

Flow for Breath™



Use and Benefits Guide

- Reduce Stress
- Manage Anxiety
- Promote Better Sleep
- Focus and Revitalize



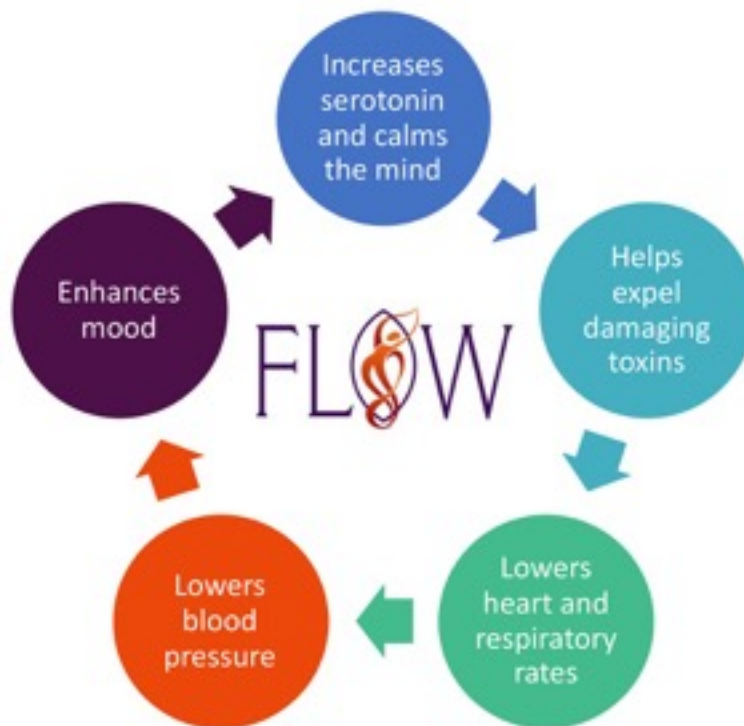
COREREBOOT

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Introduction

Welcome to the Flow for Breath™ experience! This is a new generation mobile Mindfulness app that has been designed to bring you into a state of peace and neural integration to promote well-being. Flow for Breath VR is a mobile VR app that will help center your thoughts and calm your mind through deep breathing exercises.

Deep breathing is a natural tranquilizer. When practiced in an all immersive environment, it has far reaching benefits.



Flow for Breath is part of a new generation wellness mobile application system. This system will bring you wellness products which work with your natural bio-system.

It was researched and created by a clinical hypnotherapist and mindfulness coach to bring you a quick and efficient method to shift into a state of balance, flow, health and focus with ease.

The app also features an introduction exercise that will help you center into flow right away. For maximum benefit, use on a regular basis for just 5-10 minutes per day as the effect is cumulative

Flow for Breath brings you the benefits of various integrative therapy techniques that are incorporated subtly to help support a busy lifestyle. Using various therapies including clinical hypnotherapy and color therapy, with music designed to complement the experience of soothing the sympathetic nervous system.

Deep breathing is also a technique for redirecting chi or energy in the body. The type of qigong practiced at the time of the birth of classic Taoism is called DaoYin (guided stretching), a series of stretches and bends. (See Kohn, Livia, **Chinese Healing Exercises: The Tradition of Daoyin**, Honolulu: Univ. of Hawaii Press, c. 2008, p. 29, Daoyin depicted in Han Dynasty manuscripts dating to around 200 BCE.) In addition to breathing exercises, Taoists employed techniques of mental guiding and visualizations to activate chi. The visualizations depicted in Flow for Breath are surrealistic patterns that have been designed specifically to activate your own internal imagery and help support your immersive visual breathing journey.

One scientific study by Phillipot and colleagues (Phillipot, P., G. Chapelle, and S. Blairy, Respiratory feedback in the generation of emotion. *Cognition & Emotion*, 2002. 16(5): p. 605-627.) showed that this mimicking of angry, sad or happy breathing patterns can in fact create the corresponding emotional states within us. Finding the right breathing for you at the right moment becomes a key to managing your very own emotional states.

