



Workbook
& Manual

NIMETU
Antidepressant

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DISCLAIMER AND WARNING

All material on the website and in this workbook is provided for your information only and may not be construed as medical advice or instruction.

No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

Some of the techniques in this manual can be physically challenging and dangerous if done incorrectly or in the hazardous circumstances.

You should always perform the exercises in a safe space and comfortable position. If any exaggerated discomfort occurs, you should immediately stop or adjust the intensity of the exercise.

This is not a substitute for medical treatment, but a complementary wellness modality. Do not apply any changes to your therapeutic or medication treatment without consulting your therapist.

The information and opinions expressed herein are believed to be accurate, based on the best judgement available to the authors, and readers who fail to consult with appropriate health authorities assume the risk of injuries.

INTRODUCTION

The following booklet describes a completely natural and no-cost psycho-physical health improvement regime, consisting of several special exercises and wellness modalities and employing a set of very simple yet effective methods. The system has proven to be highly effective in combating the symptoms of depression, anxiety, and related mental disorders very swiftly.

The separate parts of this regime have been researched thoroughly and used as alternative treatments. See the resources section to learn more about the currently available research as well as scientific and practical observations; and make use of the additional links to examine some of the methods that this system has been inspired by.

Our aim is to freely share a highly effective method that combines the most useful practices into one powerful regime that could kick-start your route to recovery and prevent relapse.

People suffering from depression and related illnesses are often additionally burdened by expensive medical treatments, long-term psychotherapy, or costly alternatives with unreliable outcomes. This is why we believe that a method such as the one described herein should be available, free of charge, to everyone suffering from these debilitating conditions.

The following system is a product of years of practical experimentation and personal experience. The final exercises to be included have been inspired by the Wim Hof method, which I highly recommend (you can find out more about it on the "Resources" page). The other elements include Pranayama breathing exercises; vocal exercises with the emphasis on the Five Warrior Syllables of the Bön tradition as presented by the Tibetan lama Tenzin Wangyal Rinpoche; water fasting; Qigong; sound / guided breathing; and visualisation techniques.

Depression is not always caused by objective circumstances, and even when it is indeed triggered by certain stressful events or past trauma, our responses and perception of reality are distorted towards negative, anxiety-inducing and paralyzing effects.

The seemingly irrational methods function beyond the intellectual and emotional layers of the mind and influence physiology directly. Several research articles about the mechanisms at work here have been included in the "Resources" section – although no belief or rational conviction is required in order to apply them effectively. You can "just do it" and verify their usefulness for yourself.

BEFORE YOU START

The implementation of the Nimetu Antidepressant system does not require any additional materials, gadgets, supplements, or workshops. All exercises can be performed by an average healthy person, solely with their own mind-body, and a bit of time and dedication.

Make use of the videos and other materials on the website for additional information and entertainment purposes; read the instructions in this manual thoroughly; print out the worksheets; and set off on a journey!

You can also join the community and share your success stories, challenges, questions, etc., in the Facebook »Nimetu Antidepressant« group.

The whole system should be practiced vigorously in its entirety for at least ten days, for which there are also worksheets provided in this manual. In many reported cases, this was enough time to »lift« even a heavy and long-lasting depression. Afterwards the exercises may be adjusted, shortened, simplified, and otherwise tailored to your wishes. In order to prevent relapse, it is advisable to adhere to the daily breathing and cold shower routine, randomly interspersed with other exercises and occasional fasting. The initial change of your mind-set enables you to pursue other healing modalities and therapies more efficiently.

Your mind-set is very important: your success depends very much on your attitude during the initial stages of practice. Embark »on a quest«, determined to fight the »Beast«, boost your immune system, increase your physical and mental power, and explore the intricacies of your mind-body. Feel the adventurous spirit!

Find an intimate time of day, ask your family for a quiet hour in order to respect your workout time, adopt a comfortable sitting position, or lie down.

If you want, you can also smoke cleanse the space with some palo santo, sage, or any herbal incense you may prefer. You can also listen to relaxing music or the audio downloads from our website. You can give them a listen free of charge.

