

The sixteen minutes, at home.

The slow half of a RESET, for your own floor: three techniques, in order, each slower than the last. The breath is slowed, never sped up, and nothing in it is fast or forced. It is meditation by way of the breath: the pace drops, the attention settles, and noticing is the whole instruction. Lie down or sit, set the first track playing, and follow the chimes.

THE THREE TECHNIQUES

Physiological sighs

~ 3 MINUTES

Two breaths in through the nose, one long and a short one on top, then a slow sigh out through the mouth. Again, and again. The double inhale is thought to reopen the small air sacs of the lungs, and a long exhale is associated with a slower heart rate.

Extended exhale

~ 6 MINUTES

In through the nose for four, out for six. As the minutes pass, let the exhale lengthen toward eight, and only as far as stays comfortable. The exhale is where the letting go lives.

Track: Four Six — the high chime is the in-breath, the low chime the out.

Coherent breathing

~ 7 MINUTES

In for five, out for five. About five and a half breaths a minute, like a tide. The pad carries the count so you don't have to: it swells and settles on an eleven-second cycle, and the breath follows it.

Track: Coherent 5.5 — then let **Stillness** play while you sit quietly or write.

READ ONCE, THEN SET IT DOWN

- Seated or lying down only — never standing, never in water, never while driving.
- Slow breathing only on your own. The active, faster formats stay in the room, with a Facilitator and a screening.
- If you feel dizzy, tingly, or uncomfortable, return to your normal breathing and rest. Nothing here is ever forced.
- These pacing tracks are practice aids, not the score. The scores are original, composed for the room, and stay there.