



169 Breathing technique and concepts

General combat wouldn't help him at all at this point either, his opponents in this class were too weak for him to be able to use his full strength and this hindered his learning. 1

"The spark is the beginning of everything in electricity. It works when we have a high energy point and another with low energy. The high energy point moves some of its energy to the lower one, and if the difference is too large, a spark will form."

Kayden had been sitting for hours receiving electric shocks and seemed completely lost. But that quote from Bolt opened a door in his mind. At that moment, he understood that he was at the lowest energy point.

"Try to balance the electricity in the system and you will stop getting lightning." Kayden did as Bolt ordered, but his attempts only resulted in



him receiving more electric shocks. His skin was already looking like a red pepper.

It had been two weeks since Kayden had been intensively trying to learn spark from Bolt. Every day he seemed closer to understanding something. His training time easily exceeded 15 hours a day.

He did nothing but sit and get shocked during this time. His only other activity was attending a few specific classes he couldn't miss. Not even having lunch with his friends on the weekends was on his agenda anymore.

So far, Kayden has not felt any problems after having the surgery. His head felt a little heavy. It seemed like day and night didn't exist for him. Ever since he put the rune on to not sleep, it felt like it was just a long day.

"It's class time, Kayden." A few minutes later, the boy was taken out of his concentration by his master. After just a short time together, Kayden



realized that he had made the right choice in choosing a master.

His learning was accelerated dozens of times because of the knowledge and resources that Bolt was able to provide. Besides, the old man was... crazy. He loved seeing progress in Kayden's development. So, he forced the boy to always train at his maximum. Not that Kayden needed encouragement to do his best.

The old man also worried about him and always made an effort to make Kayden take short breaks, even if it was just for him to eat. It was literally how every master-apprentice bond should be.

The only thing Kayden couldn't understand was Bolt's desperation to teach Kayden everything he could in the shortest possible time. It was almost as if he was at the end of his life and needed to pass on all his knowledge.

Kayden's class that day was on breathing, a class



that lately Kayden had been discouraged from taking. The boy couldn't say that it was useless, but the techniques taught only increased strength or endurance a little. Nothing beneficial.

As soon as he arrived, he saw the same smiling old lady with white hair who exuded good vibes. It just exhaled, because she was a tyrant as a teacher. But as a person, she was kind and friendly.

"Today we will learn how to introduce mana into our breath." Kayden gave a mental sigh. Finally, something really useful. "Breath is toxic to our body if introduced directly. Therefore, before attaching the technique that I am going to teach you, we will learn how to break the mana into harmless parts."

The woman began to walk around the room and distribute a sheet with step-by-step instructions. It was simply making the mana lose its form and making it anemic. It was similar to taking a clump of mana and taking most of it



away, leaving only a very small part.

"This process should take a few days for everyone to be able to do it correctly. You can look for me in my office as soon as you can." With her sentence, she closed the class.

Everyone started reading the manual as if their lives depended on it. For the first time, they would learn a really strong technique. Kayden gave it a light read and started doing the steps step by step.

In just 30 minutes, he managed to make the mana weak enough to be put into the technique. With his path, any manipulation of mana became incredibly easy.

The teacher's office was in a tall tree. Kayden guessed it must be at least a kilometer tall. His shadow cast itself across the entire region. The walk to the top was possible because of several evenly placed wooden steps.



As soon as he arrived, he smelled tea latent in the air. At the top, there was a small two-story house with a spacious garden around it. Kayden didn't even know a treehouse could be so luxurious. Luxury wasn't the best word, as everything there was done in a simple but harmonious way.

"Hello?" Kayden didn't even see a light on and assumed the teacher wasn't home.

"I'm in the garden, Kayden, you can come in." The elderly woman's gentle voice reached Kayden's ears as if she were by his side. With the teacher's permission, he entered and noticed that the garden was even more beautiful inside, with different types of flowers organized in such a way that their colors did not overshadow or stand out from each other.

"What do you need, little one?" The elderly woman asked as soon as Kayden appeared in her vision. The woman was sitting on a bench while having a cup of tea in front of her and a book on her lap.



"I finished learning the technique you gave."
Kayden stood still, not knowing what to do.

"Come, sit down and show me." The woman didn't even accuse Kayden of being a charlatan and continued with her gentle tone. After seeing the boy's demonstration, she was excited by Kayden's learning speed.

"Very good, Kayden." The old lady raised her hands and a book came floating out of the house. "Have you ever thought about why we gain more energy when we breathe? Logically, there is a scientific side and complex things ... but they are useless to us right now."

Kayden received the book from the teacher. It was a small leather book, with the only writing in gold letters being the teacher's name: Isabella Montgomery. Before Kayden started studying it, he decided to pay attention to the teacher's words.



"What you have to understand is that when we breathe, the air is automatically converted into energy to be used in our muscles and other parts of the body. It is only non-toxic because it is processed quickly."

Kayden was understanding where she was going.

"Our race does not have any organ capable of automatically filtering mana, which is why it is toxic in our organism. The divine breathing technique consists of breaking mana into small harmless parts and, when it has been increased in breathing, the mana must be automatically directed to the required movement."

This meant that as long as you breathe, you could make up for any tiredness and lack of energy in your body just by using mana as your primary fuel.

"Unfortunately, your brain is not capable of performing this task in a correlated way with others. Therefore, you will only be able to use

this technique in its entirety when you reach the rank of wizard."

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