience of the Breathing Necklace. Place the breathing necklace in your mouth and inhale deeply through your nose for 4 seconds. Expand your belly to fill with air.
2. Hold your breath for 6 seconds.
3. Exhale through your mouth with the breathing necklace for 8 seconds until you have no air left in your belly. Repeat at least 10 times before going to step 4.
4. Take a moment to return to a calm, natural breathing pattern without your Breathing Necklace. Let go of any tension in your shoulders and jaw, and notice the soothing effects of the Breathing Necklace.

4-6-8 seconds



The Anchoring Technique

The Breathing Necklace as an Anchor

Anchoring, is a term established by the school of thought 'Neuro-Linguistic Programming' (NLP). As defined by [Tony Nutley](#), "anchoring is a fundamental NLP technique wherein an external stimulus is associated with an internal emotional response." The external stimulus can be sound, images, words, or the use of a breathing necklace. The internal emotional response is a positive emotion. Once the association is formed, being exposed to the stimulus will automatically trigger the associated state. Grounded in [research](#), this can be done in several steps:

- **Choose a Desired State:** The first step is identifying the emotional or mental state you want to anchor (e.g., confidence, calmness, motivation). In this example, we will use the state of relaxation.
- **Find an Intense 'Positive' Memory:** To reinforce the anchor, you recall a time when you naturally experienced this positive state intensely. If you want, you can close your eyes and go back to the memory. For example, think back to a time when you were lying on the beach in the sun and you had no single worry in the world. Or when you were presenting for your team and you felt completely at ease and confident.
- **Apply the Anchor to the Breathing Necklace:** Whilst reliving that memory and reaching the emotional peak, you introduce a stimulus. In this case, the stimulus is your Quantum Nature Breathing Necklace. Grab your necklace as you think of the memory and the emotion you felt. Go to the next step.
- **Use your Breathing Necklace as normal:** apply the method from the previous page. Breathe in for 4 seconds through your nose, hold for 6 seconds, and exhale through the mouth with the Breathing Necklace for 8 seconds.
- **Repetition and Reinforcement:** Repeat this a few times in a relaxed setting. The more often you practice associating the state with the stimulus, the stronger the anchor becomes.
- **Trigger the Anchor:** Once the anchor is set, you can use the stimulus to trigger the desired state whenever needed. This means, that when you are in a difficult situation, you can grab your breathing necklace and the anchor will already be set.

-THICH NHAT HAHN, BUDDHIST MONK

“FEELINGS COME AND
GO LIKE CLOUDS IN A
WINDY SKY.

CONSCIOUS
BREATHING IS MY
ANCHOR.”





03

Physical Benefits

Now you've had a short introduction about the importance of the breath and you know how to use your breathing necklace, we can now dive into the benefits breathing can establish on the physical body.

With a free guided meditation!



-DR. LAUREN FOGEL MERSY

“DEEP BREATHING IS
OUR NERVOUS
SYSTEM’S LOVE
LANGUAGE.”



Impact of the Breath on The Body

Our breath has a direct impact on the body and is fundamental for keeping our body functioning properly. We can experience the impact when we pay attention to our breath. For instance, during a run, our heartbeat increases and our breathing becomes shallow. If we breathe deeply, our heartbeat decreases, allowing us to run for a longer period of time.

Every breath delivers oxygen to our blood, which is then transported to every cell in our body. This process is essential for energy production and the functioning of our organs. But the breath does more. It has been proven that deep, regular breathing has a positive effect on the heart rate, blood pressure, cortisol levels and inflammation levels. Read more on this below:

A recent meta-analysis study, on breath work published in Nature, showed that those who practice breath work experience a **reduction in stress levels**.

In particular, research has found that the pursed lip breathing technique (which we apply with the Breathing Necklace), has a **positive effect on shortness of breath, opening of the airways, gas exchange in the lungs and experienced control of the breath**.

Proper breathing techniques, such as the Wim Hof Method, have also demonstrated a **strengthening of the immune system and reduction in inflammatory responses**.

