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Context to the conversation

Ricardo speaks about how intentional breathing can help us connect with our senses and our body. He goes on to talk about the Wim-hof method, one of the breathing techniques he recommends.

Transcription

Deepak Jayaraman (DJ): I think, the other piece, very tactically speaking, I think, you speak about different breathing exercises for us to sort of get in tune with ourselves, and I have done the Sudarshan Kriya as part of the Art of Living Foundation and I found it very powerful whenever I did it. I must confess I have not been as regular as I would like it to be. You speak about the Wim Hof method and Box Breathing. Can you talk a little bit about the role of let's say breath and breathing exercises in sort of... and how it maps to some of your work?

Ricardo Sunderland (RS): Yeah, I am... at the beginning of chapter, the chapter of level one physical energy, one of the key things that I say is you centre your body through breathing, you centre your mind through silence, you centre your emotions through acceptance and you centre your body through breathing. When you are able to do this, then you get access to self. That's why breathing is so important. It connects you to your body and it allows for your body to get out of the way. I like the Wim Hof method because of the resetting that it does in your body. If you do it well and if you do it consistently, what it does is you start to feel your body and the emotions logged into your body pretty quickly. The hyperventilation that goes through the exercise, which, by the way, he has an app, you can download the app, you can follow the app, just make sure that when you are doing...

DJ: What's the app called?

RS: Sorry?

DJ: What is the app called out of curiosity?

RS: I think it is the way that it is called is a Wim Hof Method.

DJ: Wim Hof, okay, got it, okay, okay, will do.

RS: Yeah, and you download it and just be mindful that at the beginning, when you start doing it, the hyperventilation can get you a bit nauseous. So, just open your eyes so that you go back to your head and just call colours. And then you start to train yourself to be able to do it a bit more. Also, there is one part of the exercise where you first hyperventilate and then you let go off the air so that you can then hold without breathing. It's not a competition, the more you do, the more you will be able to hold without breathing and the intention is for you to be able to stretch the body when you do. So, that as you stretch the body, as you centre it through this breathing exercise and then you are able to do the resetting, you will start to be more aware of your senses, which is an essential practice. The other thing that I do is, it is important to set an intention to everything you do. Meditation without intention allows for you to be able to, as I say, silent your mind. But yet, when you clear the thoughts, it is good to be able to have one intention as to why you are doing what you are doing. So, I always said for level one when you are breathing to set the intention of feeling pleasure. So, you are doing all of these so that you can connect to your senses and through your senses you can experience more of life and that allows you to be able to feel more. The good, the bad and the ugly, which is part of life. And that allows for you to be able to create a foundation for what's next. Breathing is super important to be able to do it.

DJ: Got it. And how... when do you do this in the day Wim Hof method, is it the first thing?

RS: In the morning.

DJ: Okay.

RS: Yeah, I do it in the morning. You end up at... it reaches at the beginning and to your point, and I love that you say, let's go tactical, because it feels a bit mechanical at the beginning, which is true, but it reaches a point where it becomes very natural to you. So, there are moments where right before a call or a meeting or something that I know it is going to take, for example, some energy away from me, I just immediately, I just breathe and I connect. And that allows me to be able to be present and aware of what's coming through my body, not just my mind.

Reflections from Deepak Jayaraman

DJ: When it comes to breathing techniques, I got introduced to the Sudarshan Kriya, which is a breathing exercise that was founded by Sri Sri Ravi Shankar. It requires you to do breathing with different levels of intensity and rhythms. I notice that whenever I do that, mind becomes clearer and I am able to battle fatigue better. If you wish to access that, I would urge you to try the Art of Living Course by conducted by the Art of Living Foundation. In fact I did this programme in 2008 when I had moved back to Chennai from the US to deal with my father's cancer diagnosis. This programme, I remember, one of the baby steps in the self-awareness journey. Breathing, I have come to learn, is a key part of the awareness journey.

End of transcription

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About Deepak Jayaraman

Deepak seeks to unlock the human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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