How to Begin

Start your Flow for Breath app on your mobile device and trace the shape on your phone. Start sinking into your breath right then and there. Moving your finger along the lines serves and breathing while looking at the image on the phone, helps integrate your most primary senses: the sense of touch and the sense of sight activated together provide a powerful base to your breathing pattern reprogramming. Then when prompted, place your mobile device in your VR headset. Connect your headphones or earbuds and set the volume to a comfortable level.

The program uses dynamic placement meaning the direction you are pointing when you open the app is where the front of the screen will be located.

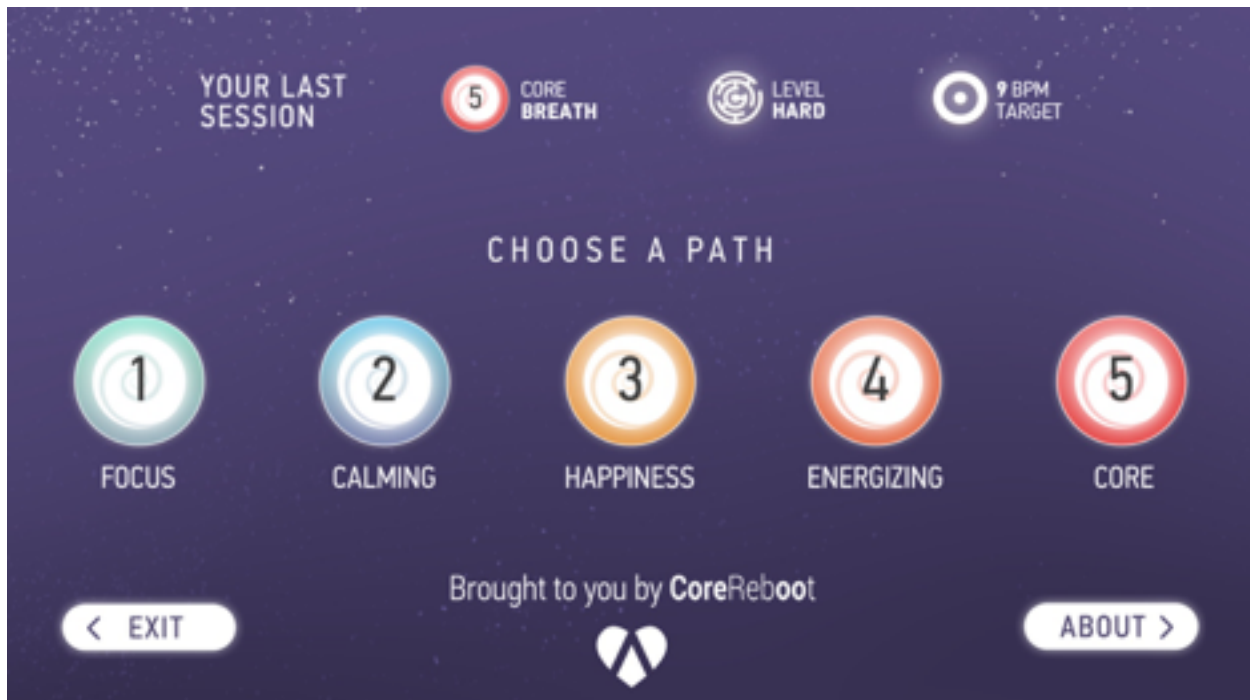
Home Screen

With your headset on, find the Home Screen then choose any one of five state settings.

Flow for Breath uses head tracking to choose a function. You will see a small white cursor dot in the middle of the screen. This functions similar to a computer mouse cursor.

Place the dot cursor over the session of your choice and hold it in place while the session loads.

Session loading is indicated by a circle that will be generated around the function.