Finally, slow breathing is shown to **activate the parasympathetic nervous system**, which relaxes and regenerates the body.

Join us on the next page as we dive deeper into the compelling functions of the parasympathetic nervous system.



Our Parasympathetic Nervous System

The parasympathetic nervous system is a part of the autonomic nervous system, responsible for the involuntary (autonomic) functions of the body.

The autonomic nervous system consists of two main parts: the sympathetic and parasympathetic nervous systems. These systems often work in opposition to maintaining balance in the body, a state known as homeostasis.

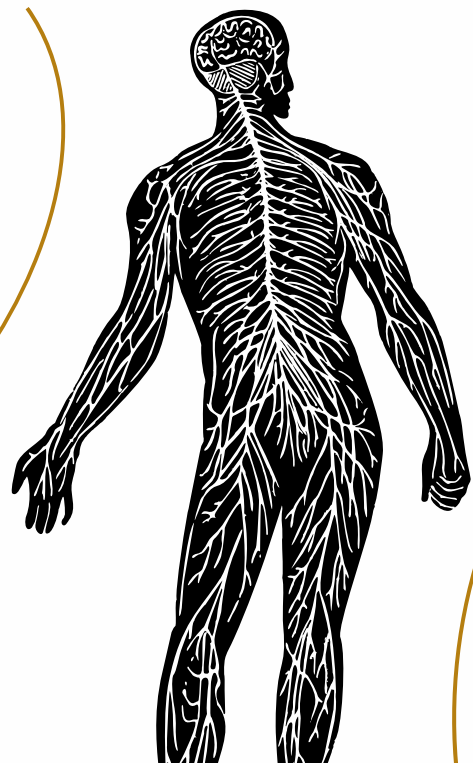
The sympathetic nervous system is often referred to as the "fight-or-flight" system because it prepares the body for stress or emergencies. It increases heart rate, dilates airways, and redirects blood flow to muscles, priming the body for action.

In contrast, the **parasympathetic nervous system** is known as the "rest-and-digest" system, promoting relaxation and recovery. It slows the heart rate, aids digestion, and conserves energy, helping the body return to a state of calm after stress.

In today's society, 34% of adults report that stress overwhelms them on most days. This means many of us are primarily influenced by our sympathetic nervous system. We encounter a great deal of stress, fear, and anxiety daily, which can trigger our bodies 'fight-or-flight' response. Prolonged periods in this state can lead to physical symptoms such as muscle tension, digestive problems, elevated heart rate, and increased inflammation levels.

As a society we need to learn how to activate our parasympathetic nervous system more often. The next breathing exercise helps you to achieve that using the Breathing Necklace.

Time to breathe!



Breathing Exercise

Activate your parasympathetic nervous system

Box Breathing:

This calming breathing technique is designed to bring balance to the parasympathetic and sympathetic nervous system, promoting a sense of calm and harmony.

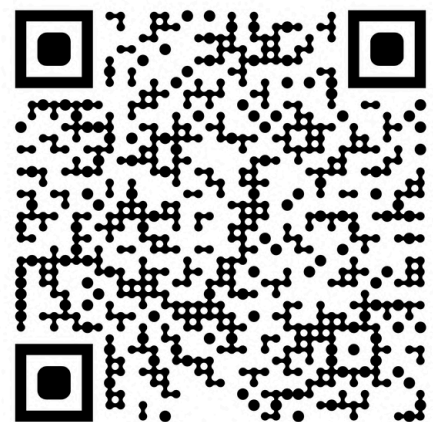
The exercise involves a pattern of 4 and 8 seconds: inhaling, holding the breath, exhaling, and holding the breath again. You can repeat this sequence for as many rounds as you find comfortable.

To practice this technique, find a quiet place and sit with your eyes closed and the Breathing Necklace in your mouth.

