

# JOSH TRENT

## Using The Breath To Eliminate Fear, Anxiety, & Depression

**Jason Prall:**

Hello and welcome everybody to Awaken The Healer Within. I'm your host, Jason Prall. Today with me, I have Josh Trent. He's the founder of Wellness Force Media, and host of the Wellness Force Podcast. He spent the last 18 years as a trainer, researcher and facilitator, discovering the physical and emotional intelligence for humans to thrive in our modern world. He holds a CES certification from National Academy of Sports Medicine, and is the creator of the BREATHE program, a 21 day guided breath and wellness program using ancient wisdom to boost your immunity, calm your mind and give you freedom from chronic stress in the modern world. Josh Trent, welcome my friend,

**Josh Trent:**

Jason, thank you for having me. This is a pleasure.

**Jason Prall:**

Yes. It's a pleasure to talk to you. You're in a new place. Your backdrop looks great. You look very happy. I know your wife is expecting, a lot of big changes in your world, so I love to see it.

**Josh Trent:**

Yes. I'm really excited about this too because we all need healing right now. So what a beautiful place to talk about it. The practical and the spiritual, so thanks, man.

**Jason Prall:**

Yeah, and through the reason I led off with that is because you have a very fascinating story about how you met your wife and how that all happened. So I would love for you to share that because it's a perfect example, as far as I'm concerned, about how magical the world is.

**Josh Trent:**

Yes, we are ... I've heard this from many guides. I just got back from a 10 day Native American Vision Quest and two guides, Mark Tollefson and Tim Corcoran said, "If you're ever lost, stop. If you're ever lost in the forest, the most powerful thing that any of us can do is to stop because there are people trying to find you," and we can take that same metaphor for our lives. If we are lost, if we need healing, if we need like surrender, stop. That was my world two years ago, where ... to share the story about my partner, Carrie Michelle and our child, Nova, two years ago, I had just gotten back from Costa Rica. I had gotten my ass kicked in an Ayahuasca Ceremony. I really was scrambling to make sense of my psyche that had been shattered and I got home and it was the most beautiful gift because in the midst of my current healing that I was experiencing, almost two and a half years ago now, I found a man named Paul Chek and I actually had found him 10 years earlier. He had me on his podcast called Living in 4D. He looks at me right in the podcast. He must've seen something from his third eye and he said, "Josh, what's the most important thing in life for you right now?" I said, "Finding my divine partner," and he's like, "Would you like help with that," with his smile.

**Josh Trent:**

I said, sure. So he said Paramahansa Yogananda's prayer twice on the show, which is, "Bless me that I choose my life's companion, according to the laws of perfect soul union." We said that twice, and I had a feeling of spaciousness, something clicked inside of me because I realized that I was trying to force a lot of things in my life instead of receive the universal wisdom from our Mother Earth that we are from. We are not on her. We are from her and also from great spirit. I was really just ignoring a lot of the breadcrumbs. When that happened on his podcast, I met Carrie less than two weeks later. The mother of my child.

**Josh Trent:**

I met her two weeks later in Sedona on a rock called Cathedral Rock. Now, I'm not a religious man but what an incredible story that looking back, I'm like, "Wow, it's so easy to connect the dots," in the spaciousness and in the stillness where I'd been running from ceremony to ceremony, to figure out how do I get healed? Meanwhile, the earth and God was bringing things and people to me all the time. All I had to do was slow down enough to listen and also to pray. To give homage to the things that maybe I don't understand and honor the mystery of this life.

**Josh Trent:**

So to no surprise here we are two years later. We're recording this interview and my son will be here on earth side soon. So it's a unique story, man. I think it's one that I really enjoy telling that because it honors the mystery. I didn't know in that moment when I was on his podcast, that less than two weeks later, I would meet the mother of my child after having a prayer that's so divine, really powerful, man. So here we are.

**Jason Prall:**

I love it. I love it and it is a cool story. That was only in the recent past. So, I'm curious, for you to get to that point, to be able to even entertain something like this, this strange prayer from a Yogi that has long since passed.

