

K O R A

The Three Minute *Reset*

Three breaths, in the order that works, that settle a body enough to ask from. Take these before you ask for anything.

Manifestation begins in the body. Ask from a settled one and you reach for the thing you actually want rather than the thing that would quiet your nerves. You hold a picture of it long enough for it to mean something. And what you say next is said by someone who can act on it today, which is a very different thing from saying it and hoping.

A body still braced is spending everything it has on getting you through the hour, and it will keep choosing what it already knows however beautifully you word the ask. That is the whole reason this comes first.

Settled is not a mood you talk yourself into. It is a state, and it can be measured: heart rate variability is the clearest reading of it there is. The three breaths below are the fastest way to move it, and they work because they use your own exhale as the signal. A long exhale is the one lever you have on your nervous system that answers in seconds.

Sit down. Feet on the floor. No music. Three minutes.

The order matters.

Sigh to interrupt. Box to steady. Long exhale to open.

Begin whenever you are ready.

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THE FIRST BREATH

The Physiological Sigh

50 SECONDS · FOUR ROUNDS

Two inhales through the nose, one long exhale through the mouth. Breathe in through your nose until your lungs feel nearly full, then sip one more short inhale on top of it. Then let it all go slowly through your mouth, longer than feels necessary, until you are empty.

INHALE, NOSE

SIP AGAIN

LONG EXHALE, MOUTH

× 4

This is the fastest interrupt your body has. The second inhale reopens the small sacs in your lungs that collapse under stress, and the long exhale tells your heart it is allowed to slow. You will feel your shoulders drop before the third round is finished.

THE SECOND BREATH

The Box, four by four

65 SECONDS · FOUR ROUNDS

In for four. Hold for four. Out for four. Hold for four. Even, unhurried, all through the nose. Count slowly enough that it is almost boring.

IN 4

HOLD 4

OUT 4

HOLD 4

× 4

The sigh interrupted the state. This one steadies it. The even walls of the box give an agitated mind something to do, and the held pause is where the body stops bracing for the next thing.

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THE THIRD BREATH

The Three and Five

40 SECONDS · FOUR ROUNDS

In for three. Out for five. No holding now. Let the exhale be longer than the inhale every single time, and let it be soft.

IN 3

OUT 5

× 4

An exhale longer than the inhale is the signal for safety. This is the breath that actually moves the number. By the fourth round you are no longer the person who sat down.

Now speak.

This is the state to say it from. Say what you are calling in, out loud, in the present tense, as something already true rather than something asked for. Once is enough.



KORA does all three of these with you, reads your heart before and after, and shows you the number move. Breathe it with the spiral any time at koratemple.com/reset. The temple itself opens soon.