You are provided with a choice of three performance levels:

Easy Breathing: 3 breaths per minute

Medium Breathing: 6 breaths per minute

Hard Breathing: 9 breaths per minute

The medium and hard levels require additional focus and attention to maintain these states. We suggest beginning your first few sessions using the easy level and progress at a rate that feels comfortable for you.

Re-center Function

Place the cursor over this function to place the front of the screen in proper position.

Using the Sessions

Flow for Breath is easy to use and designed for busy lifestyles. The effect is cumulative. You will receive long-term benefit by just 6-8 minutes of daily use. Feel free to extend use time for added benefit up to 20-30 minutes, or as time allows.

For best experience, use at a time when you will remain undisturbed. We suggest placing your mobile device in Airplane or Do not disturb mode during your session.

Flow for Breath uses specific colors, shapes and music cadence to help shift state. Use good quality earbuds or headphones with your sessions for maximum benefit.

One of the yogic teachers has mentioned the benefits of breath training in the following way in his yoga seminars-

“Our breath is linked to our emotions. For every emotion, there is a particular rhythm in the breath. So, while you cannot directly harness your emotions, with the help of breath you can do that.

If you are in theater, you would know that a director asks you to breathe faster when you have to show anger. If you have to show a serene scene, director would tell you to breathe softer and slower.

If we understand the rhythm of our breath, we are able to have a say over our mind, we can win over any negative emotions like anger, jealousy, greed, and we are able to smile more from our heart.”

Sri Sri Ravi Shankar

Focus

The shape will expand and contract with each breath. Just simply follow the rhythm for a minimum 6-8 minutes for best benefit. Allow your yourself freedom from the critical mind to drift and wander with ease.

Use in the morning or afternoon when you feel the need to give your mind a quick break.

Calming

Calming and focus use similar patterns with changes in color and background audio. Use calming any time day or evening when feeling anxious or stressed. Pay particular attention to muscle tension throughout your body and particularly in your head and neck areas. Acknowledge the tension and let it go with each outbreath.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time.

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice.

Happiness

Breathing out, slide down the roller coaster, breathing in, ride up. Pause at top. After a few rides, laugh on the way down (breath out).

An easy (and most enjoyable!) way to sustain deep exhales is to laugh.

Hearty extended laughter helps to provide longer exhalation, thus ridding the lungs of residual air, which is then replaced by fresh air containing a higher level of oxygen. The secret to breathing deeper is to exhale more fully. Laughter empties your lungs of more air than it takes in resulting in a cleansing effect. This is especially helpful for people who are suffering from respiratory ailments, such as asthma.

As you breathe deeply during a hearty laugh, saturating your lungs with oxygenated blood, you may have to cough, sputter or spit. This is due to things loosening up in your respiratory system and getting a good fresh cleaning.

Breath in as the concentric circles move toward you. When they fill the screen, release your breath as a deep laugh. Allow yourself to feel happiness and joy in your being.

All laughter is an excellent way to release stress and can help you through the most stressful of situations. Laughter is healing and generates the release of feel-good endorphin hormones. Our physiology does not distinguish between real and self-generated laughter, these forms of laughter as part of a breathing exercise will have a particularly positive impact on how you feel. Laughter tones your muscles and improves your respiration – and your immune system is boosted which helps you to resist disease.

Energizing

Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.

- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee.

Core

Gently constrict the aperture of the throat to create a subtle hissing sound. You can start this when tracing the shape on your phone-then keep that activation when you put on your headset as well-

To practice, sit in a comfortable posture with a neutral spine. Gently constrict the aperture of the throat to create a subtle hissing sound; this action is similar to saying “aah” without vocalizing and then closing your mouth. Keep the throat constricted on both the inhalation and the exhalation and draw the breath in and out from the diaphragm, not from the chest. Make both parts of the breath equally long and smooth, and make sure there’s no pause in between.

Your conscious awareness of this flow in the spinal area will help you find and activate your core as well as the energy flow along the spine.

