Nitric Oxide, Your Brain, and Your Great Life
by Teri Ritchie

Feeling great most of the time is not as hard or as illusive as you might think.

Even though your personal experience might say otherwise happiness, joy, and feeling good come easier and more natural to you – as a human being - than feeling blah, low or bad. In fact, feeling bad takes much more energy than feeling good. Happiness and joy are your natural states. It was a long difficult process when you were very young for you to learn ‘feeling bad’ as a way of life.

Because you learned to live in ‘feeling bad’ so young and because it seems like we’re all in the same boat, so to speak, you continue to believe that ‘feeling bad’ is normal and the reasons you have for ‘feeling bad’ are true (we always have reasons).

But ‘feeling bad’ is a Habit, a learned response that comes from false fear beliefs that show up as thoughts that you hold to be TRUE. True or not, these thoughts cause chemical reactions in your brain and physical sensations in your body, triggering memories and emotions, giving rise to amazing stories of you and your life that prompt you to take action - usually the same action for the same response over and over again. Wow, what a process.

It’s a chain reaction that happens in about a 1000th of second! Most of the time you have many of these thought chain reactions that lead to feeling bad going on at the same time.

These programmed reactions take place in your subconscious mind below your normal level of consciousness so you are usually not aware of what is happening. Oh, you are aware that something is happened and that you feel bad and you probably have a reason and story for feeling bad but what you are not aware of is the underlying process that got you to the ‘feeling bad’ place, and you are usually not aware of the fact that what triggered the thought process that led to you ‘feeling bad’ in the first place was not TRUE.

It’s an unconscious cause and effect loop and most of us have many of these "lie loops" firing off all day long, every day, day after day and we wonder why our lives keep happening the way they do. It’s quite a tragic-comedy really.

They say "the truth will set you free, but first it will probably piss you off". Tell your body-mind that you’ve been living a lie and you will probably feel justifiably outraged and want to fight for your right to have this suffering and your reasons for it (they are yours after all and they feel like the truth).

But absolute joy and freedom can come from discovering what is real about your thoughts and stories and examining the truth of your perceptions and dearly held realities.

So, rather than believing your thoughts to be true, a little or a lot of evaluation and investigation into what is going on between your ears could change everything.
This could be a miracle, prayer, magic, Calvary to the rescue, or the Prince Charming you've been waiting for.

Understanding how being human works could and probably would transform your life from feeling blah, low, bad, and being at the effect of people and circumstance you can't control to actually feeling wonderful joy, bliss, radiance, health, opportunity, possibility, love, and feeling fantastic most of the time for no reason.

IT'S EXCITING!!! LIFE IS VERY EXCITING!!!

There are many very effective techniques and tools to identify, evaluate and permanently release old habitual thoughts, beliefs and issues from your body mind. The primary ones that I use and highly recommend are:

- Of course the powerful transformation techniques from Access the Edge coaching and seminars
- Byron Katie’s The Work
- EFT: Emotional Freedom Technique & similar energy medicine techniques
- Sedona Method and similar releasing techniques

But right now, I want to share about an AHA! I had recently. I love it when you get the science behind the practices that you do because they intuitively feel right and or feel good.

In the 6 month Personal Body Physics course started in 2004 Sue Koch and I took everyone on a life changing adventure of conscious and practical awareness of our human bodies and energy systems. During the course, there were many great things we learned and put into practice including several energizing, relaxing, and healing breathing techniques. These techniques have had outstanding short term and long term body/mind/brain/energy benefits. I still use most of these techniques and practices every day. I'll share some of them with you at the end.

Oprah's Dr. Oz has a new book YOU: Staying Young which came out recently and I'm particularly excited about Chapter 11 in which he talks about Nitric Oxide (NO). Not the nitrous oxide you get at the dentist.

Nitric Oxide as it turns out is a tremendously beneficial and healing gas that can dramatically change your health and wellbeing. It can help you stay young, reverse a lot of the negative effects of premature aging, and help you live longer.

I was getting excited and really wanted to know where to get this Great Gas but had to read through several more pages of the health benefits, i.e. vasodilator, oxygenator, relaxant, stress reliever, helps the heart and lungs, is a body mind energizer, enhances wellbeing, stimulates frontal lobes for inspiration and creativity, helps manufacture feel good chemicals in the brain etc. And he writes, "...it may soon become one of the clear markers that can help diagnose (and treat) conditions before they show more outward symptoms. Research shows that you can see nitric oxide impairment months-maybe even years before diabetes and atherosclerosis are clinically diagnosed" (get or borrow the book, it's informative and fun).

...finally, after so much build up, he tells you where you can get this amazing gas.
This is great! The best place to get this wonder drug from is your nose. That's right, your nose. The nose knows. Nitric oxide is found in the highest levels of the nasal pharynx …and that's one of the major reasons why nasal breathing is so valuable.