**Josh Trent:**

Sure.

**Jason Prall:**

Sitting there with Paul Chek, that's something that you can go through from the mental perspective, but to be in the heart perspective and to actually sit with that and really be with that prayer, what did it take you? Because I know you've been sort of on a ... let's call an awakening or spiritual journey for, well, your whole life, but I guess my real question is when did that sort of click on for you, that, "Oh, I'm a human here on this sort of awakening path or something bigger. There's a greater mystery," because I've known you for a few years now and you've sort of always ... you've had that in you since I've met you, but I'm curious when that really turned on for you

**Josh Trent:**

Looking back, it really started at birth and even pre-birth when I was a star seed somewhere, I guess you could say, choosing the parents that I would have and the contrast that I would experience. At 33 years old, that's when it really hit me the hardest, because prior to that, I was 10 years as a fitness professional

in some like 10,000 hours with clients in gyms and really just shining light on other people and the dark parts of my psyche, that first of all, I didn't know how to explore them. I didn't know that they even existed and I didn't have the tools to do so.

**Josh Trent:**

So that happens with a lot of fitness and health professionals is they're shining light on other people, but it keeps the dark parts of them dark and that was my case at 33, I was in a relationship with a woman that ended up very badly. We split and I thought she was the one. Then, I got fired from a corporate job, which was a beautiful gift, man. I mean, one of the most challenging things for so many of us, but when I got fired, I'll never forget this, I knew that I was going to make wellness force real. It had been something like in a dream and a little suitcase that I would check on every once in a while from like 2010, all the way up until 2014, '15.

**Josh Trent:**

I felt both excitement and liberation and also petrifying fear because I knew that everything that I had experienced up to that point, I was either going to do it or not. I was either going to live someone else's dream or I was going to live my own. So, it was the ultimate gut check moment. I was over the Carlsbad Golf Course, in my friend's spare bedroom, I had just started the podcast. I had a little rickety plastic stand that was like on a laptop and an old desk. I was like, "I'm going to do this no matter what." I cried that night. It was the first time I had really, really, really cried to God.

**Josh Trent:**

I asked the spirit for direction. Where do I go from here, because I'm not doing the other path. I've already lived someone else's dream. I've already gone the path of playing small. I've already done the things that help others dreams, but what about mine? I just said, "God, I don't want to be here. I don't want to be here if it's supposed to be like this, because I really would like to die, if you want me to go that other path." I just prayed and I said, "What would you have me do?" Over the next six months I met certain people and I was just really honestly humbled, which is the way for most of us to achieve any kind of awakenings to be spiritually and 3D world humbled.

**Josh Trent:**

That was the case for me. One episode after another and then, six months later, we put my mom in a mental institution because she suffered from manic bipolar for quite some time. So, with my mother's health and with the relationship ending and getting fired from the job and then crying to God, overlooking a golf course at like three in the morning, you would say that I was ripe for an awakening. So, that was the case and all these ingredients put together, flash forward, seven years, almost Jason. Seven years now, we're having this conversation where I chose that path of listening to spirit.

**Josh Trent:**

Not asking, what do I get to do in this world, but asking, what will you have me do? What would you like me to do here in this world, because I've done this stuff trying to force it, but I don't really think that power comes from force. Power comes from a place of calmness, a place of being secure in oneself. Power comes from peace. That's where real power comes from. David Hawkins book, Power Vs. Force. Power comes from peace. So, this path for me and you, and for all of us has been, "Okay, how do we achieve peace in oneself, in my own heart?" Instead of asking, "How do I have peace on earth and how do I heal the earth?"

**Josh Trent:**

Nope. It starts with you and I and everyone that's here with us. One lesson at a time, kneeling at the altar of humility, asking, "Great spirit. What would you like me to do," and being okay with whatever the answer is. That's what led me here to you.

