



Extraordinary Breath

Making the Power of
Deep Breathing Work for You!

Would you like **BETTER HEALTH?**

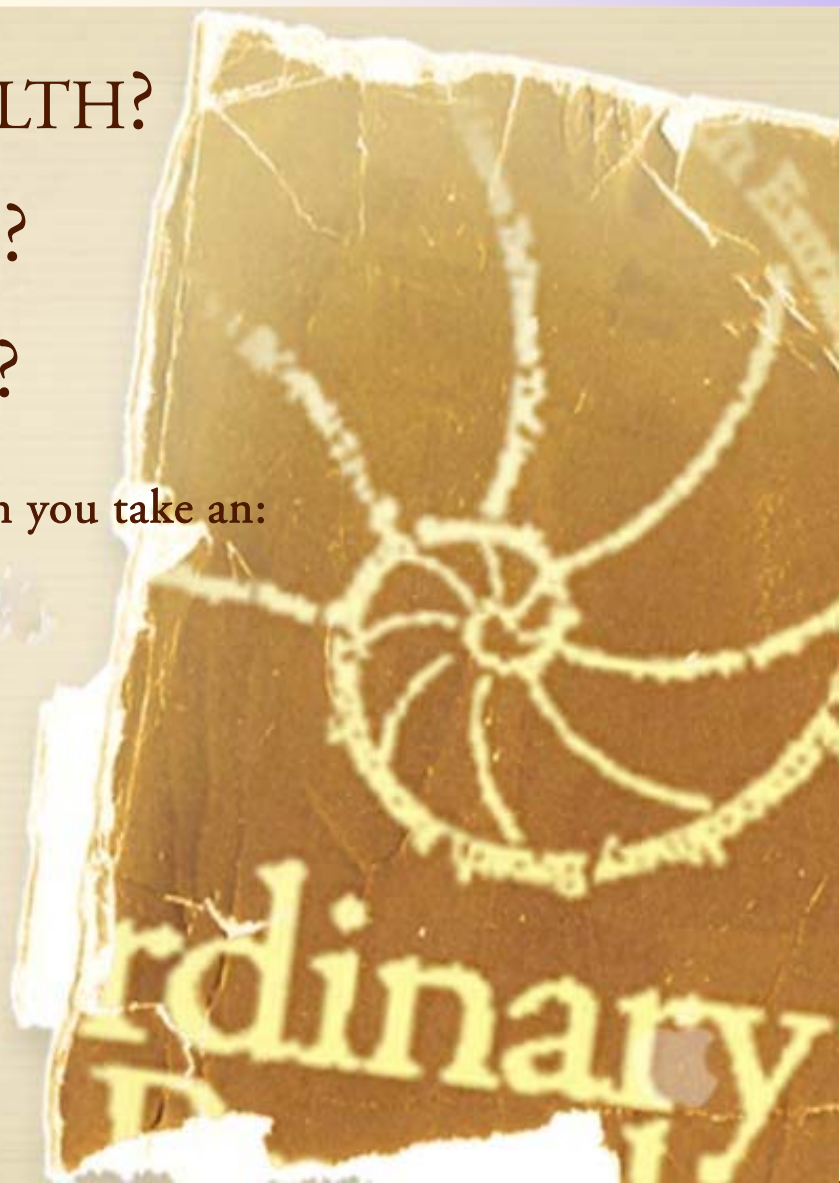
Would you like **LESS STRESS?**

Would you like **MORE JOY?**

You can have all this, and more, when you take an:

Extraordinary Breath

**DONALD &
CHERYL LYNNE
RUBBO**



EXTRAORDINARY BREATH

Making the Power of Deep Breathing Work for You!

An extraordinary breath is when our intention
and our breath are one;
with every long, deep and even breath
we consciously balance mind, body and spirit.

