

# How to Support The Andreia Philosophy

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### Komuso Design

The [Komuso shift](#) is a breathing necklace inspired by the Komusō monks from the Edo period of Japan. The monks were known for using a bamboo flute not for music, but for their Zen meditation.

The shift necklace is for your exhale. It slows the exhale down, mimicking the meditation style of the Komusō monks. It is an effective tool for entering the Mushin(無心) mind state.

We highly recommend the Komuso shift. It is effective for meditation and breathwork, built to last forever, and an aesthetic compliment to any style.

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