

BREATHYX™ ACTIVATED NEURAL SEQUENCE SYSTEM™

Banish Limitations™

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[**baSIX™** DAILY PRACTICE MODULE]

What is BREATHYX™ Activated Neural Sequence™?

BREATHYX™ is a Vibrational Programming Language we call **Programmatyx™**, created to connect you to the Command Centre of your Brain through a harmonious system of uniquely programmed neural sequences.

Through practical application, BREATHYX™ rapidly boosts functionality – both brain processing speed (the rate at which you can process incoming data) and brain processing power (the complexity of work you can handle) – and builds a coherent Memory Architecture in your brain that enables [Timeline Engineering](#): activating being YOU completely. In combination with [Decompressyx™](#) (the substrate-clearing practice), Skryptyx™ (the writing practice), and Wordwyx™ (the speech practice), BREATHYX™ forms the neural architecture you need to engineer timelines and select the one most optimal for your [Self-Governing, Self-Generating, and Self-Authoring](#) reality.

While AI labs focused on working with silicon neural architecture to build artificial intelligence systems, XIMETIX focused its work on the advanced Movement Architecture Programmatic Praxis – MAPP™ – for activating and programming human neural architectures, and Alive Intelligence. Both AI – one artificial, the other alive. When synced, organic intelligence and digital intelligence generate a new class of intelligence, scalable for any human being anywhere in the world. All that is needed is breath, a writing instrument with paper, and your generative ability to author your reality through speech as a generative act.

ACTIVATE MY BRAIN · DESIGN MY NEURAL NETWORKS · TAKE GENERATIVE ACTIONS™ · HAVE INTENDED OUTCOMES

About the BREATHYX™ Activated Neural Sequence System™

The **ACTIVATED NEURAL SEQUENCE SYSTEM™** is one of the core essential components for Activating Being YOU Completely.

In a simple sense, Activating Being You Completely means what you think, say, and do are in complete alignment. In other words: what you think, what you speak, and what you do align as one in seamless unity.

The instant benefit of this system is a boost in your energy which will enable you to make a deeper connection with your Activated Self and your built-in ability to actualize your goals with clarity, effectiveness, and drive.

The **baSIX™** Daily Practice Module of the ACTIVATED NEURAL SEQUENCE SYSTEM™ has a set of 3 activated neural sequences to trigger the all-adaptive Gamma brain wave and initiate the upgrade of your Brain's operating system, your Mind-Body memory architecture, and your Self-Authoring Being capable of generating reality through declarative speech acts.

The Gamma brain wave is your personal key for accessing your most adaptable, transformative, and Self-Generative state simultaneously, giving you the power to handle anything life gives you in a sovereign way – with a sense of ease, peace of mind, and calming presence. Through the application of this system, you will generate the operational capacity to Self-Author your reality – holding true to your Big Picture vision while being on purpose with your life's mission, breath by breath, stroke by stroke, speech act by speech act.

7 benefits

The BREATHYX™ Activated Neural Sequence System™ has benefits that allow anyone, under any circumstance, to be calm, peaceful, and balanced.

It can take you from a highly charged (chaotic) state to a calm, peaceful state in about 2 minutes by reliably generating the Gamma brain wave – the all-adaptive generative brain wave state that triggers Dimethyltryptamine (DMT), also known as the Spirit Molecule, as popularized by Dr. Rick Strassman.

It plays an integral role in increasing your brain's functionality, your body's performance, and an upliftment of your way of being. Through the practice itself, you activate and generate the precise neural sequences to govern, generate, and author your nonpriceable Self. The praxis itself is designed to increase your Brain Processing Speed (the amount of information you can process per second) and Complex Pattern Recognition (the depth of layers of information you can see, and how it all connects into one integrated neural network) so that you can perform work beyond standard production parameters.

The more you practice, the more your emotional overwhelm will convert into feedback you can act on, and information overload will convert into deeper functional connections between knowledge and information you have already accumulated throughout your whole life.