**DONALD &
CHERYL LYNNE
RUBBO**

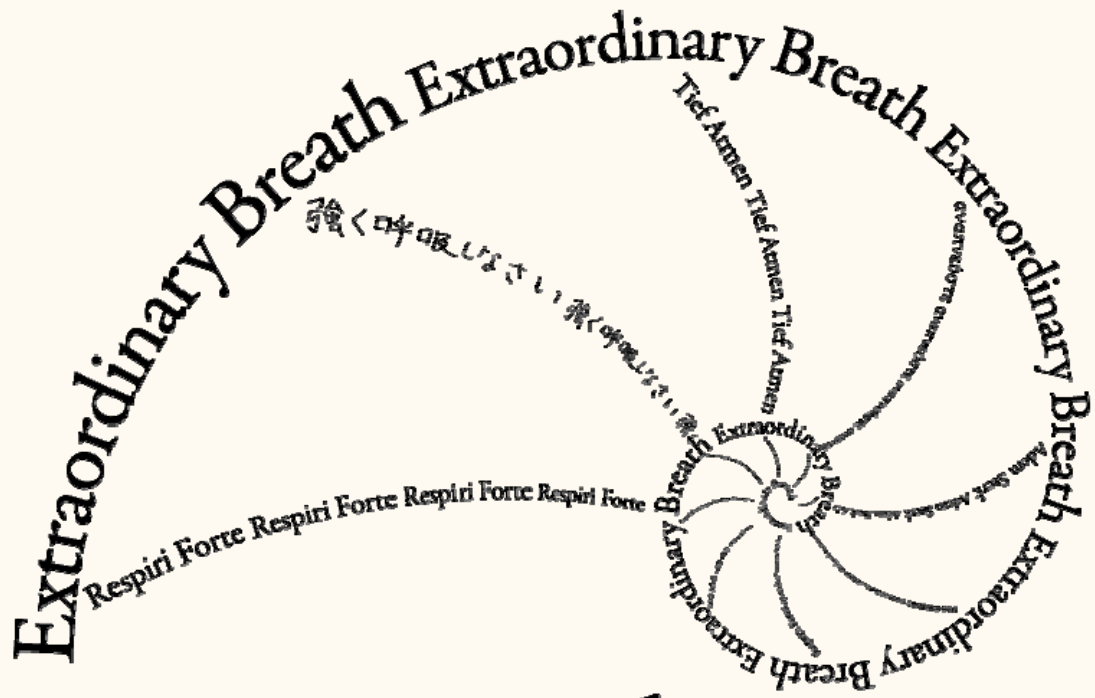
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The Extraordinary Breath is not a medical treatment and is not intended to replace Western medicine, but rather to complement it. We encourage you to be the authority on your own body, and seek medical care and advice when required.



Extraordinary Breath

“Some men see things as they are, and say why.
I dream things that never were, and say why not.”

- George Bernard Shaw

You are reading this book thanks to the generous support and contributions
of our Extraordinary Dreamers!

INTRODUCTION

Breathing is essential to life.

It's the first thing we do when we are born, and it is the last thing we do when we die. We can go weeks and months without food, we can go days and weeks without water, but we can only go moments without breath.

Breathing is the most important function of our bodies, yet we do not use it to its full potential.

Intention-driven action is the core philosophy at Rubbo Art of Energy. Intention-driven action encourages everyone to live their authentic self in every moment, with every breath, and frees you to be the architect of your life.

Human beings, on average, take about 20,000 breaths per day. By merging our intention - shifting from negative modes of thinking to positive modes - with every inhalation and exhalation during our waking moments, we can heighten and direct the changes we desire in our body, mind and spirit. On the exhalation we let go of what we don't want in our lives, and on the inhalation we bring in those qualities that serve our highest good.

Over time, our intention and our breath become one activity: we are automatically breathing long, full breaths and balancing our physical, mental and emotional states of well-being.

The Extraordinary Breath provides:

- Skills for improving your overall quality of life
- Breathing techniques to relieve stress and tension
- Keys to unlock limitless potential and
- Physical, mental and emotional well being
- Methods to expand your internal tool kit, including the creative process of cultivating, controlling and expressing 'energy' for the attainment of personal power and inner peace.

Through practicing the Extraordinary Breath you will gain peace of mind, joy and happiness, greater health and vitality and abundant energy. They are just a breath away.

Donald & Cheryl Lynne Rubbo

EXTRAORDINARY BREATH HEALS WORLDWIDE!

