

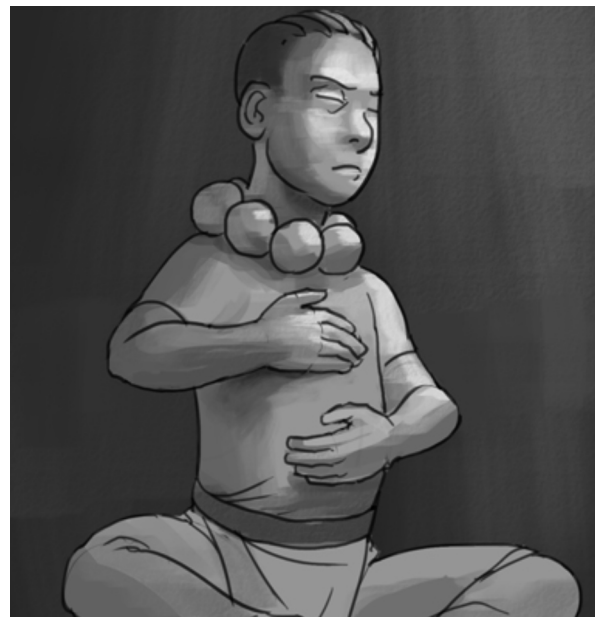
THE WISE MASTER'S GUIDE TO GATHERING MAGIC POWER BY BREATH

Spellcaster. For you to succeed on your quest to become a Champion, you must master how to gather Magic Power quicker by breathing. Remember to stay calm and focused as you practice and be prepared to take these skills into battle.

How to breathe in the Shengha Temple:

Belly Breathing:

- Sit with a straight back and both feet on the floor
- Put a hand on your belly
- Imagine there's a balloon in your belly which is inflating and deflating as you breathe in and out
- Blow out slowly through your mouth until you can feel all the air in your belly has gone out
- Breathe in slowly through your nose and pull air deep into your belly, feeling it get bigger as you do it
- Practice a few times, breathing in for a count of 1,2,3 and out for a count of 1,2,3,4,5



The belly breathing is not working if:

- Your shoulders are moving up and down as you breathe
- You can hear yourself breathing in and out
- You're breathing super fast
- Your body is hunched over instead of sat up
- You feel dizzy while you're breathing

THE WISE MASTER'S GUIDE TO GATHERING MAGIC POWER BY BREATH

Other ways to practice your breathing:

Whole body breathing:

Take a deep breath. Focus when you breathe out, and imagine as you blow out that all the air is coming out of your body, the whole way down to your legs and feet. Try this a few times.

Cookie breathing

Imagine you've got a big tray of freshly baked cookies in front of you (Spellcasters like sweet stuff too!). Breathe in deeply through your nose to smell the delicious cookie smell. Then Blow out through your mouth to cool them down so they are ready to eat. Practice this technique a couple of times.

Imagine the breath

As you breathe in, imagine what each breath looks like: what colour is it, how does it smell and sound? Is it warm or cold? Imagine that breath going down your throat, into your lungs and stomach.

Staying calm and focused and taking deep, regular breaths will give you stronger Magic Power which will help you to win duels. Best of luck with your training, young Spellcaster.