1. Breathe in for eight counts.
2. Hold your breath for four counts.
3. Exhale for eight counts.
4. Hold your breath for four counts.
5. Return to step 1 and repeat (we recommend at least 10 times)



Guided Breathing



Click or scan the QR code



04

Mental and Emotional Benefits

Now you've had a short introduction about breathing and you know how to use your breathing necklace, we're diving into the benefits breathing can establish mentally and emotionally.

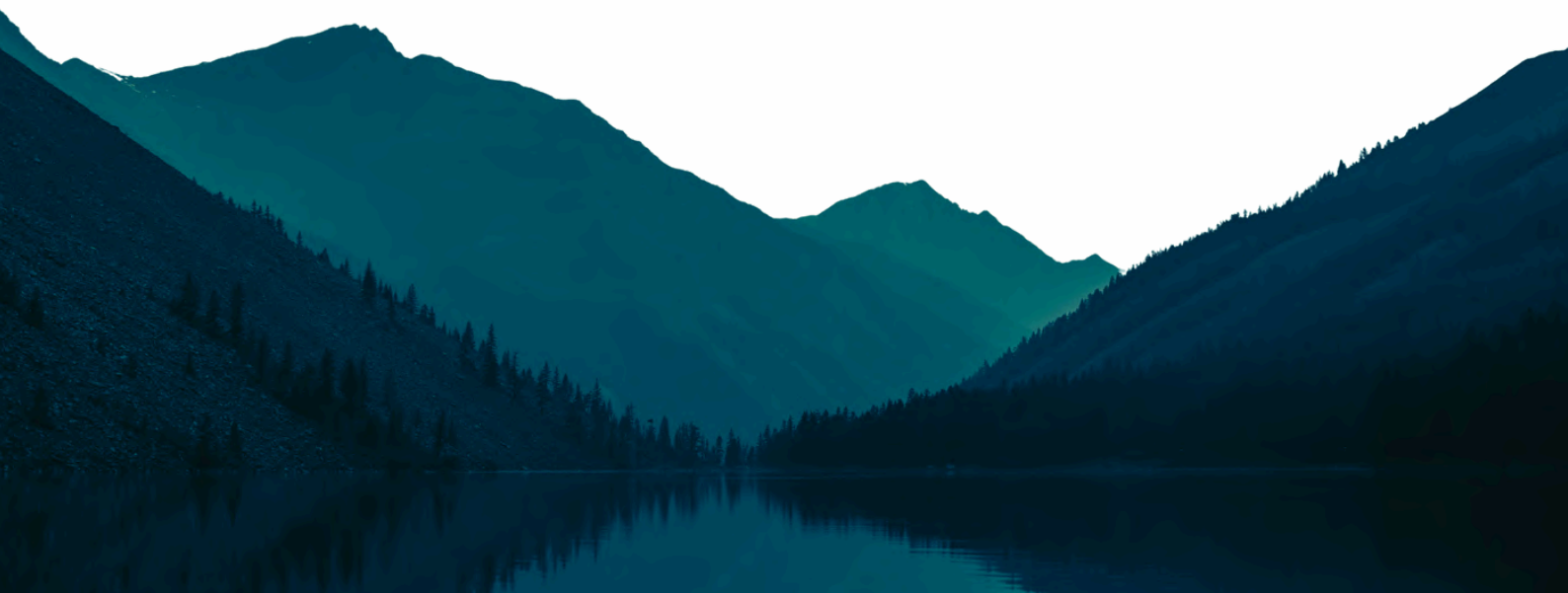
With a free guided meditation!



-SRI SRI RAVI SHANKAR

“EVERY EMOTION IS
CONNECTED WITH
THE BREATH.

IF YOU CHANGE THE
BREATH, CHANGE
THE RHYTHM, YOU
CAN CHANGE THE
EMOTION.”