Our Extraordinary Breath system saves lives worldwide! Walter and Ursi Koehli taught a young couple suffering from altitude sickness in the Peruvian Andes our Extraordinary Breath technique, and watched with pride as the young couple quickly recovered and trekked off to finish their vacation!

Walter and Ursi Koehli, a joyful and inquisitive Swiss couple, have been studying transformative arts with us for several years now, at our workshops and retreats in Switzerland and Italy.

Walter and Ursi learned the Extraordinary Breath technique at our June, 2007, retreat at Centro d' Ompio, Lago d' Orta, Italy, and they tell us they practice the breathwork daily. They are retired and love to hike and they especially love to travel the world. January, 2008, found them high in the Peruvian Andes on a trekking vacation.

Walter and Ursi were trekking up the mountain, coasting along at a pretty good pace, and marveling at the effortlessness of the hike, feeling exuberant and energetic. At around 3,000 meters (about 10,000 feet) they came upon a young couple in distress who were suffering from severe altitude sickness and unable to move. They were stuck in steep, arduous mountain terrain, inaccessible to helicopters and vehicles, and far from medical help.

The young couple's trip was turning into a nightmare, instead of the joyful journey they had anticipated.

Walter and Ursi immediately came to their aid. They sat down and guided this young couple through the Extraordinary Breath technique, patiently going through the One-Part, Two-Part and Three-Part Breath work. By practicing this simple, yet profound system of deep-breathing, the young couple recovered from their altitude sickness and found they were able to resume their trek the very next day, passing up Walter and Ursi on the trail to finish their climb.

We are so delighted that, like ripples from a pebble tossed into a pond, our work is bringing benefit to people all over the world.

Donald & Cheryl Lynne Rubbo
January 2009

GIVING OUR IDEAS FOR IMPROVING HEALTHCARE DIRECTLY TO THE PRESIDENT



The Obama administration is seeking the input of Americans to help positively change the future of our country. Just prior to the Inauguration they sent out an invitation asking Americans to submit their ideas on how to improve the economy, education, energy, the environment and health care, among other topics, to the Obama-Biden Transition Team's interactive website that will be compiled into a Citizen's Briefing Book for President Obama.

We submitted our idea for incorporating mind-body stress management programs into our healthcare system, of which we believe deep-breathing techniques to be a top priority.

To encourage health reform, significantly reduce the ballooning cost of healthcare and increase the health, work-productivity and confidence of Americans, create and support programs that promote mind-body stress management systems.

Millions of Americans, insured or not, suffer from illness, stress and depression, and the current economic melt-down has created a climate of fear and uncertainty that is increasing the number of people at risk for serious health problems. We know that someone living in a chronic state of anxiety is functioning on reduced capacity, and with diminished decision-making abilities.

Self-directed methods of stress management have been shown to be highly successful in reducing the symptoms of stress, and actually increase the efficacy of medical treatments.

A simple, effective and immediate way for people to be proactive in their own healthcare is by practicing a system of deep breathing techniques, and for many, attending workshops and retreats on breathing exercises and lifestyle modifications will give them the support and training they need to shift into healthier behaviors.

We at PDP II Research Foundation have such programs in place, and we have recommended to the Obama administration a comprehensive plan to create programs that educate and empower Americans to maximize the profound benefits of self-directed stress management systems.

EXTRAORDINARY BREATH

What is an extraordinary breath? An extraordinary breath is when our intention and our breath are one; with each and every long, deep and smooth breath we are consciously balancing our mind, body and spirit.



Our thoughts and our breath become synchronized, the thought of relaxation creates the relaxation; the thought of clarity of mind creates the expanded awareness; the thought of inner strength becomes firmness of character.

Our intention and our breath become simultaneous: we are automatically breathing long, full breaths and balancing our physical, mental and emotional well-being.

And like a gentle spring shower, your full, relaxed breath is bringing in more and more life-sustaining oxygen molecules into every cell of your body.

Shallow Breathing has become the Norm

Have you ever noticed how tiny newborn babies breathe? Their inhalation and exhalation gently expands and relaxes their abdomens, their breathing is automatically deep and full, and moves their entire bodies.

