

## The Tsunami breathing technique

Now this course is being accompanied with a meditation component. This meditation component is going to assist you in developing some of the breathing techniques that we will speak about now. The Tsunami in and of itself is triggered by two specific things; your breath and your flexation of your muscles. When you breathe in a specific way and flex your muscles simultaneously, your body will actually vibrate at very high rate overtime as you train this technique. This is something you can add to any stroke that you are performing and it is something that you can do at any time. Although the Tsunami is most effective when a woman is in the throes of orgasm, you can use the tsunami technique to amplify any stroke, any touch and even a caress. To your woman it is going to feel like your energy is surging through your body and into her.

Now as I said earlier, this course is coming with a component on meditation that is going to help you to understand exactly the way that you can start focusing your mind to trigger your strokes and be more effective with those thrusting techniques. However, right now I want to speak to you specifically about a breathing technique that you need to perform in order for the tsunami to be able to endure. You have to remember that when you use the tsunami, you are engaging your entire body. You are flexing your entire body when your body is going to start to vibrate. However, because your whole body is involved, it is very important that your body and your muscles receive the oxygen that is needed, so that you can perform the tsunami for more than just a couple of seconds.

Now I want you to take a moment and follow my instructions to the T. First I want you to inhale deeply through your nose. Inhale until your belly sticks all the way out filled with air. Then I want you to open your mouth and I want you to slowly exhale all of the air. At the conclusion of you exhaling the air, I want you to continue to go through the motions like you are exhaling. There might not be any more air in your body, but I want you to continue acting as if there is and pushing through your stomach; feeling the vibrations as the final amounts of air leaves your lips. I want you to focus on the feelings of those vibrations. You will feel your body tremble as you try to push air out of your body that is no longer there. This is the breathing component of the tsunami.

Now you will find when you do this action that you don't have much of a time period that you can make your body vibrate, simply because you have more air in your body and you need to breathe again. So in order to make this technique elongated, the key is to take shorter breaths through your nose. So you take a shorter breath through your nose and exhale through your mouth until there is no more air and your body will vibrate vigorously. As you vibrate, take another breath through your nose and then exhale it through your mouth. Remember that when you exhale through your mouth, it is at the point where you have no more air, when you continue to try to exhale which makes your body vibrate. When you feel the need to breathe again, inhale quickly through your nose and then expel all the air out of your mouth; your body will begin to vibrate and then you need to breathe again, do the exact same process. It's a cyclical process, it is a breathing technique; Inhaling shallow, exhaling all the air, vibrating and then inhaling shallow again.

It is easy to get this technique down pack. You just have to practice. I practice every day when I am in the mirror brushing my teeth. Just a couple of seconds invested every day and soon we will have this becoming a part of your muscle memory. You will be able to do it without even thinking. Additionally you will be able to feel the vibrations more and more and more as you practice expelling the air and making that vibration come up from your stomach and reverberate across the rest of your body.

Please go over this audio as many times as necessary. When you feel comfortable with the concept, move forward were we will talk about reverberation for the tsunami through your muscles.