The Mental Benefits of Breathing

In addition to its effects on the body, breathing also plays a role in our mental and emotional well-being. According to the [World Health Organization](#) (WHO), 970 million people globally struggle with mental health issues, with anxiety and depression being the most common. Our society has changed significantly compared to the past, bringing new challenges, including managing tension and stress. Staying mentally clear and sharp can be an efficient way to better regulate tension and stress. Here are some studies that show the mental effects of breathing:

Stress and Anxiety:

There appears to be a link between breathing exercises and lowering stress levels. For example, a [2005 study](#) about Sudarshan Kriya Yoga, a form of Yogic breathing, showed that it is a beneficial, low-risk treatment for stress, anxiety, post-traumatic stress disorder (PTSD), depression, and stress-related medical illnesses. Practicing this type of breathing for 30 minutes a day can maximize your well-being, mood, attention, mental focus, and stress tolerance.

Concentration and Focus:

Concentration and focus are also linked to breathing. Diaphragmatic Breathing exercises have [shown](#) to improve these cognitive functions as well as mental clarity. In this research, the observed group received 20 breathing sessions over 8 weeks which lowered their average respiratory rate to 4 breaths/min. When comparing them to the untrained group a significant improvement was observed.

Sleep:

Lastly, let's look into sleep. An [Egyptian study](#) found that breathing exercises like Pursed Lip Breathing and Diaphragmatic Breathing can contribute to better sleep quality. These breathing techniques stimulate body and brain function, and sympathetic-parasympathetic systems function which lead to relaxation.

Practising breathing exercises regularly and over a longer period of time can therefore positively shape your mental clarity, concentration and sleep quality. Another plus!

The Role of Breathing in Regulating Emotions

In addition to its mentally oriented effects, breathing also strongly influences your emotions. Researchers at [Stanford](#) found a tiny cluster of neurons in the brain linking the breath directly to your emotional state.

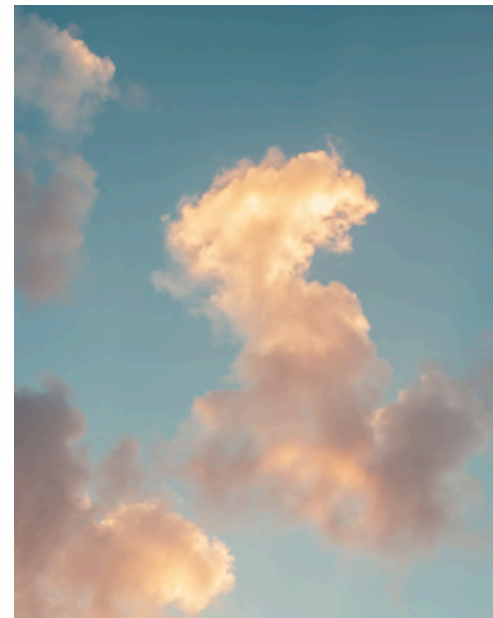
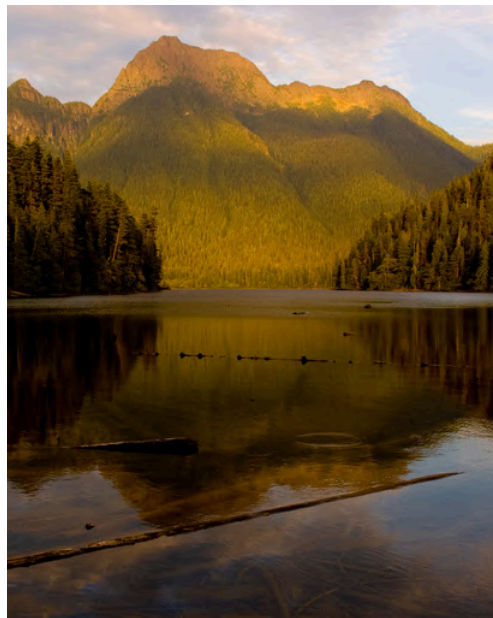
The emotional layer of our existence is more abstract than the previous two layers. Yet, it is an important part of well-being. In an ideal scenario, we feel emotions arise and can express them in a healthy way. We don't suppress them nor express them uncontrollably. It's all about balance.

As referred to in [Dr. Gabor Maté's](#) teachings, suppressing your emotions for a long period of time can result in physical or mental issues in the short term or long term. Therefore the expression of how you feel, plays an important role in your overall wellbeing.

