



TRI BREATH

A BODY SCULPTING
PROGRAM

Breathing Points of the Spine

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Breathing Points of the Spine

It can be a hard possibility to grasp; the possibility your spine has, and fulfills, more functions than what is commonly known.

Most of us only know the spine as a structure that gives our flesh something to attach to. We also know the spine as the protector of the nervous system with the vertebrae acting like the branches of a tree with nerve sheaths distributing information in the form of life-energy out to the furthest reaches of your body.

But what about the spine also being an organ of respiration? How does that make sense?

i feel a pondering coming on

If the only things that exist are the ones you can physically see with your eyes, this whole science of Breathing Points of the Spine may require a fair bit of pondering and reflection.

The whole process of engaging your diaphragm and then using your chest and neck muscles to draw your breath up from your lower to upper lung, gives a pretty clear indication that your breath isn't only about the in and out; but also has a very clear vertical direction that being from the down to the up.

For isn't that the true purpose of your breath... to lift you UP!

It's hard to imagine a balloon floating unless one can sense the power of air contained within hence the only factor that makes any breath work measurable, is the thought structure behind it.

It is the intent and the purpose of wo/man thinking "the thought" that gives creative energy potency. Understanding the words, "energy follows thought" is a necessity when it comes to sensing the breathing points. But a quick heads up...

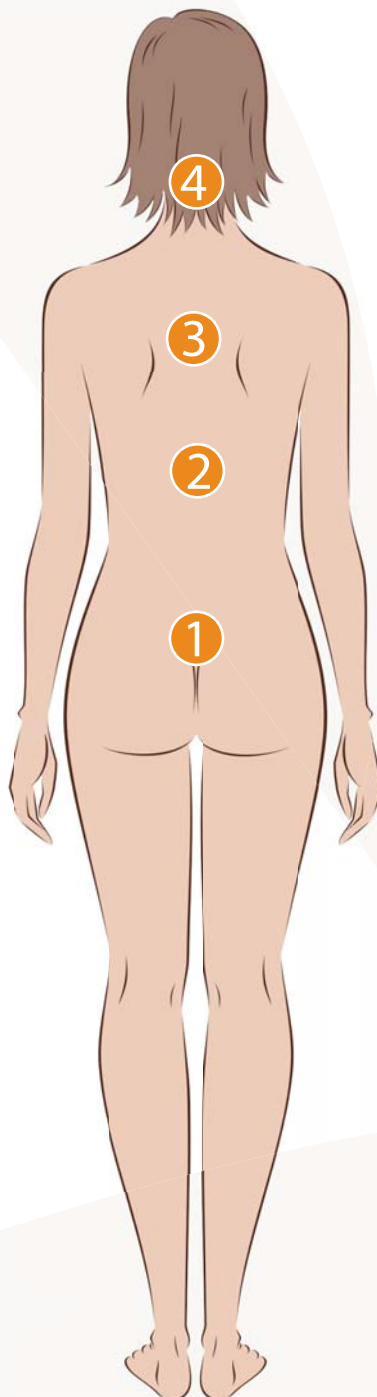
Be well advised that once you actively use these points the whole concept of what breathing is all about can dramatically change. It sort of makes the whole concept of "being light" a reality and not just something new age magazines go on about. You see being light doesn't only have to refer to the duality of light and dark.

Being light can also have heavy and light connotations as in the use of weight.

Whatever point of reference you choose to focus on, that is, light being an illuminating source or light as a measurement of density, the Breathing Points of the Spine are very real.

