

SB HORA® Training
Practice HORA® Calmness Technique:
Awakening of Instinctual Memory

Before you try to do this, read carefully. The text is simple, but requires attention.

When To Apply: In any extreme emotional states (grief — joy: both extremes represent — stress)

Static Phase Requirements:

1. Stop for a second and don't fuss around.
2. You can sit on a chair or stand. (No lying down or sitting on the floor.)
3. Your eyes should be open.

Static Phase Steps:

1. Let your hand rest on your chest in a natural way. It is not an intellectual centipede — it does not have to think; it knows its place.
2. A first light, natural inhalation will occur spontaneously; it is short. Listen to your hand from inside. Exhale naturally. Listen to your hand from inside.
3. A second breath. Your chest will expand spontaneously, naturally. Listen to your hand from inside. Exhalation will occur naturally. Do not block your breathing; do not interrupt it. Your hand knows better — listen to your hand from inside.
3. A third breath — your spine will stretch up naturally and spontaneously, and your breathing will fill you up. Do not be tense; do not overexert yourself — listen to your hand from inside. An exhalation will occur naturally; don't focus your attention on it — listen to your hand from inside.
4. Remove your hand from your chest. Hold your attention on the spot where you placed your hand — peacefully and effortlessly.

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That's all. Remain in this position for two to three minutes. The procedure is finished. The static phase is completed.

You can get back to your normal activities without disrupting your daily routine.

Deep calmness will stay with you for seven to twenty minutes, but the sense of calmness will last much longer. This time interval of calmness will grow with your experience.

by Master HORA

For more information about this or other calmness techniques, contact Svetlana Bakla-Nova at 704-737-5353. Or visit my website SBHoraTraining.com.