**Jason Prall:**

Yeah. Well, and ultimately, at least at this point, you've landed on kind of breathwork as one of your prime methods of, I guess, exploring a deeper spiritual connection. An embodied healing practice, as well as something that you can share and teach with the world, right? So that's an interesting place to land because I know a little bit about your history with how you wanted to explore these paths, right? You said yourself, you're not a religious man. So this is what I think is so fascinating, and I hope to permission in as many people as possible that we have the Judeo-Christian traditions.

**Jason Prall:**

We've got the Eastern traditions. We've got the sort of indigenous and shamanic traditions from all around the world. We have perhaps even a more Western connection or tradition that is starting to emerge, that doesn't have deep roots yet but there's a lot of paths in the same place. I'm curious how you landed on breathwork because I know you've dabbled and explored and pulled wisdom from a number of different practices and traditions. So maybe you could just kind of walk us through some of the things that you explored and experimented with and some of the benefits that they provided for you, and ultimately how you ended up with breath work as kind of a central pillar for you.

**Josh Trent:**

Sure. Yeah, the big piece that I can say on breath is that ... and people have said this before, so I know this might sound however you want to take it, but the breath truly found me. People talk about their calling, it finds them. It found me because I was searching in all the wrong places, but the whole time I was actually not breathing myself and I want to get clear on what that actually means. Breath is the only voluntary and involuntary piece of the autonomic, automatic nervous system that we have. I mean, think about this, Jason, you and I don't digest our own food, unless we're like the Shaolin monks, maybe we do it then. We don't beat our own heart, either.

**Josh Trent:**

Something else beats our heart. Science shows us that the SA node beats, but nobody can say why it beats. You take a heart out, you put it in someone else, it still beats. Is it the heart or is it the soul? So long story short, when I found the Breath, it was actually from Mark Divine. It was actually from Unbeatable Mind Retreat in 2016. I wasn't ready for it yet though and this is honest, I wasn't ready for it. I did a catharsis breathwork session in 2016. I didn't really know why I was crying, but I was crying. Catharsis breathing, which we can talk about, there's three large forms of breathwork.

**Josh Trent:**

One of them is acute, one of them is cathartic, and then one of them is meditative and each one has their own approach, but for catharsis breath work, you're doing 20, 30, maybe even 60, 90 minute sessions of circular, continuous conscious, connected breathing and I was next to all these men that were very strong and very military minded and I'm like, "Why am I crying?" Later on I found out that you and I

both know the work of Bruce Lipton, like my issues were in my tissues. So over the next two years, I started dabbling into breathwork.

**Josh Trent:**

Just like any curious person would do. I would go to little workshops here and I would try some practices, but there really wasn't any trusted trainings like there is now and that's why I created the Breathe, Breath and Wellness program is because all of us need to understand that we are breathing ourselves, and also we are being breathed. That's a really big piece to hold on to and that means that we're never alone. The stress, the anxiety, and honestly, the depression that drove me for so long in my life, if I would have had the tools that I have now, I wonder if things would have been easier.

**Josh Trent:**

Now, I don't regret anything because it led me here with you, and it led me to Wellness Force but the Breath called me in because I was searching for answers, and guess what answers I was searching for? How do I heal myself? How do I have peace inside myself and how do I be a father and a king of my domain without faking it? You know, this phrase, fake it until you make it. Whenever we're faking it. We do this. We're hoping no one is watching us. We're not being in honesty and in integrity with ourselves. So when I'm faking something, I'm holding my breath and I think a lot of us are faking a lot of things.

**Josh Trent:**

So the breath has an antidote to lie. It's an antidote to fear. It's an antidote to living out of alignment with self, and that's what it was for me. That gift unfolded in my journeys to Thailand in 2018 and I learned from Niraj and SOMA and then I took some of the practices there and I just started borrowing, Jason. I was Borrowing from Gwen Payne in Sedona and Anahata Ananda, and I was borrowing from Niraj and I was borrowing from Dan Brule and Dr. Belisa Vranich and all these people that have been my mentors and I credit them in the program as well. What really took it home for me was if I can breathe, I can choose.

