

Observed, Constrained, Altered, Involuntary

special thanks to Jorge Gomez Abrante and Michael Baldwin

Definitions:

Observed breathing: Observe your own breathing without consciously manipulating it.

Examples: you notice you are breathing and take note, you have run a long distance and hear your panting, feel your lungs expanding and contracting.

Constrained breathing: Impose constraints that alter in advance the timing of breathing, the type of breathing, or the dynamics of breathing.

Examples: hold your breath between inhalation and exhalation as long as you can, inhale for four seconds and exhale for six seconds; inhale through the mouth instead of using the nose, change the position of the lips while exhaling; inhale louder, exhale softer, etc..

Altered breathing: Perform an activity that purposely pushes you to alter your breathing in ways that you cannot predict

Examples: activities might be running, physical exercises, blowing continuously, etc..

Involuntary breathing: You are not aware of your own breathing and you do not control it.

Examples: most of the time, you breathe this way; you breathe without thought, without intention, without awareness.

Instructions:

There are 20 breathing instructions.
Each involves two or more definitions of breathing.

Questioning:

For each instruction, ask: *which kind of breathing emerges?*
I proposed some answers.
Try yourself and propose your own answers.

To be performed any place, any time

Observe you altered breathing



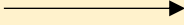
observed and altered?

Observe your involuntary breathing



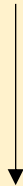
impossible? observed? involuntary?

Observe your constrained breathing



constrained and observed?

Observe your observed breathing



observed? altered?

Observe your altered and involuntary breathing



sometimes altered and involuntary, sometimes altered and observed? impossible?

Constrain you observed breathing



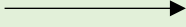
constrained?

Constrain your altered breathing



constrained and altered?

Constrain your involuntary breathing



constrained? sometimes constrained, sometimes involuntary?

Constrain your constrained breathing



constrained?

Constrain your altered and involuntary breathing



constrained and altered? impossible?

Alter you observed breathing



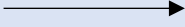
altered and observed? altered?

Alter your involuntary breathing



altered and involuntary?

Alter your constrained breathing



altered? constrained and altered?

Alter your altered breathing



altered? constrained?

Alter your altered and involuntary breathing



altered? constrained?

Do not be aware of your involuntary breathing



involuntary? sometimes altered?

Do not be aware of your altered breathing



altered?

Do not be aware of your constrained breathing



constrained, sometimes involuntary? impossible?

Do not be aware of your observed breathing



impossible?

Do not be aware of your altered and involuntary breathing



involuntary?