



## Stephen Elliott: Coherent Breathing & The Brain - The Big Picture



Explore the wonders of your thoracic pump with Stephen Elliott, creator of the Coherent Breathing methodology, Founder and President Coherence LLC, inventor with 17 patents, and principal author of several books. Stephen has a strong interest in ending Essential Hypertension (which affects 60% of people globally) and in the riddle of giraffe circulatory physiology.

**TOP EMBODIMENT TIP:** Breathing is a *circulatory* function

### Coherent Breathing™: **the coherence clock and the thoracic pump**

- The clock assists us in learning to breathe at 5 breaths/minute, evenly timed between inbreath and outbreath
- When we breathe slowly, deeply and rhythmically we set up **a wave in the circulatory system**
- On exhale: oxygenated blood flows from the chest to the extremities - **relax and let it all go**
- On inhale: venous blood flows from the extremities to the chest
- Diaphragm motion should optimally be sinusoidal, like a pendulum
- Involves conscious relaxation of **The Six Bridges**, primal 'input and output' locations of the body
- Areas of the body where we have dual control, both conscious and unconscious (autonomic)
- Head and face, tongue and throat, hands, diaphragm, pelvic floor, feet

### Optimal Flow And Performance: the Awakened Mind™ Brainwave Pattern on EEG

- Has a symmetrical signal/brainwave pattern on EEG
- These are the bands of primary interest in psychophysiology
- This is the **general pattern of the high-performing mind**
- Requires simultaneous coherent breathing and relaxation of the six bridges
- Is **trained consciously until it becomes one's normal state**, and after that for reinforcement

### Valsalva Wave In A Trained Breather: sinusoidal wave, rises on inhalation and falls on exhalation at 5 times a minute

- Seen on the surface of the head/face - but not on brain EEG, until you remove low frequency filtering
- Valsalva wave is in "180 degree synchrony" with heart rate variability for as long as breathing is coherent
- This is essentially the same state as the Awakened Mind: **no thought, total calm and deep relaxation**
- Results in **circulatory effectiveness or optimality**, increased (doubling) of vascular flow across membranes
- Implications for learning, neuroplasticity, brain and heart longevity

### Resources

- ❖ **Books:** *The New Science of Breath, Coherent Breathing - the Definitive Method, Wuji Qi Gong & the Secret of Immortality, Personal Resonance Protocol*
- ❖ **Media:** the COHERENCE discography: RESPIRE-1, SLOW DOWN, The Six Bridges, "2 Bells"



❖ Website: <http://CoherentBreathing.org>

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**Philip Shepherd** is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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