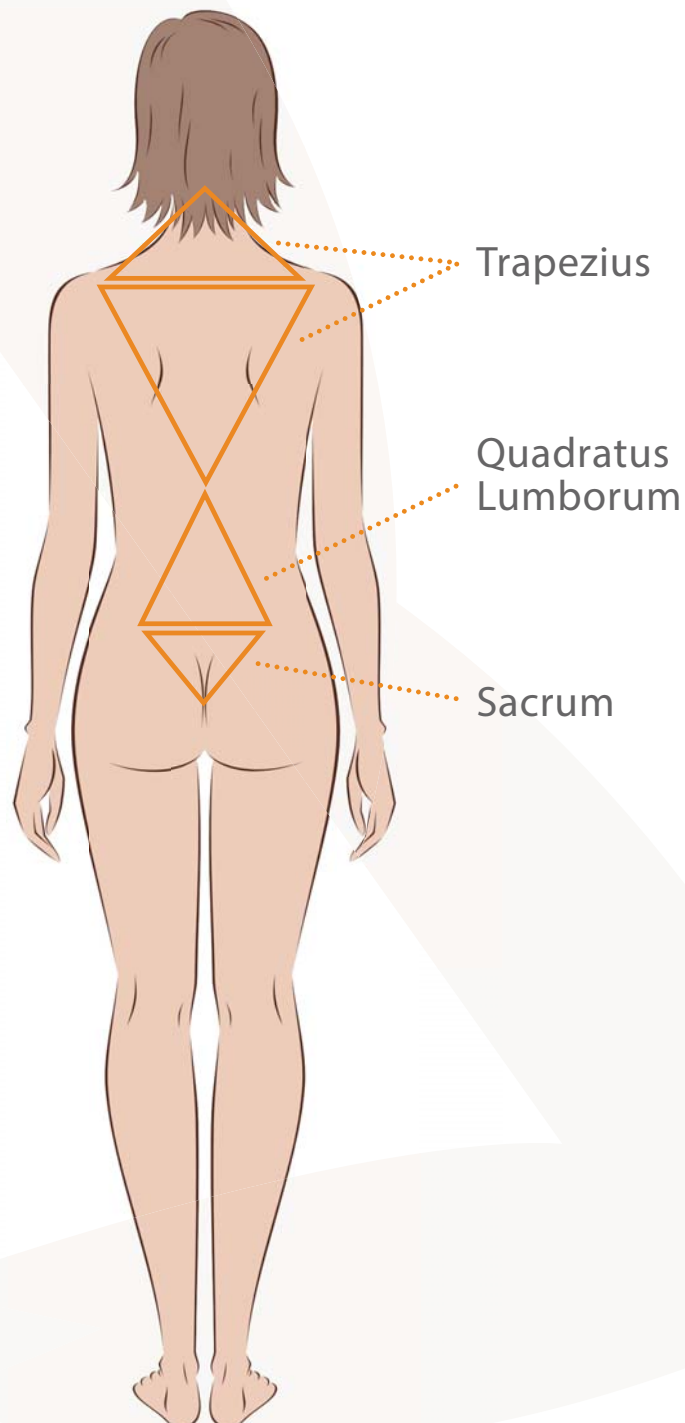
Breathing point positioning

These breathing points are situated in around meeting points of muscles with the four(4) major points located from the base of your spine on the bone mass called your sacrum. It is from the sacrum the energy travels upward to where it sits at the base of your skull to the back, or what is called the mastoid process. This area has another name in the healing chronicles and that is the "Gates of Consciousness."