Nonetheless, expressing your emotions constantly and uncontrollably can also impact you negatively and potentially those around you.

So an interesting question to ask yourself: what happens within you when you are emotionally affected? Do you express those emotions? Or do you bottle them up? Do you have control over your emotions? Or do they come out uncontrollably?

One way to regulate your emotions is to regularly return to the breath. Use this as a moment to check in with yourself. By doing this, you can prevent the build up of emotions and release them in a controlled manner. This not only impacts how you feel, but will also prevent stress from storing in the body.



Breathing Exercise

Empty your mind and observe your thoughts

Fire Breath:

This breathing technique helps you to empty your mind in order to feel relaxed again.

The exercise involves fast breathing: fast inhalation and exhalation. By doing this, we let the level of oxygen and CO2 rise in your brain which causes a state of relaxation.

To practice this technique, find a quiet place and sit with your eyes closed and the Breathing Necklace in your mouth. Refer to the QR code if you need more guidance.

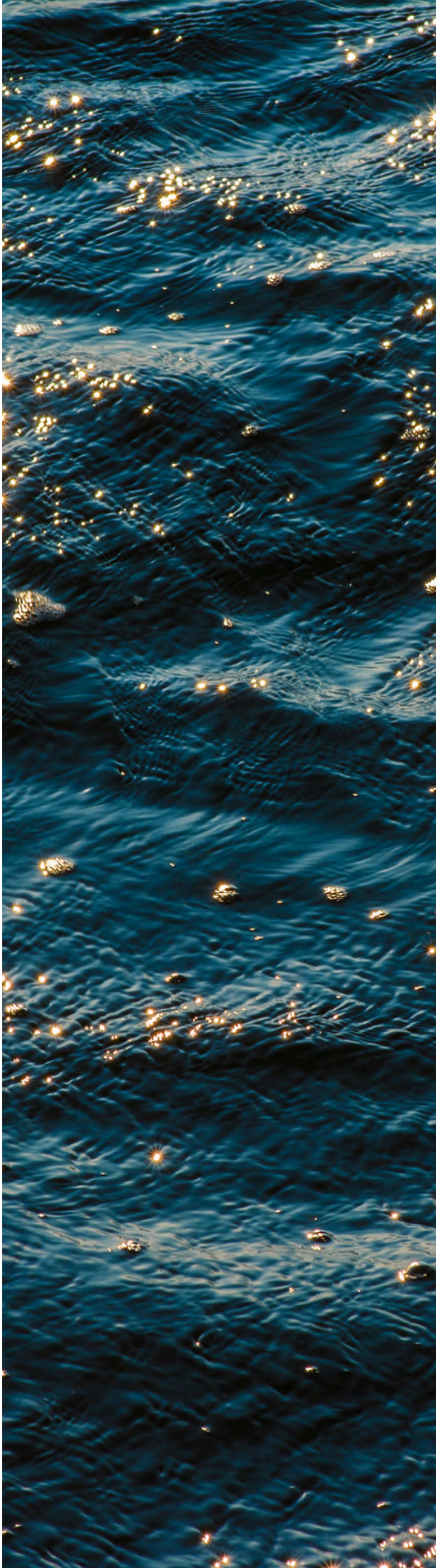
1. Breathe in deeply and expand your belly .
2. Breathe out sharply and retract your belly.
3. Breathe in sharply, expand your belly.
4. Breathe out sharply and retract your belly.
5. Repeat this cycle for 1 minute, then return to your normal breathing pattern.
Slowly enter a meditative state if you wish.



Guided Breathing



Click or scan the QR code



05

Spiritual Benefits

Now that you've read about the physical, emotional and mental benefits of breathwork on your body, lets dive into a new realm.

This one may challenge you to be open minded and to look beyond your current beliefs.

With a free guided meditation!