The breath will become slower and more drawn out the more you do this exercise; soothe your mind by focusing your attention on its sound. On the next rounds you can choose a higher level of breathing within the app. Let your attention draw deeper than the surface of the throat: exhale as you move your awareness from your eyebrow center to the navel center; inhale and draw your awareness from the navel center to the eyebrow center. Your conscious awareness of this flow will help you strengthen your core and feel the breath throughout your spine.

Breath

Flow for Breath also helps to mitigate the common problem of shallow breathing- Shallow breathing can result in:

- Reduced vitality, because of lack of oxygen which is essential for the production of energy in the body
- Susceptibility to diseases, because our resistance to disease is reduced when oxygen is not available for cells.

- In the average way of modern living, we only use about one tenth of our total lung capacity. This is sufficient to survive and just tick over, but not sufficient for a high vitality level, long life and high resistance to disease.
- Poor oxygen supply affects all parts of the body, but especially the heart and brain.
- Scientists have known for a long time that there exists a strong connection between Respiration and Mental States. Improper breathing produces diminished mental ability.

An editorial in the Journal of the Royal Society of Medicine suggested that fast, shallow breathing can cause: Fatigue, sleep disorders, Anxiety, stomach upsets, heartburn, gas, muscle cramps, dizziness, visual problems, chest pain and heart palpitations.

With Flow for Breath we support a strong regular breathing pattern that strengthens maximum wellness and health. It has also been established in studies that regular breath training in meditation helps stabilize mental states and periods of strong emotional fluctuations.

About US

We are committed to helping improve quality of life through non-invasive complimentary alternative health products and applications.

Dorote Lucci, CEO (Starflight creator)



Dorote's background include complementary medicine practices, interpersonal neurobiology, a Master of Clinical Hypnosis, spiritual practices and psychology. She also holds a Master in International Management, cross cultural management and marketing strategy as well.

Dorote loves the connection between neuroplasticity, human behavior and the possibilities available for us to change our patterning and habits through somatic and visual experiences.

She is fluent in English, German, French and Spanish. She loves poetry, art, blogs for the Huffington Post.

Frequently Asked Questions

Q. When and how often should I use Flow for Breath?

A. The MindSpa VR system is designed to fit busy schedules and our hectic lives. Overall consistency is more important than specific times of day or specific number of times per week. Daily use can produce excellent results, but so can using the technology a few times per week. We recommend choosing times and schedules that work consistently. The benefits are cumulative through regular use. With consistent use, most experience results in four to six weeks. The cumulative benefits will continue to build over time resulting in a calmer disposition and being more in control of stressful situations. As another benefit, this includes improvements in sleep quality, productivity, creativity and clarity.

Q.: Is there any benefit to using the sessions more than once a day?

A.: In general, we recommend daily use for maximum benefit. Using the program more than once per day (for example in the morning and afternoon) can offer additional benefits, but it is not required to experience noticeable, long-term results. You can mix the sessions as you prefer.

Q.: What is the best way to sit or recline during a session?

A.: Get into a comfortable position and allow a few moments to settle in before beginning a session. Keep legs and arms uncrossed unless in a meditation position; for most, sitting in an open position will help to reduce muscle tension. When starting a session, follow our patterns and take a few deep breaths deep into your abdomen. This helps release tension, and promote relaxation and focus.

Q.: May I lie down, and what happens if I fall asleep?

A.: You may assume any comfortable position. You'll gain maximum benefit by remaining in a relaxed yet aware state, but you will still experience benefits even when falling into a light sleep state. Note that at times a deep state of relaxation feels like you are asleep. If you find you wake up at the end of a session, most likely you were simply in a very deep, calm state, rather than in a traditional sleep state. If you find that you fall asleep for an extended period of time during the day while doing a session, consider adjustments to lifestyle to ensure you are getting adequate rest and recovery time. The average adult optimally should get between 7 to 8 hours of solid sleep per night.

Q.: How can I learn more about any of the subjects covered here?

A.: Please visit our websites at www.wellnessrealities.com or www.corereboot.com for articles, blog posts and research data.

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