**Josh Trent:**

I'll close by just saying, like, it's on my arm for a reason, "se posso respirare posso scegliere," and it means if I can breathe, I can choose. I can choose to be loving. I can choose to be here with you and be present, and not be on my phone. I can choose to look at the dark parts of myself that might really be uncomfortable, and that's where all the healing really lives and really is calling for, is that attention to the dark parts of self. So that's the short story actually of how the Breath found me.

**Jason Prall:**

Yeah. That's beautiful and this is one of those things that when you actually sit with your breath, it can be a little challenging, right?

**Josh Trent:**

Yeah.

**Jason Prall:**

Because it does bring you into your present moment, right? So often this is what we're often trying to avoid is the feeling that I have right now in my system, which may be anxiety or fear or loneliness or

sadness or whatever, it might be, disconnection. So, when we first start to engage the breath in a conscious way, then it instantly brings me here, right? If you were actually focusing on the breath, there's no place else that you can be, other than here in the moment, right? In the now and that can bring up some stuff, right?

**Jason Prall:**

So, there is a little bit of fear sometimes, if I'm going through a moment. There's a real reason why I actually may not want to be present. Yet as I become present, that is when things are solved, that is when things move. That is when the peace comes after this, right? So this is what I find so fascinating with the Breath and yet I think because we do it all day long and because everybody does it, it seems so unspacial and it seems so ... it doesn't seem like a medicine that can be that powerful, right? So, what do you say to those people that really ... like you were. What would you say to yourself back then? Even then you had a cathartic moment where you cried because you did breathwork and yet you still didn't get it.

**Jason Prall:**

What might you tell yourself at that point to maybe help it sink in a little bit further of how powerful the breath can be if you just continue to give it a shot?

**Josh Trent:**

Yeah. It's how I started our conversation. If people are denying the truth of the present moment, just stop and be aware of what's there. Now, that might seem esoteric to a purely logical minded person, but right now, in this moment, if we were to just put both hands on our belly and breathe like an animal does, right? An animal breaths like a bellow on a fireplace, 360 degrees, you watch a dog breathe, they breathe outwards. They don't breathe up. We have been taught in society to breathe up. When we're breathing up, all of our energy, all of our chi, all of our prana is in our head and we're in our heads all day long anyway.

**Josh Trent:**

So even if there was some kind of wisdom that wanted to come through to heal anyone, if we're in our heads and we're holding our breath, the wisdom can't come through. A good analogy might be like, have you ever seen dirty contacts on an electrical system? The breath has a way of clearing away the soot and the confusion from dirty contacts, but if you're not breathing correctly, you might say, "Oh, I've done breathwork. I know exactly what it is," but your contacts are dirty. So in order to truly clean your contacts, you have to do full, deep diaphragmatic breathing. I would say to the people that might have doubts, I would say, how can you love your doubt?

**Josh Trent:**

How can you love the doubt that you have in your mind that tells you this won't work or I've done this before, whatever it is and notice where that really tyrant of the mind has directed you in your life to sabotage you. In other words, give it a shot, do real conscious, connected breathing so that you understand how to clean your contacts and not have your mind take over. That's what breathwork really does. The one key aspect of breathwork that I think applies to spiritual people, but also scientific people, Jason, is it's called the default mode network.

**Josh Trent:**

If we can turn down the volume on our safety searching mechanism, the posterior cingulate, the prefrontal cortex and the amygdala, if we can turn down the volume on our complete and total, I guess you could say alarm system, the default mode network is most active when we're in stillness. So to the degree that your default mode network is turned down by doing conscious, connected breathing, your present moments will be easier to experience. That's both a scientific and anecdotal report card that anyone could take stock of. So I would tell the people that have doubts about breathing.

**Josh Trent:**

First of all, when is the last time you've ever taken six rich, full circular, deep breaths, because the reality is you probably ever haven't. You probably have never even known how to. Then secondly, I would have them take an inventory of where has that tyrant of the mind that always tries to sabotage or belittle or placate things that God put here on this earth for us to experience and by the way, God is not a bearded dude in the sky. I'm talking about the creator of all things. The one that's fueling you to do what you do too. The one that's feeling the awakened community here. So it's a long answer and it's a deep answer because everyone breathes, yet everyone is also being breathed and that's what we have to come to peace with.