The cold training can be done separately from the daily routine – anytime you shower – but regularly every day! Fasting starts on the 4th day and lasts until the 10th.

Discipline and commitment are crucial – it is your choice, your life, your quest!

I wish you a great and fun practice with much success and improvement!

OVERVIEW OF THE PRACTICE

Daily Routine: 40 – 60 min.

Reserve a particular time of the day for the daily routine. If that is not possible, at least dedicate sixty minutes to the practice at any time of day for the first ten days.

Think of the regime as a powerful action you will perform for your wellbeing.

The space where you practice should become your safe space, where you can observe the complexity of the world and your mind, and from which you can emerge a new and powerful person. This is your sanctuary, the haven where you mobilise »your army« to fight the illness!

1. BREATHING exercise sequence (20 minutes) (see [VIDEO 1](#)):

10 Ujjayi Breaths (»Deep Ocean Breathing«)

30 Bhastrika Breaths (»Breath of Fire«)

Hold your breath after the last exhale for as long as you can
Deep inhale when you feel the reflex and hold for 10 – 15 sec.

2 x 30 Wim Hof Style Breaths

After each round:

Hold your breath after the last exhale for as long as you can
Deep inhale when you feel the reflex and hold for 10 – 15 sec.

5 Ujjayi Breaths (»Deep Ocean Breathing«)

42 Bhastrika Breaths (»Breath of Fire«)

Hold your breath after the last exhale for as long as you can
Deep inhale when you feel the reflex and hold for 10 – 15 sec.

7 Deep Ocean Breathing (Ujjayi)

After you finish the breathing sequence, continue breathing normally, enjoy the relaxed state of mind and body, focus on the closed eyes visuals that might occur on the »mental screen« between your eyes, and observe any ideations or insights that occur in your mind. Do not interfere, just relax. If you wish, you can listen to the Nimetu audio guide that includes a short affirmative meditation at the end of the breathing sequence.

The tingling sensations in the extremities, white noise sounds, pressure in the ears, etc., can occur. Just breathe normally and let go. Everything is natural and will pass. The tingling and white noise in the ears can also signal the release of epinephrine (and norepinephrine), which is just one of the desired effects.

Shortly after this relaxation, continue with the vocalising exercises.

2. VOCALISING exercises sequence (10 - 15 minutes):

Contemporary research explains the benefits and underlying mechanisms of chanting, humming, communal singing, etc., some of which you can check in the [RESOURCES](#).

We will progressively add exercises throughout the process, as presented in the worksheets. Here we will list everything that is included:

1. SHOO exercise (fending away the negativity, forceful exhalation with sound)
2. Open Sound exercise to open the imagination and shatter the rigidity of self-image
3. Scanning the body with humming
4. The Five Warrior Syllables of the Bön tradition – »A«, »Om«, »Hung«, »Ram« and »Dza«
5. Overtone chanting

The exercises are explained and demonstrated in [VIDEO 2](#).

For the original and traditional explanation of the Five Warrior Seed Syllables, refer to the book by Tenzin Wangyal Rinpoche or watch his instruction videos on YouTube:

https://www.youtube.com/watch?v=wcd4gDuOACw&list=PLzcchRJWv-uzt9kAzs_2TMQERfAUPEfPZ

3. QIGONG-inspired exercise sequence (15 – 20 min.)

Qigong and related physical exercises include breathing and physical activity with focus and attention. Beneficial stretches and awareness of the body boost positive emotions and improve the overall mood. They also function beneficially in the long run, as some research indicates – read more in the [Resources](#).

- 1 a) Observing the body
 - b) Meridian massage / gliding
 - c) Tapping the meridians
- 2 Release the stress through the arms
- 3 Bouncing
- 4 Relaxing shoulder blades and arms
- 5 Body twist stretching
- 6 First Movement of Shaolin Qigong
- 7 Holding the Tree

With this Qigong-inspired practice, prepared by a professional dancer, choreographer and shiatsu therapist Tina Dobaj (watch [VIDEO 3](#) for guidance), you have successfully concluded the DAILY ROUTINE!

