

ORIGIN HARMONICS (OHM METHOD)

This guide is an introduction to a self healing method I developed called *Origin Harmonics (OHM)*. Origin Harmonics are *ancient tones you sound with your breath and voice* that resonate the structure of your body into its Original Alignment. They elevate your baseline frequency to bring your body into coherence with Earth, your highest version of self, and the Powers That Be. Welcome. You made it. Take a moment to thank yourself.

The foundation of OHM Method starts with the THREE PART BREATH.

The *Three Part Breath (TPB)* is a complete mini meditation in itself. It is the pattern you sound all Origin Harmonics in. It *a/ways* ends with an inhale. TPB consists of the following three parts:

1. Tongue Press at same time as inhaling through nose
 2. Exhale with sound (there are multiple specific sounds, but start with "LAM")
 3. Tongue Press at same time as inhaling through nose
- You have not completed one unless you finish with Tongue Press, inhale.

THE TONGUE PRESS

aka "mewing" and correct tongue posture

WHAT IS IT?

The placement of your tongue for all inhales in the Three Part Breath. It is your anchor point for every breath to your integral center of gravity. It forces you to inhale through your nose.

HOW TO DO IT:

- Press your whole tongue into the roof of your mouth, teeth gently closed, lips closed.
- The goal is to flatten the entirety of your tongue to the roof of your mouth, behind your teeth and *especially* pressing against soft palette toward the back. (Getting the back up can be difficult and awkward at first)
- As you get used to it, it will feel more natural and you can press up more of the tongue, and with greater force.

WHY IT'S SO IMPORTANT: The Tongue Press is your anchor point to your center within gravity.

- It is the anchor point to your center of gravity
- It aligns the skull perfectly upon your spine and with the rest of your body.
- It expands your airway, allowing for efficient and integral respiration.
- It retrains and prevents a mouth breathing habit and the innumerable pitfalls associated with it.
- It gradually expands your jaw and airway.
- It allows you to draw in calm, powerful breaths with great depth.

MORE ON THE THREE PART BREATH

This section will help you understand the TPB better.

Review: One Three Part Breath is a complete mini meditation in itself. It always, always, all ways ends with an inhale. TPB consists of the following three parts:

1. Tongue Press during inhale through nose
2. Exhale with sound, *LAM*
3. Tongue Press during inhale through nose

You have not completed one unless you finish with Tongue Press, inhale.

▶ ▶ ▶ ▶ ▶ **Tongue Press WHILE YOU Inhale and Sound WHILE YOU exhale** ▶ ▶ ▶ ▶ ▶

Meaning you do both at the same time.

So even when you do only one, single OHM- one before you get out of bed, one before you respond to the text, one here one there- *it contains the three parts, and always ends on an inhale. One is a win.* One TPB with full commitment is a complete success in itself. And, you have not completed one unless you end with Tongue Press, inhale.

Why?

The Tongue Press inhale anchors you into your center of gravity, and the present moment. Your center says, YOU ARE HERE NOW. Then it's your choice as to what you will do with your next breath. When you commit your full attention and effort to making one Three Part Breath, you are not the same after. You will feel different when your Tongue Press inhale is complete.

BONUS

Tips and tricks to make the Tongue Press easier and more successful.

1. In the Three Part Breath, add an "N" sound to the *end* of the sound. It needn't be audible. For example; when the sound ends with "mmm," imagine it as an "mmnnnnnggg."
2. Click your tongue like the sound of horse trotting. When the tongue is up; keep it there. Close your teeth gently, close your lips. Inhale through nose.
3. Imagine the roof of your mouth (especially the back, at the top of your throat) is your air valve that allows you to inflate. The same as when you are blowing up a pool float or inflatable camping pad, you have to *push in* that little thingie in order to get in the air inside.
4. At first, it may sound and feel like you are hocking a loogie as you inhale, especially if you have mucus.
5. Imitating a snore sound through your nose will get your tongue in right place, do that and then make micro adjustments to lessen the actual snoring sound.
6. It may feel awkward at first. Try not to focus too hard on "AM I DOING IT RIGHT?!" If your tongue is up, against the roof of your closed mouth, behind gently closed teeth & jaw (don't clench, please); you're doing it right.
7. You will feel and understand it more as you practice & get used to it.