**Jason Prall:**

Well, I think it's so fascinating, right? We come into this world and the first thing that we do is take a breath, right? That is the sign that the infant ... in fact, you're about to go through this right now, right?

**Josh Trent:**

Yes.

**Jason Prall:**

This is the breath of life that is entering the body, right? we use that as a key indicator for healthy life, right? So I just find it fascinating that in the West, we have sort of disregarded the breath as something that doesn't need to be paid attention to, right? In the Eastern traditions, we have Pranayama, which is a whole science of yoga, right? This is ... there are hundreds, if not thousands of different breathwork techniques that they use for different things. One of the things that I know, because I'm Pitta in the Ayurveda, which is a kind of a fiery metabolic activity to cool the breath, there's a cooling breath that goes ... right?

**Jason Prall:**

That's something that is so weird to me, when I first heard that and saw that and yet, they've figured this stuff out on a deep level, these little micro techniques on how to do this. So I think it's fascinating that in the east, they've really made this a focus of the martial arts, the yogas the pranayamas, all kinds of traditions, let alone meditation and we're sort of rediscovering it here in the west. What's cool is I think that we do need programs like yours that are different than the pranayama's and some of the Eastern, and perhaps more developed practices because we need to apply them to our Western world, and we have a Western mind and a Western approach.

**Jason Prall:**

So we're applying that in the way that we would. So, I think it's super beneficial to have that come at us in a new way.

**Josh Trent:**

I got to piggyback on what you said, two things. First of all, yes, we need simplistic, practical ways to breathe, which is exactly how I built the program. I looked at all these esoteric concepts, which they're valuable. Everything you've mentioned incredibly valuable, incredibly valuable but not everybody has a year to travel the world and go sit in caves and breathe with shamans, right, or with breathwork practitioners.

**Jason Prall:**

Well, a lot of this stuff is in Sanskrit, right? It's in a language.

**Josh Trent:**

Right.

**Jason Prall:**

So you do have to do a lot of your own research-

**Josh Trent:**

A lot of your own research.

**Jason Prall:**

You got to go study Yoga or Ayurveda in order to even get a semblance of some of this stuff.

**Josh Trent:**

That's the first piece, 100% on what you just said and since we're talking about our babies, right, my son to come. If you cover a baby's nose, a baby will start to choke. Now think about that, why did the creator make it so that if a baby's nose is plugged, that a baby will start to choke. It's because we were designed to have that circular breath through our nose. We have all become mouth breathers. Most people breathe with protracted shoulders, a forward flex kyphotic spine and most people breathe from their sternum to their neck. Most people have really tight sternocleidomastoid muscles.

**Josh Trent:**

This is the majority of the public. I would suffice to say probably 80% of people or more, are breathing completely improper. I just had a client here. This is three days ago. I just had a guy who came. We did a full day together. We did hot and cold therapy in the garage and we did the healing mat with catharsis breathing and it took me almost 45 minutes to teach him how to breathe through his belly, because we have all been trained to breathe through our chest.

**Jason Prall:**

Right.

**Josh Trent:**

That's the big piece that we all have to understand here is, look, you can do all the biohacking, you can go get all the heady things, but until you learn how to embody the breath practice, so you're truly

breathing through your diaphragm, no amount of breath work is going to save you because you're not giving your body the kind of nutrients that it really deserves and what it needs. So there's training that this is involved for. None of us know how to shoot pool, we have to practice. None of us know how to play football, we have to practice. Well, we have to practice with our breath too. It doesn't matter if it happens unconsciously. We have to consciously practice it too.

**Jason Prall:**

Right. Well, and one of the things too about breathwork that I think is worth noting is that it's more than just this oxygen CO2 sort of exchange, right? That's the way we think about it oftentimes in the Western world and sort of this mechanical minded is that I'm just breathing in sort of the oxygen, nitrogen and hydrogen and it's coming in and it's being exchanged through my body and then the carbon dioxide is leaving. We have this beautiful cycle with the trees and blah, blah, blah. There's so much more to it, right?