You can proceed with the cold shower practice immediately afterwards or in the evening, before sleep.

Cold Showers / Cold Training

The positive effects of hydrotherapy and cold water have been known since the ancient times (including the writings of Hippocrates). If nothing else, you might have heard of Kneipp therapy or, more recently, about the Dutch »Iceman« Wim Hof, the most vocal proponent of cold water »training«. His ideas about using cold showers / baths have directly inspired the cold training exercises included in our own system.

You can read more about the Wim Hof Method in the [Resources](#), where you can also learn more about the research of cold water treatments for anxiety and depression.

The intensity of cold showers will progress throughout the ten-day regime, starting with normal warm showers that end with 20 – 30 seconds of cold shower in the first few days; then proceeding with the three-minute challenge; and culminating in a couple of days of the same alternating one-minute cold / warm / one-minute cold daily routine that we suggest you maintain as your regular shower routine even after the initial ten days.

Check [VIDEO 4](#)

If you wish, you can also challenge yourself later and endure a ten-minute shower, a couple of minutes of ice bathing, or a cold swim or bath in nature. You can check the Wim Hof Method for more cold-related exercises and explore his system further.

For our initial "Antidepressant" purposes it is enough to engage in the cold shower routine as described in the worksheets.

Fasting

Fasting is one of the most effective ways to change your body chemistry very quickly, cleanse the system, and boost the mood with one simple action: reduced food/caloric intake.

Check the research about fasting in the [Resources](#) and watch [VIDEO 5](#).

Fasting is the final layer of the system, intended to work synergistically with all other "Antidepressant" activities.

Food craving and hunger are to be expected during the first day; while detoxification effects like cold sweat, headaches/migraines, bad breath, etc., are normal during the first few days. After that, your sensitivity – tactile, cold perception, the sense of smell, taste, etc. – will increase. Your mind will become very clear, alert, and the overall energy might increase, despite the potential lack of a bit of the "brute force" energy for heavy physical activities. Your mental capabilities and overall mood will improve.

Start this fasting regime with a few days of water only. Drink enough (2 to 4 litres per day); chew some herbs or sugar-free chewing gum to prevent bad breath; massage your head in case of headaches; relax and try to avoid heavy physical activity if you can. Enjoy the fresh and clean body sensation you will get from fasting.

Although you may endure the entire seven days solely on water, we do suggest you take this in moderation at first (three days of water; then proceed with freshly-squeezed juices or at least 100 % no-added-sugar juices from the store). We particularly recommend beetroot juice or vegetable/fruit mixtures – carrots and apples, peaches, etc.

To ensure very effective and strong fasting, drink one litre of juice per day, while the rest should be water.

If you feel good, you can continue fasting for a few more days. For an average healthy person, fasting between 7 and 10 days is safe without any medical supervision. However, do observe your body! Should you start feeling bad, do not continue fasting and resume your normal diet slowly.

After the fasting, start eating moderately: begin with soups (clear miso soup is perfect), salads, fruit, slowly progressing towards harder foods and larger meals in the next days. Do not overeat immediately after fasting!

CONCLUSION

The "Antidepressant" system can be used by anyone to improve their mood, boost the overall energy and wellbeing, and improve the immune system. It should also help with introspective activities, getting new insights, fresh ideas, etc.

After reading the descriptions and watching the video guides, do the routine daily for ten days. If you feel it is beneficial to do more and that you need more time, you can keep up the daily routine and cold training indefinitely, while fasting should be limited to a period of seven up to a maximum of ten days for beginners (and without supervision).

You can also adjust and shorten the practice to include it into your normal daily life after the initial ten days.

To kick-start the process, you should carry out the workout regime in full, as described for these first ten days.

You can resort to the breathing exercises whenever you feel anxious or stressed; use the cold showers as a regular part of your daily showering; chant in the car, in the shower, etc. Cleanse by fasting a few times per year.

Find more information, research, and sources of inspiration in the [RESOURCES](#) section.

