

Conscious Breathing

Our Breath:

We all breathe 4-20 times a minute, all day long and the way we breath greatly effects our physical and emotional wellbeing.

Our body removes waste products by first combining those wastes with oxygen. To experience adequate detoxification, we need to breath well.

Germs, viruses, and bacteria are anaerobic: they cannot survive in high concentrations of oxygen. Therefore the better we breath, and the more oxygenated our cells, the greater the chances we have of eliminated unhelpful germs, viruses and bacteria from being able to lodge in the body.

Breathing however does not just relate to good health, there is also a correlation between our physical, emotional and spiritual bodies.

Benefits of Good Breathing:

Improved Breathing can dramatically influence our life skills in many ways:

- * Increased productivity & stamina
- * More joy & wellbeing
- * Personal strength & power
- * Enhanced sports performance
- * Greater enthusiasm & motivation
- * Greater sense of belonging & taking up space
- * Connecting us to authentic expression
- * Greater mental flexibility & capacity
- * Increased self awareness & understanding
- * Improved creativity
- * Better decision-making
- * Improved integration
- * Improved inner strength
- * Opening to the state of flow
- * Peace of Mind
- * Focused thinking
- * Alignment between inner drives & outer expression

Learning to breath well creates states of increased energy, mental clarity, emotional calm, physical ease, and balanced breathing & freedom.

Poor Breathing & its Causes:

Many people hold their breath and aren't aware of it. This largely stems from childhood. Being stressed causes us to hold in our belly muscles. Science calls this reaction the "startle reflex." Done often enough in the formative years of childhood causes permanent restrictions or breath holding habits that never go away. Some develop a tendency towards breath holding that is not obvious but reappears during stressful adulthood.

Holding the breath is a habitual practise designed to facilitate the holding back of emotion.

Posture is also critical to optimal breathing. If the chest is collapsed or the body is bent forward — even the slightest — the diaphragm can't rise enough to be able to draw in sufficient air to energise the body.

Poor diet and exercise can contribute to poor breathing patterns and insufficient sleep.

Our Body is made to Breathe:

The belly is merely a part of the breathing cycle. Call it an arc, or part of a circle. This circle includes your belly, sides and back for optimal breathing. The breathing cycle is round. The diaphragm is round. The lungs are round. Your thorax is round. Breathing needs to be from the belly, front, sides, and back of your lower, mid and upper trunk to be optimal. Healthy deep breathing needs to be well balanced, with the majority of the lung expansion in the lower front, sides and back of the trunk. Forced deep breathing can restrict easier, larger deep breathing.

The way you breathe drives your nervous system. Panic is at one end and relaxation and control are at the opposite end of proper breathing.

Your entire body is regenerated over a seven (7) year period, even your teeth and bones. Improved breathing will often improve vision and great breathing makes sleep better and more restful.

Optimal breathing increases vital capacity, aspiratory capacity, functional reserve capacity, total lung capacity, tidal volume, and expiratory reserve volume. It decreases lung dead spaces and non-functional alveoli. It also invites increased oxygen uptake/utilisation (QO_2) and reduced oxygen cost of breathing. Learning to breath well improves both breathing patterns and breathing coordination.

Oxygen levels, breathing and the immune system are completely inter-dependent.

THE EFFECTS OF IMPROVED BREATHING:

IMMUNE SYSTEM

- Good breathing lessens one's stress response by regulating the nervous system that staves off diverting energy from healthy immune system function.
- Good breathing increases oxygen to kill germs, viruses and parasites and support healthy bacteria.
- Oxygen works like T-cells, killing harmful bacteria, germs and viruses.
- Increasing oxygen offsets fatigue, listlessness, repeated infections, inflammations, allergic reactions, slow wound healing, chronic diarrhea and infections that represent an overgrowth of some normally present organisms such as oral thrush, systemic Candida or vaginal yeast infections that desire an anaerobic environment.
- Better breathing supplies extra oxygen molecules that attach to toxins & pollution and form toxic waste that is excreted from the body via the breath and other means of elimination, thus reducing the work on the immune system.
- Oxygen accelerates regeneration of tissues by allowing the regenerative systems of the body to heal/regenerate instead of fight off invaders.

THE RESPIRATORY SYSTEM

Deep breathing opens up the chest and allows the chest, belly, back and sides to communicate simultaneously laterally, right to left, as well as from front to back. When one progresses from up to down, all 3 planes, sync rhythmically together, then the primitive reflexes that connect to the breathing are able to reconnect, sequence and balance.