**Jason Prall:**

This is where I think an awakened mind, a deeper spiritual connection, you start to understand this from a different level, not from a mind perspective, but as you get more intimate and familiar with the breath and what it is, then there's a deeper realization that best starts to happen and it continues as far as I'm aware, right? I'm only aware of a certain amount and from what I can tell, it goes deeper much, much, much, much deeper. So, as I continue to deepen my own practice and my own awareness with the breath, then new realizations start to come and they just come.

**Jason Prall:**

This is, what's so fascinating. I think it's why it's so ... for me, there's a lot of reasons to explore breath, right? The physical healing that can happen, the mental and emotional healing that can happen and this deeper connection to ourselves, and it is a process of awakening in and of itself, right? So, there's a real regal value in the breath, and some of these things can't be told they. They can be spoken of.

**Josh Trent:**

Yes.

**Jason Prall:**

You can try to point to some of these things and it can be helpful to point, that some of this stuff is a realization that one has to have and this is my experience.

**Josh Trent:**

My experience too and I love to use the word experience because we have to be very cautious of wearing our unearned wisdom on our sleeve. I think a lot of people in the health industry or just really in any industry, it doesn't matter what industry you are.

**Jason Prall:**

Yeah. Yeah.

**Josh Trent:**

We have a tendency to, I have a huge bookcase, to get all the books, to listen to all the podcasts. I call this the arc of intelligence in my training and not just with clients, but in all of our programs. We gather, we apply and then we embody, but people want to go right to gather, right to embody. They want to skip the apply. You can't skip the apply.

**Jason Prall:**

Then, they want to teach it, right? They want to teach it.

**Josh Trent:**

Then, they want to teach it and then, it takes them 45 minutes to learn how to breathe in their belly. That's not to shame anyone, I love this person. I honor his journey. I do and I honor all of our journey because there have been times when I first started my podcast where I faked it until I make it. I literally did what I'm saying now from this vantage point, because I was in my lower self. I hadn't gone through enough experience. I didn't have the life experience to really have my badge of wisdom be earned and this is the key man, without my wounding.

**Josh Trent:**

My wisdom that I'm giving to the world is only going to be as potent to the degree that I'm not throwing my wounding on top of it. My wisdom is not clouded by my wounding. So, that's the big piece for all of us here and you've spoken to this, is like as we go deeper into the breath and we start to receive more of the awakening and more of the benefits of awakening, we're awakening to self. Sometimes what we find is going to be really, really scary and that's okay. You have to have the right kind of practitioners that can hold the space, both energetically, physically, emotionally and spiritually.

**Josh Trent:**

We have to be able to be in catharsis breathwork sessions, where there's truly the desire for healing and not just monetary compensation and unfortunately, that's what I see a lot in our space is people that are having their wisdom clouded by their wounding, wanting to have that wisdom that they actually haven't earned and also doing things just for financial motivation. So we have to be aware of this, not judgmental but we have to be like aware that this exists and we have to really get clear on our intuition, like how do we use our own breath to decipher what kind of breath training that we want to do, and also who we trust.

**Jason Prall:**

Right, and this is something worth exploring too, the various types of breathworks and the teachers and it's worth exploring and opening up ourselves to these ideas and to these people, and I think this is what's cool about the breath is that it's actually not a huge investment in our time or our money. It's a simple exploration that is easy to do and what's cool too, is that we'll have Josh on to do a masterclass session as well. So I hope you guys are able to catch that and we'll go deeper into some of these practices.

**Jason Prall:**

He'll teach us some of this stuff that we can take home, but Josh, before we go, I would love for you to give just a couple tangible things for people that they can do with the Breath, right? Maybe to calm

anxiety, or if they feel depressed or something that they can do to help them to go to sleep or wake up or anything that you can throw at us that would be beneficial from a breathwork standpoint.