Take a moment now and notice how you are breathing. Like most people, you are probably breathing into the upper part of your torso, filling only the upper portions of your lungs, the shoulders rising upward as you inhale and relaxing downward as you exhale, with very little movement in the abdominal area.

Shallow breathing into the upper lungs is the body's natural response to perceived danger, but this response was only meant to be temporary. The current global state of uncertainty and fear keeps us in this anxious state, and the costs our bodies, minds and spirits are paying for this are incalculable.

Stress is one of the major causes of shallow breathing. Over time, and as a result of living in these extraordinary times, our breathing settles into an automatic superficial respiration without our even noticing. The buildup of toxic carbon dioxide is slow but steady, creating fatigue, mental fog and decreased tissue function. Stress also releases the hormones cortisol, GH and norepinephrine, increases blood pressure and blood sugar, and reduces immune responses. In fact, cortisol actually weakens the immune system.

Shallow breathing does not allow you to receive and absorb all of the oxygen necessary for your body to function at an optimal level, and it results in a condition known as oxygen deprivation.

Oxygen Deprivation or Deficiency

Oxygen deprivation in healthy people, or generalized hypoxia, is a condition in which the whole body is deprived of an adequate supply of oxygen. This can occur in high altitudes, underwater diving, breathing air with low oxygen content, or chronic shallow breathing. The symptoms of oxygen deficiency include headaches, shortness of breath, nausea, overall body weakness, fatigue, circulation problems, poor digestion, muscle aches and pains, depression, and memory loss.

The immune system can be compromised by a lack of oxygen, and our bodies become more susceptible to bacteria, viral parasitic infections, colds, and flu. Oxygen is the source of life energy to all cells in the body, cells use blood sugar (glucose) and oxygen to create Adenosine Tri-Phosphate (ATP), the energy source that fuels cell function. When our bodies are oxygen deficient, vital nutrients from food and nutritional supplements cannot be metabolized effectively, and toxins and pollutants cannot be properly oxidized and eliminated.

An important factor in the depletion of oxygen intake has recently come to light. Researchers have found that the oxygen in our atmosphere today is as much as one-third less than in ancient times, and that it is especially low in our larger cities.

As our supply of oxygen continues to decline, the earth's oxygen-producing forests and rainforests are disappearing, and are at the smallest size in recorded history.

Today's low oxygen content in our air puts tremendous stress on the human body as it labors to obtain all of the oxygen required to function properly. As oxygen levels in the body are reduced, the body's immune system begins to weaken, cell performance is impaired, and we become vulnerable to disease and other symptoms of oxygen deprivation.

Extraordinary Practices for Extraordinary Times

We feel that it is more important than ever to offer a way to reverse these alarming trends. That is why we are releasing this free eBook on the Extraordinary Breath. We want to make this easy to learn, profound breathing system available to the entire world, and give people a time-proven way to be proactive in their own health and well-being, to make deep breathing and positive thoughts habitual and to allow the citizens of our world to live their lives with clarity of purpose, greater happiness and stronger connections to nature and to one another.

*Once you understand the mechanics
of a system or form, and apply repetition,
you will achieve perfection of accomplishment.*
—Donald Rubbo

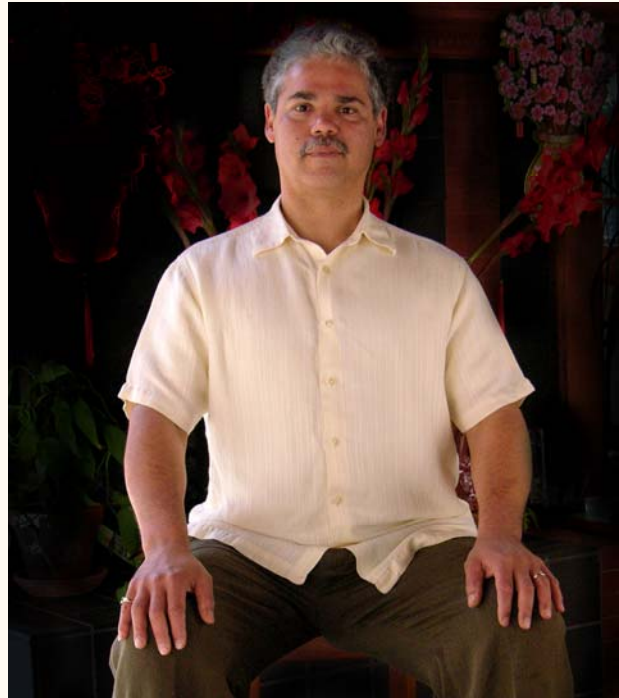
Practicing creates the Habit of Deep Breathing

When you practice the Extraordinary Breath system daily you are training your body and mind to breathe deeply with intention, and creating a positive habit; eventually you will notice your breathing only when you are not breathing deeply.