For additional aid you can use and download the [AUDIO GUIDES](#) from our [Bandcamp page](#).

Make sure to check them out, as they may help you learn the breathing exercises and set the mood. Donations in the form of music purchases are very welcome, should you wish to make a contribution; but otherwise the system is completely free of charge and available, in its entirety, to anyone who might need it.

Print out and refer to the "Daily Practice Worksheets" on the following pages to aid you with the exercises and in order to monitor your progress!

We wish you much success and would appreciate your feedback! You can join our [Facebook group](#) to exchange information and ideas with others. We will also continue to add new videos and audio materials.

Good luck!

DAILY PRACTICE WORKSHEETS

(Print and fill after the practice – do not interrupt the exercises in order to make notes!)

DAY 01

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	
Vocalising exercises	
Qigong-inspired practice	
Cold shower	

Specific instructions for Day 1:

Do the whole breathing routine, get familiar with the system, relax, practice slowly and thoroughly!

Do the whole set of vocalising exercises as shown in the video, but only do the "A" and "OM" of the Five Warrior Syllables.

COLD SHOWER

On the first day, start with a regular warm shower and finish it off with 20 to 30 seconds of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly!

DAY 02

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	
Vocalising exercises	
Qigong-inspired practice	
Cold shower	

Specific instructions for Day 2:

Do the whole breathing routine, increase the intensity of breaths, immerse deeper into sensations and calmness, relax, practice thoroughly!

Do the whole set of vocalising exercises as shown in the video, but only do the "HUNG" and "RAM" of the Five Warrior Syllables.

COLD SHOWER

The same as the first day: start with a regular warm shower and finish it off with 20 to 30 seconds of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly!

DAY 03

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	
Vocalising exercises	
Qigong-inspired practice	
Cold shower	

Specific instructions for Day 3:

Do the whole breathing routine, increase the intensity of breaths, immerse deeper into sensations and calmness, add another round of Wim Hof style breathing (3 rounds) if you wish, relax, practice thoroughly!

Do the whole set of vocalising exercises as shown in the video, but only do the "HUNG" and "DZA" of the Five Warrior Syllables.

COLD SHOWER

Start with a regular warm shower and finish it off with one minute of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly, feel the water cleansing you! After the shower, observe your sensations. You can also follow the "Shaolin routine" that Tina demonstrates in the exercise video to warm up...

DAY 04

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	Retention duration	
After Bhastrika 1		
After WH 1		
After WH 2		
After WH 3 (optional)		
After Bhastrika 2		
Vocalising exercises		
Qigong-inspired practice		
Cold shower		

Specific instructions for Day 4:

Do the whole breathing routine, maintain the intensity of practice from previous days!
 You can start timing and writing down the duration of breath retentions after each round to see the improvement in the depth of breathing and lung capacity. The results are not important: do not push for additional seconds and minutes, as this is for motivation purposes only. Should the timing of the retentions happen to distract rather than motivate you, skip it!

Do the whole set of vocalising exercises as shown in the video (except the "free sound exercise"), including all of the Five Warrior Syllables. You can also practice in the car, during a walk, etc.

DAY 4 continued

COLD SHOWER

Start with a regular warm shower and finish it off with one minute of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly, feel the water cleansing you! After the shower, observe your sensations. You can also follow the "Shaolin routine" that Tina demonstrates in the exercise video to warm up...

FASTING

This is the day we embark on the fasting journey! Prepare mentally that you will not eat anything today. Do not feel guilt or shame because of your fasting when others happen to ask about your not eating anything. Try to use humour and jokes to respond to any annoying questions asked by co-workers, family, schoolmates, or strangers with nothing better to do than being curious about other people's business... Some people may be rather surprised or even provoked by someone fasting. Think of this as your power exercise, and do not mind the reactions you might encounter.

Drink enough water and enjoy the spare time resulting from not needing to prepare or seek food. You can also appreciate the clean and fresh body sensation. To help with excretion, you can drink some mineral water or prepare a digestive, purging tea.