**Josh Trent:**

Yeah. Two practices and we're going to be doing a deeper dive, when we do our masterclass, so definitely check us out there. Two things, the first is go to [wellnessforce.com/m21](https://wellnessforce.com/m21). There's a three-minute practice in there. You can start to, I guess, dip your toe in the water. That's the first piece. The second piece is there's two practices that most people can use right now that'll give them massive benefit. One is the 4-7-8 breathing for sleep and the other one is a five count box breath. Now they're just as easy as they sound, four, seven and eight. All that means is you're going to inhale through your nose for four. You're going to hold for seven and you're going to exhale audibly through your mouth.

**Josh Trent:**

That's the key, most people miss this, audibly exhale slowly for eight seconds and then repeat, right? So 4-7-8 breathing, that has been shown in both my own life, my clients, the program people, and also in different studies for sleep, breathwork on sleep 4-7-8 for people that have trouble sleeping. So inhale through your nose for four, hold at the top for seven, you want to fill your belly with the air and then when you exhale, exhale, audibly for eight, like ...

**Jason Prall:**

Can we try that?

**Josh Trent:**

Sure.

**Jason Prall:**

Can we try one of those?

**Josh Trent:**

Now, if you're driving ... you shouldn't be watching video anyway, but if you're driving pull over, because we don't you passing out on the road. Okay. So, the first thing you do is just set your space, make sure that your knees are at or below your hips, make sure you're sitting up straight. You don't want to be slouching, right? So all the chakras right behind me is the chakra chart. Make sure your body is straight, so all your energy centers can be aligned and just close your eyes for a second and just take a big breath in through your nose for four seconds and hold for seven. In a couple of seconds, we're going to audible sound for eight seconds, audible exhale. Then you would repeat.

**Jason Prall:**

How many of those do I want to do, to get sort of-

**Josh Trent:**

I would do at least two of them. Okay, but the benefit is going to come, the more you do it. You'll know you're on the right path, Jason, if you start to feel like the sensation of eyes, watering, yawning is a really good sign. You know that you're probably needing two more. If you're already yawning and in nature, we yawn all the time as animals. We've just forgotten this. We've been demonized, like we shouldn't be

yawning. So yawning is really good. So, 4-7-8 for sleep, two to six to maybe an eight rounds of what we just did, 4-7-8 and you know you're on the right path when you're yawning. So that's one really great take home right now.

**Jason Prall:**

I want to comment on this one, because I first learned about this one from Andrew Weil in one of his books way back when, and it's such a cool breath because for me, a while back when I wasn't able to really meditate, I wasn't able to actually sit there and sort of switch off and just relax. My mind would go to the point where it just became pointless for me, this was one of those techniques that I use, it's almost a replacement or a substitute for meditation, and it was able to get me into meditation, right? So if I'm going from traditional day into meditation, I often found that I needed a transitory experience.

**Jason Prall:**

This was one of those where I could just do this 4-7-8 breath and I would do enough, six to eight of them is typically what I would do because that doesn't really take very long and it feels better. The more I did them, the more rounds I did, the better I felt. More calm I felt to a point where it's like, "Oh, I don't really want to stop this. This is great." I not only feel good emotionally, like I feel clear and relaxed, but you can start feeling the body, the changes going on in the body. That's what's really cool too. For me, I like to push things. I like to really see what's going to happen. If I do this seven, 10, 20, 30 times, is there some changes that I'm going to experience? That's what I noticed.

**Josh Trent:**

That's beautiful, man. I think that we're all going to experience changes, if we're doing the breath properly. One thing that we'll talk about in the masterclass is breathing from your diaphragm. We'll show you how to do that, because like I said, you could go through 4-7-8, you could do it two to eight times. Maybe you don't feel like you're yawning and you're wondering, am I doing this wrong? There's really no right or wrong, but there is optimal, right? So I'm not going to shame people like, "Oh, they need to be breathing in a certain way." How you breathe is how you breathe. If you can get air in, even if you're not perfect, you're eventually going to get the benefit, but there is an optimal way.