Breathyx links directly with specific regions of the brain, allowing the emergence of your Internal Guidance and Council Systems, which gives you pure signal, no noise, and focus on what truly matters: generating your reality authorship capability.

And, best of all: it is free to breathe – but you do have to put in the work to get the benefits.

BEFORE YOU BEGIN

This is an advanced practice that uses breath to activate and program human neural networks. It is intended for people who are already performing well and need a breakthrough in how their brain organizes information. The practice requires no strenuous activity. You perform it while sitting down with deep, full breaths – either your mouth or nose – at precise speeds. This practice is not intended in any way as a “wellness” practice. If you are looking for breath as a way to be well and heal, we do not recommend Breathyx. Its purpose is precision.

Why train your brain?

The reason we train our brain is because it is 100% responsible for everything we experience in life.

When we train our brain, we boost our functionality by increasing the number of functional neural connections, which rapidly reduce conflict and drama while massively boosting energy, confidence, and adaptability in the moment.

And that's just the beginning – the amount of senses, abilities, and possibilities the human brain, body, and being is capable of, when supplied with energy and goals inside a clear vision, is limitless.

The ultimate equation is simple: when you train your brain, you set yourself on a journey of Self discovery that is unmatched.

Formula for breathing effectively

- **1** It is absolutely essential to keep the speeds consistent. This breathing system is based on mathematical sequences linked to the physical operations of the human body. Changing the speeds is not recommended. Imagine your brain as a musical instrument like the piano, and the breath as the individual keys you use to create a harmonious piece of music – playing notes out of sequence or longer than required, your ears would instantly notice the variance. The same is true with breath and how you use it to train your brain.

- 2** Take deep, full breaths from the diaphragm. E.g. 100% air in, 100% air out.

- 3** Keep the shoulders down while breathing, to avoid upper-chest breathing. Swaying forwards and backwards as you breathe is okay.

- 4** Use the correct hand gesture for the specific breath you are using.

- 5** Keep the tongue on the roof of the mouth, to connect your body's energy circuit to the pineal gland.

- 6** At the completion of each breathing sequence, take the action to drink the generated energy, as if drinking water from your hands. This trains your brain, body, and way of being to receive acknowledgments, cash, rewards, bonuses, gifts, and more.

- 7** Give the body time to stabilize after each breath – about 1 to 3 minutes.

Daily practice

There are 3 parts to the ACTIVATED BREATH™ daily practice.