DAY 05

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	Retention duration	
After Bhastrika 1		
After WH 1		
After WH 2		
After WH 3 (optional)		
After Bhastrika 2		
Vocalising exercises		
Qigong-inspired practice		
Cold shower		

Specific instructions for Day 5:

Do the whole breathing routine, maintain the intensity of practice from previous days!

Continue timing and writing down the duration of breath retentions after each round to see the improvement in the depth of breathing and lung capacity. The results are not important: do not push for additional seconds and minutes, as this is for motivation purposes only... Should the timing of the retentions happen to distract rather than motivates you, skip it!

Do the whole set of vocalising exercises as shown in the video. If you need to cut the practice short, you can leave out the "free sound" and/or "humming monitoring" exercises and do them – including all of the Five Warrior Syllables – whenever you wish. You can also practice in the car, during a walk, etc.

DAY 05 continued

COLD SHOWER

Start with a regular warm shower and finish it off with one or two minutes of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly, feel the water cleansing you! After the shower, observe your sensations. You can also follow the "Shaolin routine" that Tina demonstrates in the exercise video to warm up...

FASTING

On the second day you should drink water only! In case of any detoxification effects like headaches, cold sweat, bad breath, etc., use massage, relaxation, breathing, and so on to ease them. They will pass – you are simply expelling toxins from your body. Never mind the reactions from others: tell your grandma you will really enjoy her pie next week!

Drink enough water and enjoy the spare time resulting from not needing to prepare or seek food. You can also appreciate the clean and fresh body sensation. To help with excretion, you can drink some mineral water or prepare a digestive, purging tea.

DAY 06

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	Retention duration	
After Bhastrika 1		
After WH 1		
After WH 2		
After WH 3 (optional)		
After Bhastrika 2		
Vocalising exercises		
Qigong-inspired practice		
Cold shower		

Specific instructions for Day 6:

Do the whole breathing routine, maintain the intensity of practice from previous days!
Continue timing and writing down the duration of breath retentions (unless you find this distracting).

If you feel the need for an additional boost, you can do the whole breathing session twice a day. You can also use any part of it for relaxation, to help you cope with stress, or in order to challenge yourself!

Do the whole set of vocalising exercises as shown in the video. If you need to cut the practice short, you can leave out the "free sound" and/or "humming monitoring" exercises and do them – including all of the Five Warrior Syllables – whenever you wish. You can also practice in the car, during a walk, etc.

DAY 06 continued

COLD SHOWER

Start with a regular warm shower, but then challenge yourself: try to endure three minutes of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly. feel the water cleansing you and the sensation becoming rather neutral or even warm gradually! After the shower, you can do a round of thirty "Bhastrika Breaths" (not in the shower!) as well as follow the "Shaolin routine" that Tina demonstrates in the exercise video in order to warm up...

FASTING

On the third (and last) day you should drink water only! In case of any detoxification effects like headaches, cold sweat, bad breath, etc., use massage, relaxation, breathing and so on to ease them. They will pass – you are simply expelling toxins from your body. Never mind the reactions from others: that ice cream will taste amazing next week!

Drink enough water and enjoy the spare time resulting from not needing to prepare or seek food. You can also appreciate the clean and fresh body sensation. To help with excretion, you can drink some mineral water or prepare a digestive, purging tea.

DAY 07

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	Retention duration	
After Bhastrika 1		
After WH 1		
After WH 2		
After WH 3 (optional)		
After Bhastrika 2		
Vocalising exercises		
Qigong-inspired practice		
Cold shower		

Specific instructions for Day 7:

Do the whole breathing routine, maintain the intensity of practice from previous days!
Continue timing and writing down the duration of breath retentions (unless you find this distracting).

If you feel the need for an additional boost, you can do the whole breathing session twice a day. You can also use any part of it for relaxation, to help you cope with stress, or in order to challenge yourself!

Do the whole set of vocalising exercises as shown in the video. If you need to cut the practice short, you can leave out the "free sound" and/or "humming monitoring" exercises and do them – including all of the Five Warrior Syllables – whenever you wish. You can also practice in the car, during a walk, etc. You can choose which syllables to sing each day and focus on that specifically (openness, communication, inner strength, spontaneous action, etc.).