The respiratory muscles of the back

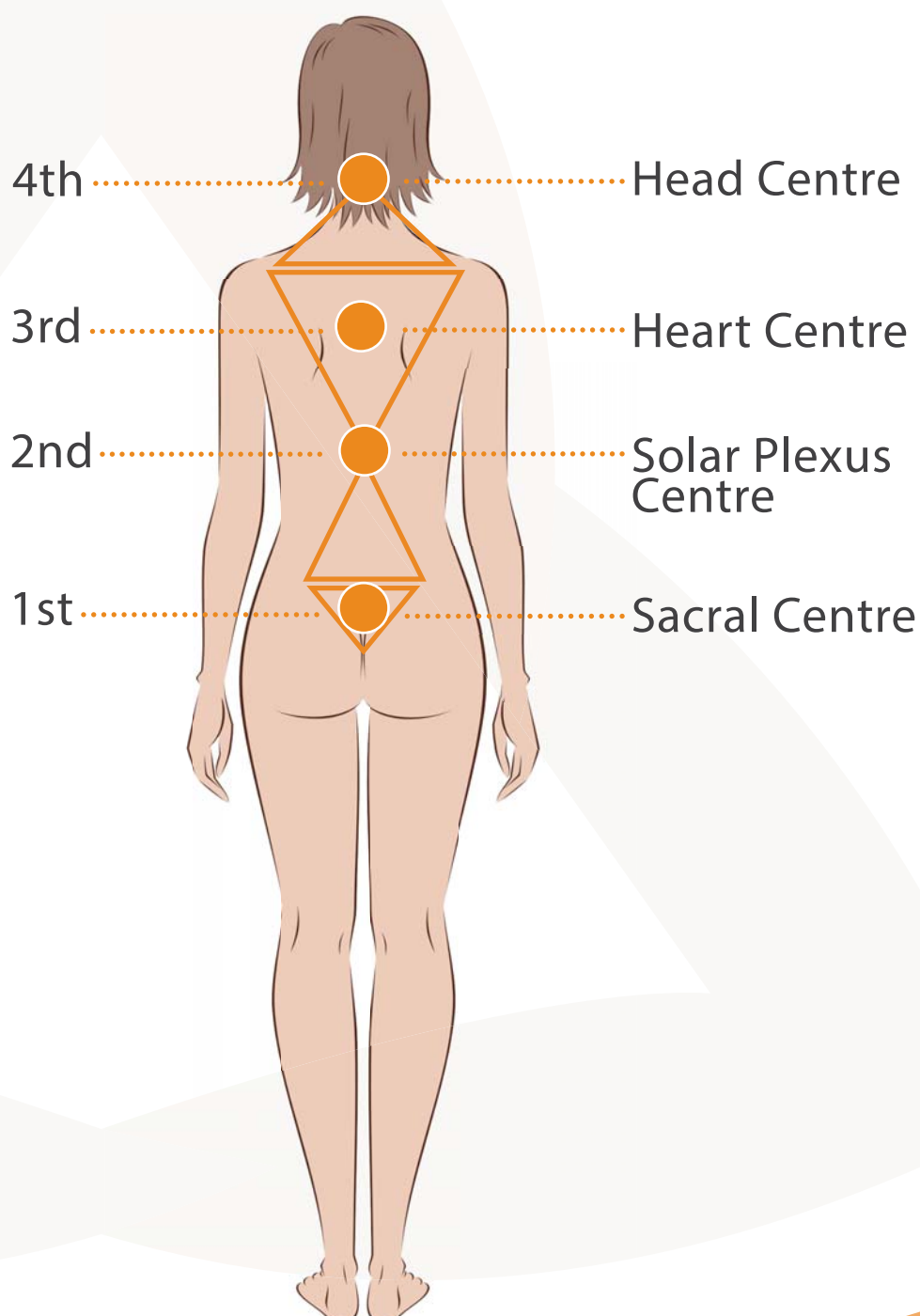
The major back muscles involved in directing this respiratory process from the bottom up are called quadratus lumborum and the trapezius muscle. This is not to say other smaller muscles are not involved, but with of the trapezius, quadratus lumborum and the sacral bone shaped in the form of triangles, the beauty in the design becomes very apparent.



Breathing points and the centres

It will be apparent to those familiar with the body's lines of force (noting where many such lines of force cross each other, you have a large centre of energy), that where big streams of energy meet and cross (as they do in the head and spine), the positioning of the bone and muscles that make up our body correspond to these meeting/crossing points of energy.

From the ground up we breathe into the sacrum and up always lifting from the back of the skull, the "Gates of Consciousness".



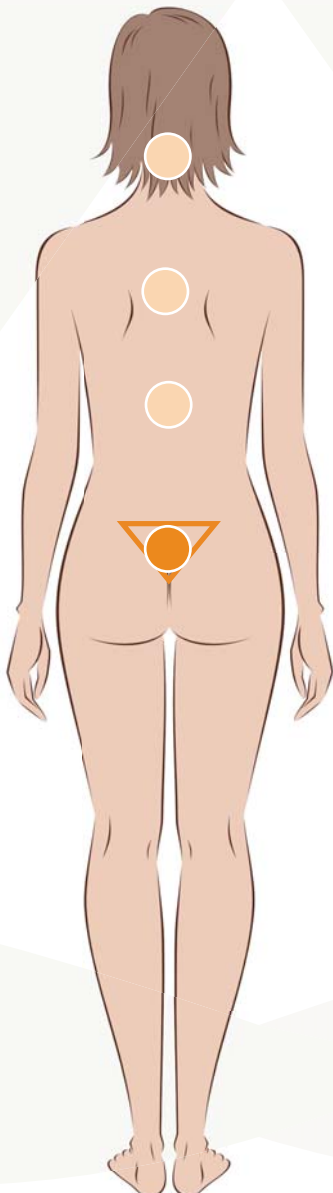
Your sacrum... a breath switch

It's a funny thought thinking from the bottom up when it comes to your breath.

But the concept that your breath starts from the base and works its way up makes sense with the knowledge that air lifts things up. As your breath is the air you breathe in, this air lifts you up and for there to be an up, there must be a down/bottom or base.

So when it comes to the lowest breathing point of the spine, your sacral point, you're now dealing with the most important grounding point when it comes to deep breathing.

Reason being your sacrum is a switch that turns on your diaphragm!