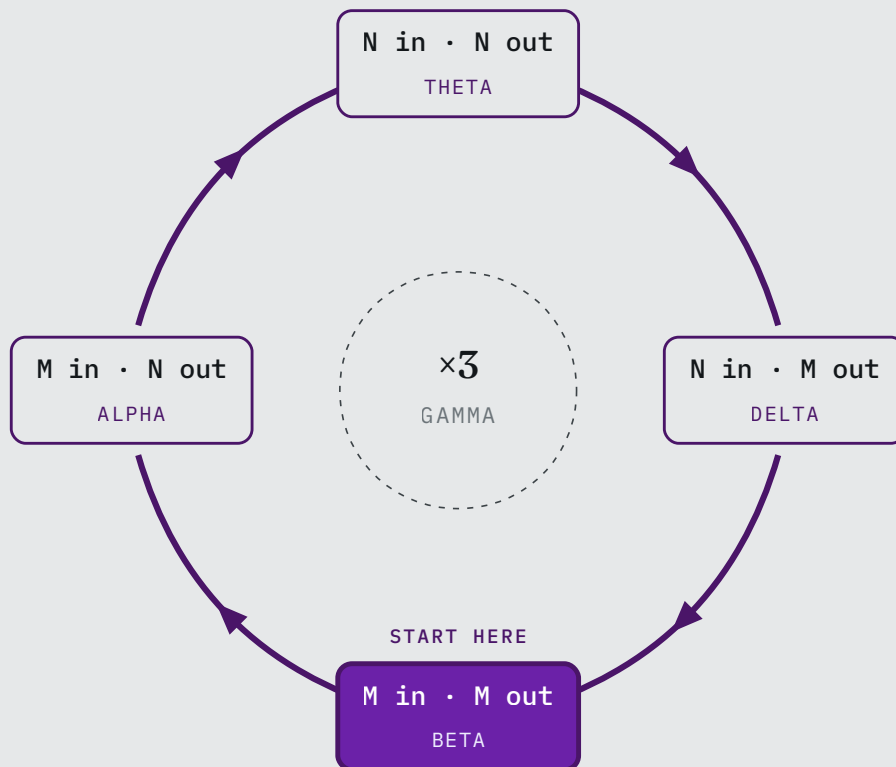
Part 1 • Upon waking

Do 3 cycles of the Source Neural Sequence with your Opening Intention, to set yourself up powerfully for your day.

The Source Neural Sequence generates the Gamma brain wave, which is the secret to perfect adaptability in the moment.

Source Neural Sequence

1. Declare your intention from the space of possibility.
2. Activate your intention and open the channel to Source by generating the all-adaptive Gamma brain wave in 3 cycles of the Source Neural Sequence.
3. Proceed to upgrade your internal memory system (mind) by converting stored charges.



Speed: Medium, 3 seconds

Hands: Open hand gesture

Begin: Exhale fully through the mouth, compressing your core.

Complete: Gentle medium breath in through the mouth, relaxing core and chest.

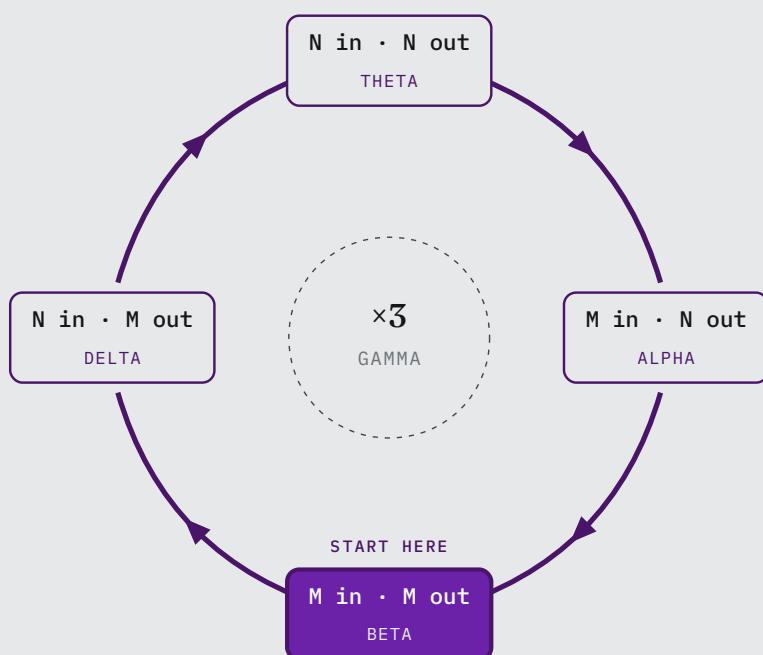
Repeat the cycle 3 times. Second and third passes through Beta are labeled Zeta. Three cycles generate Gamma.

Action Neural Sequence

There is only one of two things that happen throughout the day: either you have experiences that advance your life forward, moving you closer to your goals – or you have experiences that leave you in a chaotic pattern with no clear direction, purpose, or drive.

The Action Neural Sequence links your physical body with your goals and what you are up to. Use it in any situation where you feel stuck. For optimal results, keep the ratio of the Action Neural Sequence to 3 positive experiences for every 1 negative experience.

Positive – focused, generative, light, fresh, renewed, efficient, joyful, celebratory, relaxed, connected, appreciative, grateful, peaceful. **Negative** – enraged, mad, sad, depressed, lonely, inefficient, scattered, overwhelmed, overloaded, disorganized.



Speed: Medium, 3 seconds

Hands: Closed hand gesture

Begin: Exhale fully through the mouth, compressing your core.