SITTING Beginning Level

To create the most relaxed state of mind to practice the Extraordinary Breath, sit comfortably in a chair, with your spine straight. Take a moment to notice whether you are too upright, or if you are slouched, and then make any adjustments necessary. If it is comfortable, you should sit forward in your chair. If you are ill or have an injury that causes discomfort, then rest your back against the chair.

Your shoulders should be relaxed; if you feel tension in your neck and in your shoulders, allow the muscles to relax and sink downward. Lift your midriff section up (the area between the crest of your hip and your lower rib), without tension, this will ease any compression in your lower back.



Place your feet about shoulder width apart, resting them flat on the ground. Press your feet gently into the floor, getting a sense of the earth underneath your feet. Then relax your feet and notice your continuing awareness of the floor.

Rest your tongue gently on the roof of your mouth, relaxed and tension-free. Bringing awareness to your face, relax the muscles and raise the corners of your lips, bringing a gentle smile to your face. Your eyes should be open and your gaze should be level, resting on the horizon.

Bring a smiling quality into the center of your heart, and let it shine out through your eyes.

ONE PART BREATH

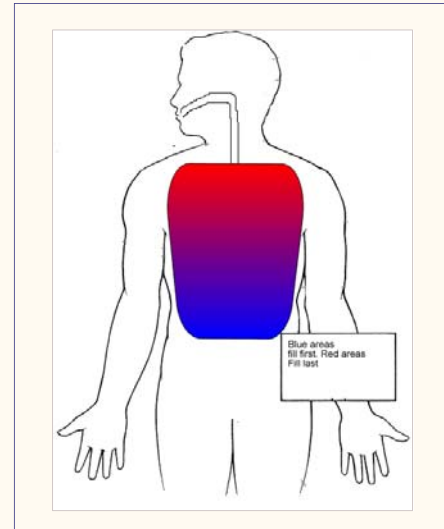
The One Part Breath is done by filling the torso completely with one breath, from **the lower abdomen** up to **the collarbone**. You will then pause, and expel the air completely starting from **the lower abdomen** up to **the collarbone**.

Sitting in stillness for a moment, notice, without distraction, how you are feeling.

Now bring your awareness down to your lower abdomen, to a point about two inches below your navel and two inches inside your body.

Allow your mind to rest in being aware of the sensations in your lower abdomen. Notice how the act of being aware has affected your breathing, slowing it down.

Now, consciously (with mindfulness), perform the One Part Breath:



Begin the practice of the One Part Breath by exhaling gently and completely.

Inhale, through the nose, and slowly fill the abdominal area. Moving your awareness upward, fill the middle and then the upper lungs, until all the available space is filled with air in one breath.

Pause briefly. Exhale, through the nose, emptying the abdominal area, moving your awareness upward to the middle, and then upper lungs until all air has been expelled from the lungs (your lower abdomen should move inward to assist with the breath moving out).

Pause briefly.

Begin again, inhale and exhale One Part Breath for a total of three times.

Now allow yourself to breathe gently and naturally, and notice, without distraction, the positive changes that have occurred in your mind, body and spirit.

Intention-Driven Action: Thought as Catalyst

When you have become comfortable practicing the One Part Breath, incorporate your intention into the breathwork.

For example, you can say to yourself:

“Every breath I take leads me closer and closer to attaining the fulfillment of my desires.”

The thought and the breath become synchronized, one does not occur without the other, and the thought of the desired result brings us the result.