**Josh Trent:**

There's an easier path by using actually the breathing that we'll cue for the kidneys, when we do the masterclass and also the diaphragm. It's a muscle that most people get wrong. They think the diaphragm is in the stomach, it's not true. The diaphragm is a dome shaped muscle at the bottom of the sternum., that actually goes 360 around our whole body. So when we're breathing through a belly, we're actually just shifting organs so the diaphragm has space to move. That's what most people get wrong and that's what I want to share with people. Belly breathing. Yes. You're breathing through your belly but it's because the diaphragm goes like this and goes like this.

**Josh Trent:**

It's a 360 organ. It goes all the way around and all the way up and down. So that's something to pay attention to when you're doing your 4-7-8 or when you're doing any breath is, "Okay, can I breathe like an animal than I am?" Because we're animals. We've just forgotten it, we've become disconnected from our animal-ness.

**Jason Prall:**

So you had another breathwork you wanted to teach us, another technique.

**Josh Trent:**

Yes. So this one is very simple. It's draw box. Okay. So I'm going to inhale through my nose. I'm going to hold. I'm going to exhale through my mouth. I'm going to hold and literally, if you had a box right here, I'm just holding up a wallet. It's a square. We'll do one round together. So first just set your space, exhale through your mouth. Breathe in rich through your nose for five, hold, exhale for five, hold at the bottom. Let's do one more. Breathe in through your nose for, hold, exhale for five and hold at the bottom for five. A lot of times, I like to stretch the back of my neck out and then just take one big rich breath in through your nose and let it go.

**Jason Prall:**

So when we're pushing it out, we're not forcefully pushing out on the exhale. We're just naturally exhaling to the bottom of the breath, right? To where it's sort of comfortable, more or less, right?

**Josh Trent:**

The cue would be rich, deep, inhale, soft, effortless, exhale.

**Jason Prall:**

Got it.

**Josh Trent:**

That goes for most practices, we do the acute and the meditative. The catharsis breathing is different, right? Acute breathing is ... and this is what we talk about in the BREATHE program. Acute is I'm about to go on a stage, what do I do? I'm going to get in a fight with my spouse, what do I do? I'm in traffic, what do I do? I'm feeling overheated, what do I do? I'm in an emergency ... there's all these different kinds of styles that are acute in nature. Meditative breathing is more seven minutes, maybe even 11 minute, 12 minute, where we can do circular combinations of breath retention holds and box breathing and circular breathing.

**Josh Trent:**

These bring us to a higher elevated state because we're literally breathing energy up the spine. Anytime you're focused on the inhale in breathwork, you're pulling energy up here to the crown. Anytime you're focused on the exhale, you're grounding yourself. You're bringing yourself down. That's why the box breath is used for soldiers because it grounds soldiers down, soldiers that might be upset or stressed. So box breathing is really good for grounding yourself.

**Jason Prall:**

Amazing, Josh. Well, you've clearly indicated that you know a lot about the physiology, how the breath works and all the different techniques that are used for a variety of practical applications, right? I mean, this is what's cool about breath is that it's ... because it is a master regulator of all systems in the body. You can use these little applications throughout your day, right? It's not that you're breathing for this 20 year effect, right? Even though sure, that is a very desirable objective and very real, but there's intermediate benefits and then, there's very acute short-term benefits too.

**Jason Prall:**

So thank you for sharing all of this and again, for those who purchased the package, Josh is going to be teaching a master class and we're going to go deeper on some of this stuff and I'm excited to learn a little bit more about some of these techniques that can be used. So Josh, thank you so much for joining me today on Awaken The Healer Within. You're a master. I love you brother.

**Josh Trent:**

Thank you. Love for you too, man. Thanks for everyone for being here with us too. Remember be in the present moment. I know there's a lot of things that pull us out of it. So take a breath, be right here. It's all good or it will be, it will all be good. Thanks man.

**Jason Prall:**

Thanks Josh. All right. Thank you everybody for joining us and we'll see you on the next one.