DAY 07 continued

If possible, you could try doing the whole routine, including Qigong, somewhere in nature!

COLD SHOWER

Start with one minute of cold shower immediately; then continue with a warm shower for as long as you want; and finish with another minute of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly, feel the water cleansing you and the sensation becoming rather neutral or even warm gradually! After the shower, you can do a round of thirty "Bhastrika Breaths" (not in the shower!) as well as follow the "Shaolin routine" that Tina demonstrates in the exercise video in order to warm up...

FASTING

The first day with fresh juices!

Prepare a nice tasty freshly squeezed juice or buy a 100% fresh juice from a store. We recommend beetroot juice as well as some carrot/apple/peach and similar combinations. Drink one litre of juice per day (distributed as "meals" through the day) and continue drinking enough water.

You can also appreciate the clean and fresh body sensation. To help with excretion, you can drink some mineral water or prepare a digestive, purging tea.

DAY 08

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	Retention duration	
After Bhastrika 1		
After WH 1		
After WH 2		
After WH 3 (optional)		
After Bhastrika 2		
Vocalising exercises		
Qigong-inspired practice		
Cold shower		

Specific instructions for Day 8:

Do the whole breathing routine, maintain the intensity of practice from previous days!
Continue timing and writing down the duration of breath retentions (unless you find this distracting).

If you feel the need for an additional boost, you can do the whole breathing session twice a day. You can also use any part of it for relaxation, to help you cope with stress, or in order to challenge yourself!

Do the whole set of vocalising exercises as shown in the video. If you need to cut the practice short, you can leave out the "free sound" or "overtones" exercises and do them – including all of the Five Warrior Syllables – whenever you wish. You can also practice in the car, during a walk, etc. You can choose which syllables to sing each day and focus on that specifically (openness, communication, inner strength, spontaneous action, etc.).

DAY 08 continued

If possible, you could try doing the whole routine, including Qigong, somewhere in nature!

COLD SHOWER

Start with one minute of cold shower immediately; then continue with a warm shower for as long as you want; and finish with another minute of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly, feel the water cleansing you and the sensation becoming rather neutral or even warm gradually! After the shower, you can do a round of thirty "Bhastrika Breaths" (not in the shower!) as well as follow the "Shaolin routine" that Tina demonstrates in the exercise video in order to warm up...

FASTING

The second day with fresh juices!

Prepare a nice tasty freshly squeezed juice or buy a 100% fresh juice from a store. We recommend beetroot juice as well as some carrot/apple/peach and similar combinations. Drink one litre of juice per day (distributed as "meals" through the day) and continue drinking enough water.

You can also appreciate the clean and fresh body sensation. To help with excretion, you can drink some mineral water or prepare a digestive, purging tea.

DAY 09

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	Retention duration	
After Bhastrika 1		
After WH 1		
After WH 2		
After WH 3 (optional)		
After Bhastrika 2		
Vocalising exercises		
Qigong-inspired practice		
Cold shower		

Specific instructions for Day 9:

Do the whole breathing routine, maintain the intensity of practice from previous days!
Continue timing and writing down the duration of breath retentions (unless you find this distracting).

If you feel the need for an additional boost, you can do the whole breathing session twice a day. You can also use any part of it for relaxation, to help you cope with stress, or in order to challenge yourself!

Do the whole set of vocalising exercises as shown in the video. If you need to cut the practice short, you can leave out the "free sound" or "overtone" exercises and do them – including all of the Five Warrior Syllables – whenever you wish. You can also practice in the car, during a walk, etc. You can choose which syllables to sing each day and focus on that specifically (openness, communication, inner strength, spontaneous action, etc.).

DAY 09 continued

If possible, you could try doing the whole routine, including Qigong, somewhere in nature! Challenge yourself and take a dip in a cold mountain stream. Use caution and have someone accompany you. Do not perform the breathing exercises in shallow water! Once you are out of the water, you can do the breathing exercises and the "Shaolin routine" in order to warm up.