The Extraordinary Breath Book

The information presented here is taken from our book, Extraordinary Breath, Making the Power of Deep Breathing Work for You, which has been published as a Print-On-Demand book through Xlibris Publications. It is available as a hardcover and softcover book, and can be ordered online at <http://www.ExtraordinaryBreath.com> or on <http://www.Amazon.com>.

We updated the full Extraordinary Breath book, and it is now available as an eBook for your convenience. You can purchase it on our websites, <http://www.CultivateChi.com> or <http://www.BreatheStrong.org>.

Donald and I, through Rubbo Art of Energy and PDP II Research Foundation, intend to make the greatest positive impact on the health of our world, for generations to come.

Please email us at info@CultivateChi.com and let us know the benefits that you have experienced once you have made the Extraordinary Breath your own!

Cheryl Lynne Rubbo
February 2009

About Donald & Cheryl Lynne Rubbo

Bio-Energy healers, innovators, artists, and pioneers in mind/body medicine, Donald and Cheryl Lynne Rubbo are San Francisco-based international seminar leaders, authors and social entrepreneurs who have helped thousands transform their lives over the past 30 years.

As teachers, mentors and in their private practice they combine a diverse background in martial, internal and healing arts, including Karate, Shao Lin Kung Fu, Tai Chi Chuan, many systems of Qigong and profound meditative methods. They are the co-founders of Rubbo Art of Energy; Authors of *Extraordinary Breath, Making the Power of Deep Breathing Work for You*; and Board Chair and Executive Director of the PDP II Research Foundation, a 501 (C.) (3) nonprofit health education organization.

For more information on Donald and Cheryl Lynne Rubbo, please visit them online at <http://www.CultivateChi.com>

About Elizabeth Meloney

Elizabeth has studied with the Rubbos since May, 2000. She holds a degree in Philosophy from the University of California at Berkeley, and is a former gymnastics instructor with a long-term, passionate interest in wellness. She originally came to get help in overcoming the ravaging effects of undiagnosed Lyme Disease which had kept her housebound for years. Under their guidance, she completed the rigorous Three Year Teacher Training program and is currently Program Director at PDP II Research Foundation.

About P.D.P. II Research Foundation

Paul D. Pickens II Research Foundation, a 501 (C) (3) nonprofit health education organization, is a leader in transformative health practices, and with the support of our donors and benefactors the Foundation is making a positive difference in the health of communities throughout the world.

Our Purpose:

To raise awareness about the profound health benefits of ancient healing systems, and to foster the growth of connected communities working together for peace and encouraging the integration of wisdom, compassion, spirituality and right view into daily living.

Our Vision:

To shift the paradigm of suffering and ill health in our world to joy, compassion, generosity and vibrant good health; inspiring by example the desire in others to do the same; to build and connect a global community of healers.

Our Mission:

The mission of PDP II Research Foundation is to reduce suffering, improve health and elevate consciousness worldwide, by raising awareness of the profound health benefits of ancient healing systems. Our mission supports the elevation of global health and consciousness by advancing self-directed healing systems through educational materials and instruction.

Messages sent to the Obama Transition Team:

The programs created by the PDP II Research Foundation have been enormously helpful to me and many, many others dealing with a broad spectrum of health issues. Assisting people to actively support their own healing reduces medical costs for the individual and alleviates stress on the medical system as a whole. Marilyny. 1/16/2009

I have benefited enormously from the assistance I have received through the PDP II Research Foundation, and believe that their adoption on a wider scale will have a significant effect on the health and well-being of all Americans. DanReich. 1/16/2009

The easy to learn deep breathing techniques developed by the PDP II Research Foundation has literally changed my life. Making this system available to a large number of Americans will prove to be the greatest cost effective, preventative medical program ever enacted. KenF 1/17/2009