Harmonizing the Chakra System

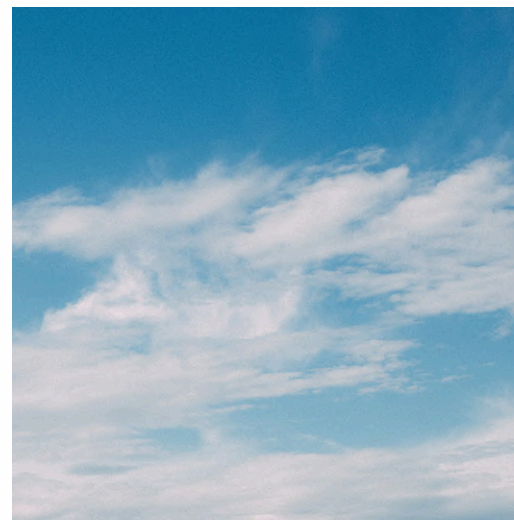
Everything we do in daily life affects the various layers of our existence, including the spiritual layer. According to [Eastern teachings](#), our body has a chakra system—a system with seven energy points distributed across our body. Each chakra has a specific meaning and may or may not be harmonized.

The chakra system is a concept from traditional Indian philosophy and medicine, referring to energy centers in the human body. These centers are considered to be nodes of life energy, also known as "prana," and they play an important role in a person's physical, emotional, mental, and spiritual well-being. The word "chakra" comes from Sanskrit and means "wheel" or "disc," referring to the spinning energy movements in these centers.

A balanced chakra system is seen as essential for physical, mental and emotional well-being. Blockages or imbalances in a chakra can lead to various physical, mental, or emotional issues. Opening or harmonizing the chakras can be achieved through meditation, yoga, breathing techniques, visualizations, affirmations, and the use of crystals or essential oils that correspond to a specific chakra.

Using a Breathing Necklace can have a positive effect on the chakra system, as conscious breathing and relaxation techniques promoted by such a necklace help harmonize and balance the chakras.

Below is an overview of how using a Breathing Necklace can affect each of the seven main Chakras:



The Seven Chakras

Throat Chakra (Vishuddha):

Located in the throat area.

Regular breathing techniques can clear and strengthen the throat chakra, improving communication and self-expression. It can help release suppressed emotions and words.

Solar Plexus Chakra (Manipura):

Located above the navel.

Conscious breathing can strengthen energy in the solar plexus, contributing to a better sense of self-worth and personal power. It can help reduce feelings of fear and self-doubt.

Root Chakra (Muladhara):

Located at the base of the spine.

Conscious breathing can help promote a sense of security and grounding. It can stabilize energy in this area, reducing feelings of fear and insecurity.

Crown Chakra (Sahasrara):

Located on top of the head.

Deep breathing exercises can help open the crown chakra, allowing for better connection with higher levels of consciousness and spiritual insights. It promotes a sense of unity and universal connection.

Third Eye Chakra (Ajna):

Located on the forehead, between the eyebrows. Conscious breathing can stimulate energy in the third eye, improving intuition and insight. It helps calm the mind and promotes clear thinking.

Heart Chakra (Anahata):

Located in the center of the chest.

Deep, rhythmic breathing can open and harmonize the heart chakra, promoting the experience of love, compassion, and connection. It can also help soothe emotional pain.

Sacral Chakra (Svadhisthana):

Located below the navel.

Deep breathing helps improve energy flow in this area, contributing to better emotional balance and creativity. It can also help release emotional blockages.



Breathing Exercise

Enhance your state of flow

Box Breathing:

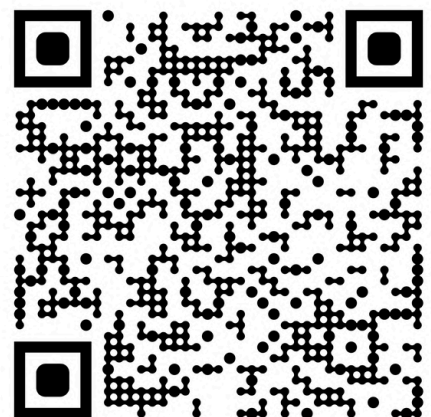
You are undoubtedly familiar with this breathing technique by now as we also applied it in the guided breathing for the physical body. The main difference here is the speed and our concentration on each individual chakra. To enhance this breathing experience, take the time to reflect on how each chakra applies to your life. The previous page gives an in depth explanation per chakra. If you feel tension, a sensation or an unpleasant memory on a chakra during the breathing, it might tell you something is out of balance in this part of your life. Working through these chakra's enhances your state of flow, promoting a sense of effortlessness and purpose.