COLD SHOWER

Start with one minute of cold shower immediately; then continue with a warm shower for as long as you want; and finish with another minute of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly, feel the water cleansing you and the sensation becoming rather neutral or even warm gradually! After the shower, you can do a round of thirty "Bhastrika Breaths" (not in the shower!) as well as follow the "Shaolin routine" that Tina demonstrates in the exercise video in order to warm up...

FASTING

The third day with fresh juices!

Prepare a nice tasty freshly-squeezed juice or buy a 100% fresh juice from a store. We recommend beetroot juice as well as some carrot/apple/peach and similar combinations. Drink one litre of juice per day (distributed as "meals" through the day) and continue drinking enough water.

You can also appreciate the clean and fresh body sensation. To help with excretion, you can drink some mineral water or prepare a digestive, purging tea.

DAY 10

DAILY PRACTICE

Time of practice: _____

Approximate duration: _____

(check accomplished tasks)

Breathing exercises	Retention duration	
After Bhastrika 1		
After WH 1		
After WH 2		
After WH 3 (optional)		
After Bhastrika 2		
Vocalising exercises		
Qigong-inspired practice		
Cold shower		

Specific instructions for Day 10:

Do the whole breathing routine, maintain the intensity of practice from previous days!
Continue timing and writing down the duration of breath retentions (unless you find this distracting).

If you feel the need for an additional boost, you can do the whole breathing session twice a day. You can also use any part of it for relaxation, to help you cope with stress, or in order to challenge yourself!

Do the whole set of vocalising exercises as shown in the video, including all of the Five Warrior Syllables. Do the whole routine one last time if you plan to finish with this day.

You can keep working out any way you wish, with the aim of ensuring certain effects you have experienced during this ten-day practice. You could also do more research and dig deeper into any tradition or style of chanting.

DAY 10 continued

If possible, you could try doing the whole routine, including Qigong, somewhere in nature! Challenge yourself and take a dip in a cold mountain stream. Use caution and have someone accompany you. Do not perform the breathing exercises in shallow water! Once you are out of the water, you can do the breathing exercises and the "Shaolin routine" in order to warm up.

COLD SHOWER

Start directly with one minute of cold shower immediately; then continue with a warm shower for as long as you want; and finish with another minute of completely cold water (the colder, the better). Relax and prepare for the cold, do not panic, imagine heat emanating from the inside, breathe slowly, feel the water cleansing you and the sensation becoming rather neutral or even warm gradually! After the shower, you can do a round of thirty "Bhastrika Breaths" (not in the shower!) as well as follow the "Shaolin routine" that Tina demonstrates in the exercise video in order to warm up...

FASTING

The last day with fresh juices!

Prepare a nice tasty freshly squeezed juice or buy a 100% fresh juice from a store. We recommend beetroot juice as well as some carrot/apple/peach and similar combinations. Drink one litre of juice per day (distributed as "meals" through the day) and continue drinking enough water.

You can also appreciate the clean and fresh body sensation. To help with excretion, you can drink some mineral water or prepare a digestive, purging tea.

If you finish the fast today, slowly resume eating the next day – as explained before. You can also keep it up for a few more days if you wish. Observe your body, and do not overdo it!

YOUR NOTES AND OBSERVATIONS ABOUT THE TENTH DAY OF PRACTICE

(take note of your feelings, physical sensations, changes before and after, what happens during and after the breathing, how do you deal with the cold, how does it affect you, what insights or ideas come to your mind, your progress, changes in mood, feelings and challenges related to fasting...)

CONGRATULATIONS!

You have completed the ten-day system of practice! I hope the journey has been pleasant and interesting, and that your overall psychophysical state has improved! If your depression or anxiety has been lifted, please send us feedback and encourage others to give this no-cost system a try themselves.

Observe the long-term effects, keep exercising as you wish, and use these tools to help you in times of stress or in case of a potential relapse. Implement the necessary changes in your life and stay in contact on our Facebook page if you will, for everyone needs success stories and support!

Have fun, a fascinating life, and WAY TO GO!