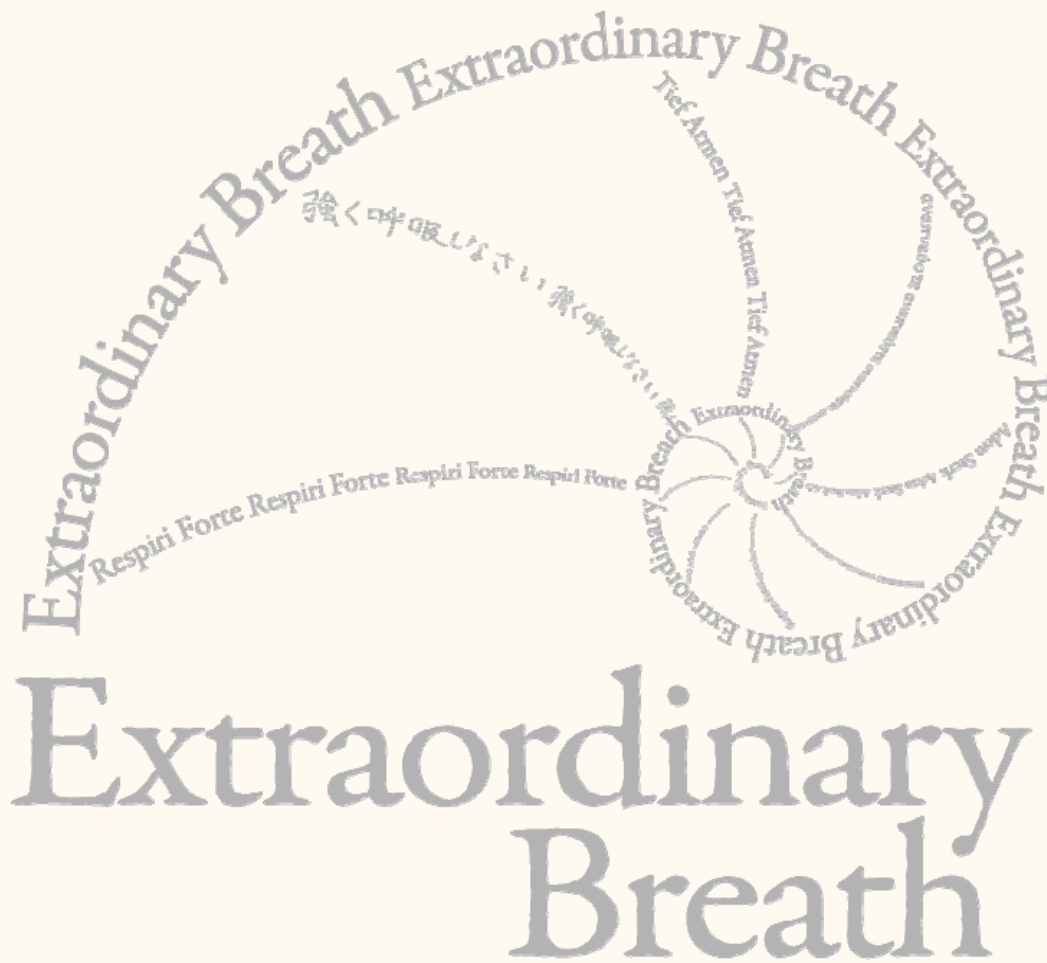
The wellness programs offered through the PDP II Research Foundation have quite literally transformed my health and my life. Broadening the availability of these programs and practices will bring profound and lasting benefits to people of all ages. ElizabethM 1/17/2009

PDP II Research Foundation's wellness and fitness programs have had a profoundly positive effect on my physical, emotional and psychological health and well-being. Making these programs available to all Americans would benefit the health and well-being of our entire nation. RisaA 1/18/2009



If one life has breathed easier because you have lived, your life has been a success.

Ralph Waldo Emerson



Extraordinary Breath

We hope you enjoy this eBook, and gain greater health
through your Extraordinary Breath.

You can make a difference in the world!

Please consider making a donation, of any size,
so that others can breathe easier.

Click here to go to our Donation page:

<http://breathstrong.org/donate/donate.html>

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**DONALD &
CHERYL LYNNE
RUBBO**

“Consider the question, ‘How many apples are in an apple seed?’ and the answer is ‘countless.’ So too are our choices for our lives,” says Donald Rubbo.

“Without fanfare and self-promotion, the Rubbos have been teaching, healing, and actively building a community in Northern California as more and more people have come to recognize the deep spiritual grounding of this extraordinary couple. Their book is a straightforward primer on the fundamentals of the breath.”

Peter Coyote (Hosho Jishi) writer/actor

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RUBBO
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