

7. Come up with your own topic and have it approved by the instructor before you begin!

You can't choose when the urge strikes. Remove your home setting and replace with vulnerability. This devil in a gaseous state doesn't play fair, nor worry about potential embarrassment. It has a job to do. A low grumble echoes within your body cavity. That quick stop for fast food or that cabbage loaded coleslaw sneaks back up on you. Gas bubbles build. However, all the cheek squeezing in the world can't hold back the inevitable. You will have to pay for those extra black beans in that burrito. But why not embrace this passing of gas? Through perfect positioning, you can escape awkward, pathetic toots here and there and release all of that built up gas at once. Don't deny what lies inside. Feel better, stand straighter, and move on with your day.

Although everybody farts, it is almost taboo to deliver your excretions into the air around friends, coworkers, or just passer-bys on the street. Are we ashamed as homo sapiens, such an advanced breed, to have an uncivilized act bring us down to homo erectus? Or do we hold back in fear of smell? Assume Prime Gas Release Position with friends or choose to fly solo. Nonetheless, get with whomever or whatever quickly before this opportune moment wanes back into your intestines.

Gas rises. Standing up, this gas comes out a burp. The second most unsightly act. However, this gas strides past that point. It has evolved and slithered lower into your digestive system. Only one possible exit exists now. Plunge to your knees for a quick prayer that no being will ever know of the repulsive act about to unfurl. Unshackle the inner beast that dwells in each human and dive down onto all four paws.

Rest on your forearms and lower your upper body closer to the ground leaving your glorious booty the peak on your body mountain. Only a wagging tail separates you from an anxious to play dog. Except you won't run in fear when emit this aerosolized stool. No. You will rejoice.

You can easily rest your head on the ground or look up to admire the surroundings. Gas bubble building requires time. All the gas, in every crevice, thrusts toward the heavens only to be stopped by the gluteus maximus gates. The main bubble builds, but hold that wind beneath the cheeks.

When all your internal plumbing clears, you will know. Open the hole where the sun doesn't shine and play the butt trumpet. Liberation. The putrid gas particles run and spread like stinky kindergarteners unleashed into the playground for recess.

After the anal exhale, best to hold in your sigh of relief for a few seconds, or risk the taste of kindergarteners. Never end something marvelous with an instinctive gag. It simply ruins the experience as a whole. You don't have to wait long. Judge your time based on the strength of the breeze or leave the room.

Relieve, relax, and reminisce after fully executing the Prime Gas Release Position. Take it a step further to bond and advance relationships. Nothing says "We're best friends!" like simultaneous breaking wind. Repeat as needed; throughout the week or day. Total harmony remains a fanny rise away.