That was my AHA! All of the breathing exercises we started teaching and practicing daily in Personal Body Physics back in the beginning were nose breathing exercises.

If you could completely relax your body and your mind right this moment you would automatically find yourself in an awakened and enlightened state of bliss and joy.

Why, because it is the tension, tightness and stress held in your body and your mind that keep the faulty beliefs and thoughts and past stuck issues and emotions held safe like they’re organs to protect.

If you could consciously relax to that degree most of you would do it right now; immediately!!! More than that, you would have already done it, and you’ve probably tried. But it’s not that easy. You’ve been in such a tense state for so long it feels normal and you don’t notice it anymore.

What ever you can do to deeply and permanently relax yourself and alter your lifestyle to support and maintain that relaxed state you should do it – sooner rather than later – right now in fact - today! The only thing between you and the joy and peace you crave is stress and tension.

Deep and repetitive nose breathing is one of many great tools and practices you can use to help you get to and maintain a healthy relaxed state. It has profound short term and long-term benefits. Nose breathing exercises can help you start to relax, release and reverse the habit of low energy tension, faulty thinking, and stuck issues and emotions that cause you to feel bad.

We now know some of the science behind how great these exercises feel. Your brain and body get hit with little puffs of nitric oxide when you nose breath. Now what could be easier than that for goodness sakes?

Another great awakening and relaxing technique that we discovered during the Personal Body Physics course is Neil Slade’s Great Brain Adventure. He has amazing information about the brain particularly the amygdala.

As it turns out your NOSE is connected DIRECTLY to your amygdala and is attached by way of olfactory nerves. In nose breathing the amygdala also get a good dowsing of nitric oxide.

The amygdala (one on each side of the brain) are little almond shaped areas of the brain that govern feeling and emotional responses. The front of the amygdala stimulate the frontal lobes and bliss and feel good responses. The back of the amygdala stimulate fight or flight and your habitual response to fear and threat.

You can consciously and deliberately activate, or as Neil Slade teaches, click the front of your amygdala forward to increase your energy, shift your body mind state from low ‘feeling bad’ to high or higher feeling good and relaxed. It’s a Magic-Brain-Button. It is easy and fun and IT WORKS!!!
You can supercharge your brain and body, activate higher states of consciousness, intelligence, inspiration, creativity, love, peace, health, and bliss by becoming more aware of the amazing body mind you live in and how to use it on purpose, in joy, instead of in programmed false beliefs, reactions and suffering.

Suffering is ALWAYS optional. Joy and feeling good can be as simple as nose breathing and clicking your amygdala forward.

Again, for brain and amygdala exercises and information check out Neil Slade's website [http://www.neilslade.com/](http://www.neilslade.com/)

**Here are two very simple nose breathing exercises.**

**Release and relaxation**
I learned this deep relaxing belly breathing exercise - in through the nose and out through the mouth - in the 80's. For releasing pain and emotions and the charge of old traumas from both your body and your mind, for general grounding and relaxation, and for self hypnosis. It's very, very effective.

Simply quiet yourself, focus all of the attention you can on the hurt, pain, trauma, tension, stress, etc. and it's location in your body and slowly breathe into it. In through your nose, filling the area up with air, and slowing breathing it out through your mouth - easy, gently. Imagine light, release, and healing on the in breath, and the dark, pain, discomfort, stress leaving you on the out breath. Continue for 10 to 20 minutes or as long as possible. This is a wonderful daily practice.

**Energy and oxygenation**
Tony Robbins teaches what he calls 4x4 breathing to lift your mood, stimulate your body mind for rapid and effective state changes, and for oxygenating your whole body and mind.

It goes like this: while walking or exercising in some way (you can do it while just sitting but achieving a state change while in motion is the most effective) breathe in through your nose quickly and deeply for 4 counts, then breathe out strongly and quickly through your mouth for 4 counts – purse you lips like blowing out candles - repeat. Do this for five minutes up to 30 to 60 minutes. It's exhilarating.

**Anandamandala**
Two years ago I discovered this fantastic breathing exercise that profoundly enlivens, energizes, detoxifies, stimulates and revitalized your ENTIRE physical, emotional, mental, energetic, and spiritual systems and it has an added benefit of stimulating your frontal lobes leading to inspiration and awakening. I love this particular exercise and have been practicing it daily since Oct 8th of 2005.

This one is harder to give you in writing but call or email me if you would like to know more about it. I created a CD that you can order that makes this exercise as easy as it is fun. (714) 878-3852 or [mailto:Teri@accesstheedge.com](mailto:Teri@accesstheedge.com)
Below is The Great Gas diagram from Dr Oz’s YOU: Staying Young

Below is a diagram of the location of the Amygdala and Olfactory bulbs of the nose from Neil Slade’s Great Brain Adventure.

For more information on these or other topics visit us at www.accesstheedge.com or call or email Teri Ritchie at (714) 878-3852 ~ Teri@accessetheedge.com