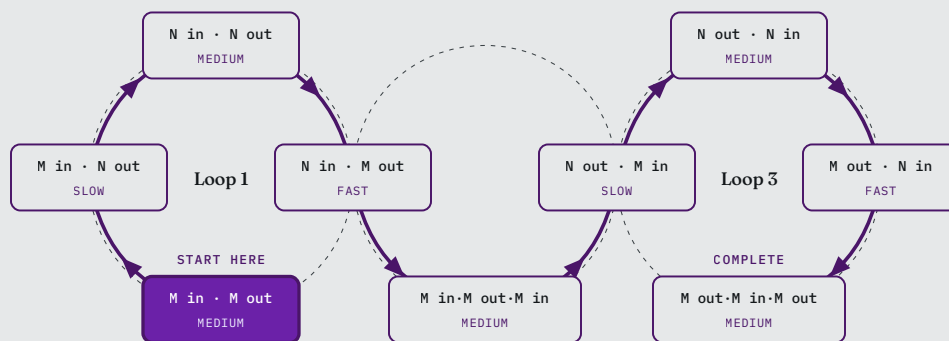
Complete: Gentle medium breath in through the mouth, relaxing core and chest.

The mirror of the Source Neural Sequence. Repeat 3 times; second and third passes through Beta are labeled Zeta.

Dream Neural Sequence

Your brain runs on cycles. When you wake with the Source Neural Sequence, you open a cycle that sets you up for your day. Training your brain to open and complete cycles is essential for a harmonious life – it keeps you present and generative. Too many open loops make it far too easy to be distracted and lose focus.

The Dream Neural Sequence completes your daily cycle by moving through the beta, alpha, theta, and delta brain waves, setting your brain up for a revitalizing, rejuvenating, and refreshing sleep. Its purpose is to convert any brain wave into Gamma.



Speeds: Fast (1s) · Medium (3s) · Slow (5s) **Hands:** Heart gesture

Begin: Exhale fully through the mouth, compressing your core. **Complete:** Gentle medium breath in through the mouth, relaxing core and chest.

Loop 1 moves beta → alpha → theta, crossing into Loop 2 at delta. Loop 2 is a single connecting position, then crosses into Loop 3, also at delta. Loop 3 moves theta → alpha → beta to complete – nine positions, three circles, converting whatever brain wave you entered on into Gamma.

Instructions: reflect on your day, journal what worked and what to upgrade tomorrow, then run the sequence to integrate your day.

The Activated Neural Sequence™ Challenge

For the next 7 days, use this guide to begin integrating the activated neural sequences into your daily routine.

Our promise: if you take on this challenge and complete it, you will advance that which you desire most in your life.

Every neural sequence exists to complete a cycle. This [challenge](#) is the first circuit – seven days of cycles, run deliberately, until the pattern is no longer something you have to remember to do.

Challenge instructions

- 1 Immediately upon waking: declare your Opening Intention and do the Source Neural Sequence.
 - 2 During the day, practice the Action Neural Sequence at least 3 times.
 - 3 Prior to sleep: declare your Completing Intention and do the Dream Neural Sequence.
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The Awakened Challenge Tracker

Start of Day Opening Intention

You can create your own, or use: "To be [nonmessable](#)" or "To be present, focused, and generative."

To be _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Source Sequence							
Action Sequence							
Dream Sequence							

End of Day Completion Intention

You can create your own, or use: "To have nonmessability as a function of who I am" or "To have presence, focus, and [Self-generation](#)."

To have _____

You don't keep this to yourself.

You now have three neural sequences most people will never learn exist, and seven days to run them until the pattern holds without you having to remember it.

If someone in your life is running the way you used to – overwhelmed, scattered, reacting to a day instead of authoring one – the fastest way to change that isn't to explain this PDF to them. It's to put them in the room.

THE NEXT BANISH LIMITATIONS EVENT

Live. Facilitated. The room is the mechanism.

www.banishlimitations.com/now

Invite friends, family, and colleagues. The room is the mechanism – the more people in it who are actually doing the work, the stronger the field gets for everyone in it, including you.