

The G-Breath

The G-Breath is a simple yet powerful technique developed by Cory Herter (<http://coryherter.com>) that works like a reset button for your brain by taking you through the four brainwave states: Beta (physical), Alpha (emotional), Theta (mental), Delta (spiritual) and back to Beta (physical) to complete the natural cycle. This allows one to energetically shift from feeling stuck, overwhelmed, or upset to greater calm and clarity. The G-Breath can be used any time for countless purposes.

For maximum benefit, inhale for **three seconds**, completely **filling the lungs**. Then exhale for **three seconds**, completely **emptying the lungs**. By the end of the G-Breath you should feel slightly light-headed. Allow two to three minutes for the light-headed feeling to pass before going on to do something else.

M = Mouth

N = Nose

*Finger positions switch after each exhale.

G-Breath with *Finger Positions

MM—Tips of thumbs together (Note: MM=Inhale through mouth, exhale through mouth)

MN—Thumbs and Index Fingertips together (Note: Form a circle with thumb and finger of each hand)

NN—Thumbs and Middle Fingertips together

NM—Thumb and Ring Fingertips together

MM—Thumb and Pinkie Fingertips together

MN—Thumbs and Index Fingertips together

NN—Thumbs and Middle Fingertips together

NM—Thumb and Ring Fingertips together

MM—Thumb and Pinkie Fingertips together

MN—Thumbs and Index Fingertips together

NN—Thumbs and Middle Fingertips together

NM—Thumb and Ring Fingertips together

MM—Thumb and Pinkie Fingertips together