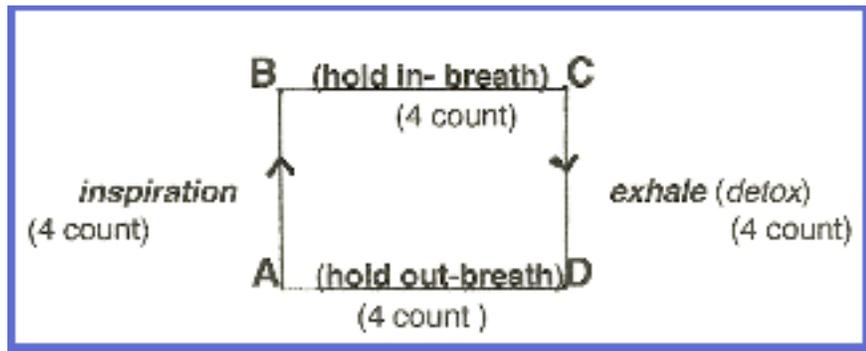


# Wollman's Meta4 Square Breath

I would like to introduce you to a practice to **instantly reduce your stress levels**.

As an Emergency Department Physician, I was often confronted with humanity in crisis and chaos. it was my responsibility to remain grounded, calm and in control in order to provide timely and optimal care. To accomplish this task I used combinatorial knowledge of *Brain physiology, Martial Art's Power control and Meditation techniques*.

The Meta4 square breathing technique is simple to learn and has proven to be effective time and again with physicians, nurses and clients.



The first thing one does as a newborn declaring independence is to take in a breath.

## 1. A → B

Begin your experience at point "A" taking in a deep steady, controlled breath. Make it last four(4) seconds. (As one learns the technique and becomes comfortable, it can be changed to a four(4) count.) In this phase visualize healing, nourishing oxygen being brought in to the lungs. You can even give it a color if you like. Since you are inspiring, make it inspirational.

## 2. B → C

Hold your breath for four(4) seconds or a four count. Begin to relax and visualize the oxygen bathing all the cells in your body. You can still use the same color as it lights up your body

## 3. C → D

Exhale slowly for four(4) seconds or a four count. Make the entire count an exhale. Visualize the cells in your body releasing all toxins as you cleanse.

## 4. D → A

Once you have exhaled, hold the out breath for four(4) seconds or a four count.

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Repeat the sequence four times. If you can, do it at least four times a day or when you are stressed. If you are really in a hurry and have practiced to perfection, you can sometimes achieve the same result with only one cycle

A few thoughts and a few tips.

1. Breathe in through your nose and out through your mouth. If you can't do that , breathe any way that you are comfortable.
2. Try to use abdominal or diaphragmatic breathing. If you can't do that , breathe any way that is comfortable.
3. Brain studies show that we reach deeper states of meditation on exhalation so make sure you focus equally on these part C→D and D→A
4. If you have trouble holding your breath after you have exhaled ( D→A), try to swallow and this will help
5. Don't struggle, make it smooth and relaxing,using the entire count for the breath
6. This breathing exercise can also be used to ground yourself before another breathing technique. After holding the fourth exhale, go in to your own breathing technique
7. The last thing we do in our life is exhale, so each time you return to point "A", it becomes a metaphor for a new life cycle. Begin your inspirational life cycle again.

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