To practice this technique, find a quiet place and sit with your eyes closed and the Breathing Necklace in your mouth.

- Bring your attention to the first chakra.
- Breathe in for four counts.
- Hold your breath for four counts.
- Exhale for four counts.
- Hold your breath for four counts.
- Return to step 2 and repeat for every chakra.



Guided Breathing



*Click or scan the
QR code*

06

Get the most out of it

Now you have a clear understanding of the Four Bodies. It's time to turn your knowledge into action.

Here we share some tips for daily use, a checklist and an overview of all the meditations for easy access in the future.

With a free checklist!



The Guided Meditations

A summary of the meditations from the previous chapters which you can listen to at any time. Click on the QR code or scan it, to access the meditations.

Experience the impact of breathing on your body:



Regulate your mental state and emotions:



Enhance your energetic flow through your chakra's:





Get the Most Out of Your Breathing Necklace

Get the most out of your necklace with the following tips:

- **Daily wear:** Wear it daily to remind yourself to breathe consciously, especially during stress.
- **Mouthpiece use:** Breathe slowly through the mouthpiece, experimenting with techniques that suit you.
- **Regular practice:** Incorporate daily breathing exercises into your routine for maximum benefits and listen to the meditation recordings.

Breathing daily routines:

- **Morning:** Spend 5-10 minutes on deep breathing to prepare for the day, avoiding caffeine beforehand.
- **Afternoon:** Take 5-10 minutes for slow, deep breaths to recharge and refocus.
- **Evening:** Use the necklace before bed for a relaxing ritual, tuning in to your body and practicing breathing exercises before going to sleep.

07

CONCLUSION

You've made it to the last part!

Keep reading just a little longer to bring all the information together.

Find out who the creators are of the e-book and kindly leave a review if you love the ebook and Breathing Necklace just as much as we do!





Inhale. Exhale.

Congratulations on reaching the end of this e-book! Thank you for taking the time to explore the power of the breath.

As you've learned, the breath is a potent tool that can bring balance and harmony to every aspect of our existence.

Your breath is always available to you, and your Breathing Necklace serves as a constant reminder to make use of it. These tools can help bring you back to the present moment whenever you need it. So, if you ever feel stressed or anxious, you now have the knowledge and skills to find inner peace.

Now it's time to apply what you've learned with your Quantum Nature Breathing Necklace. If you love it as much as we do, please consider leaving a review at the following link:

[CLICK HERE TO LEAVE A REVIEW](#)

As you embark on this new journey, remember that each breath you take is a step towards greater clarity and well-being. Your Quantum Nature Breathing Necklace is more than just a tool; it's a companion on your path to self-discovery and inner peace. We hope it serves as a constant reminder of your commitment to yourself and your well-being.

Thank you for allowing us to be part of your journey. May your breath guide you to tranquility and joy, and may each day bring you closer to the harmony you seek.

Happy breathing!
Warm regards,



The Creators



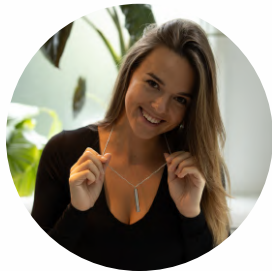
Thank You, *From the Creators.*



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TRANSFORMATIONAL
COACH



SAM HEIJMAN
PRODUCT DEVELOPER



NOA VAN DER MECHE
E-BOOK DESIGNER &
WRITER



MAX STOFFELSMAN
AMAZON COACH