Good breathing technique opens up the chest to make breathing easier and fuller, facilitating strengthening of the life force, emotional stability and mental clarity.

An adequate level of oxygen maintains blood acid/alkaline balance which supports optimal cellular function.

CIRCULATORY SYSTEM

- Improves blood circulation and relieves congestion
- Increases supply of oxygen and nutrients to cells throughout the body

- Increases flow of oxygen-to-oxygen loving organs such as the brain and eyes
- Eases the strain on the heart by increasing oxygen to the heart

THE NERVOUS SYSTEM

- Calms a chronic "fright or flight" anxiety state by reversing the breathing patterns which began at the time of the original trauma
- Healthfully stimulates the nervous system when fatigue is present
- Helps reduce overeating response to stress
- Depending on the technique used, healthy breathing can balance brain hemispheres

THE DIGESTIVE SYSTEM

- Proper diaphragmatic action acts as a pump to massage the internal organs, significantly aiding their function
- Optimal breathing calms the emotions which in turn allow the digestive system to stay in a stronger expression of parasympathetic rest, digest and heal.

URINARY SYSTEM

- Excess water (in the form of vapour) is expelled
- Reduces swelling of the body (oedema)
- Decreases stress on organs of elimination, thus helping the body to naturally cleanse and tonify

THE LYMPHATIC SYSTEM

- Increases depth and continuity of lymphatic fluid circulation, which plays a crucial role in eliminating toxic wastes and strengthening the immune system
- Helps speed recovery after major illnesses

MUSCLES/LIGAMENTS

- Relaxes muscle spasm and relieves tension. Tension that often causes muscle weakness
- Helps increase the supply of blood and nutrients to tissues & muscles
- Upper body strength is directly affected by proper breathing
- Feeling better and more "present" in one's body naturally leads to a greater

desire to exercise for health and enjoyment

- Offsets and prevents the formation of adhesions
- Improves coordination and grace via greater relaxation and self-awareness

STRUCTURAL

- Moment to moment 24-7-365 fluidity of all movement whether walking, running, swimming, dancing or crawling.
- Invites internal sensing of optimal posturing
- Helps prevent muscle adhesions
- Releases and reduces muscular tension that eventually may cause structural problems
- Helps increase flexibility and strength of joints; when you breathe easier you move easier

ATHLETIC PERFORMANCE

- Enhance endurance
- Shorten recovery times.
- Smooth out running styles, creating grace, ease and more efficient movement
- Sharpen mental clarity

PHYSICAL APPEARANCE

- Healthy breathing nourishes the organs and helps you look more rested and vibrant
- Reduces wrinkles due to improved circulation and blood oxygen flow
- Results in radiant skin at any age, replacing energy lost during the natural process of growth and aging

MENTAL

- Improves power of mental concentration and observation
- The brain is an oxygen-loving organ; using up to 40% of our O2 supply.
- Lower stress levels lead to higher productivity, greater learning capacity, better decision making

EMOTIONAL

- Increases feelings of safety, nurturing and self-acceptance
- Produces profound relaxation and inner peace (think: grace under pressure and courage under fire)
- Reverses effects of stress related to self-defeating habits and tendencies, including childhood traumas, religious programming and cultural conditioning
- Strengthens coping skills
- Increases positive energy
- Enhances sense of self and inner power
- Produces heightened self-awareness and self-love, which leads to healthier life choices about self-care, relationships, work, environment, etc.

SPIRITUAL

- Deepens meditation or spiritual connection
- Heightens intuition
- Balances subtle energy systems affecting all the bodies: physical, emotional, mental, spiritual
- Enhances creativity

INTERPERSONAL RELATIONSHIPS

- Relaxation, self-love and self-acceptance enhanced by optimal breathing leads to greater compassion for others
- Helps clarify and strengthen boundaries and take responsibility for their role in relationships
- Increases awareness and management of subtle energies within and around you and others

SEXUAL ENJOYMENT

- Regulates intensity of orgasm
- Higher relaxation levels and self-love lead to more compatible partner choices

PRODUCTIVITY

- Feel more rested and get more done.

Higher breathing rates generally indicate a tendency towards or actual state of: nervousness, anxiety, panic attacks, ranting and raving, heart conditions, high blood pressure, strokes, and a general state of less than optimal breathing and possible poor health. Poor breathing is a major factor behind most health conditions known to mankind.