- The sacrum is the root of your beginning. It is from the sacral point that you are connected with your body's foundation. It is the hearth of your home... it's the root from which life spills its innocence
- You can see the mechanics of your sacrum and diaphragm working in unison with each other when you're lying on your back. Whether it's the physical pressure exerted on your sacrum as you lie on your back that gives you and your body a reference point of activation for the normally dormant diaphragm is up for conjecture, but there's no denying of the effect
- When you're breathing into the sacrum or the first triangle, use your sacrum as an anchor point to lift and move your thighs outward

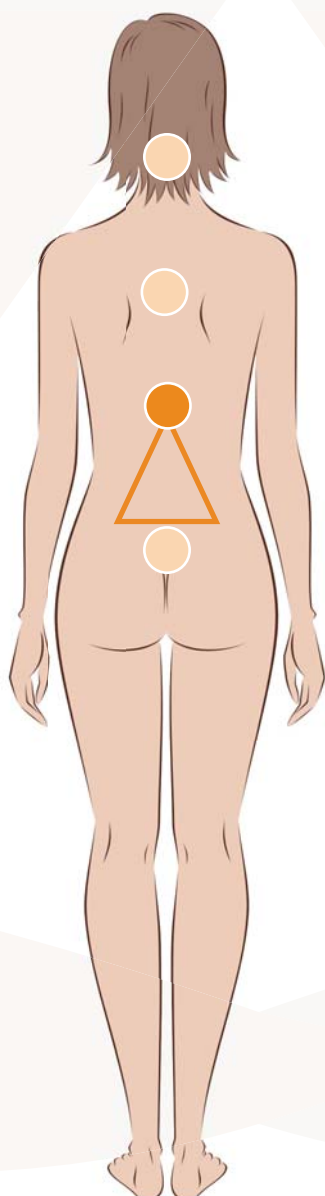
Place the palm of one hand on your sacrum, take a slow breath in and lift your thighs out from your groin. See how instantly your head and chest is lifted

Quadratus lumborum

Working our way up from the bottom is the second breathing point which has a close association with main two muscles. The first muscle, again from the bottom is a muscle that connects your pelvis to your spine and acts as a stabiliser called quadratus lumborum.

Commonly associated with lower back pain, it too is triangular in shape with the base of quadratus lumborum being confined closely in and around the base of your spine as it attaches to the lower lumbar vertebrae and opening up like a funnel.

It is at the meeting point of quadratus lumborum and the bottom of your trapezius muscle where the second breathing point is found.



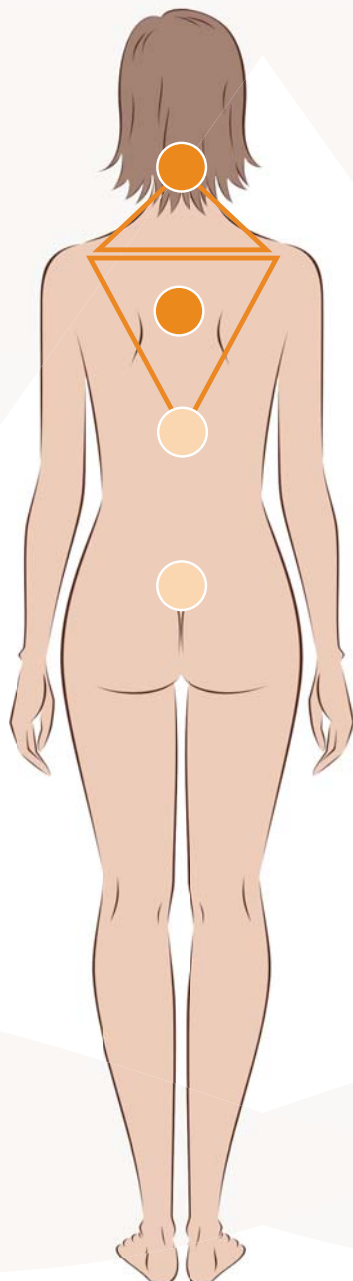
- This second centre/point of the four breathing points is used as the 2nd IN breath when you're using either the 5 Step or the 7 Step

The stability of your trunk relies heavily on two muscle groups, quadratus lumborum at the back and the iliopsoas muscle towards the front.

Your trapezius muscle

If you have an appreciation of geometry you'll understand my affinity with this wonderful muscle being in the shape of a diamond. With the design to move outwards and upwards, it's little wonder your trapezius muscle is actively involved with your breathing as well as the Breathing Points of the Spine.

With the 3rd breathing point situated in between your shoulder blades (where your wings emanate from), its placement is very obvious as to which of the centres this meeting point is embodied by... the heart.



- Extending from a bone situated at the back of your skull (the occipital bone) down to the lower thoracic vertebrae (at the base of your rib cage), its triangular and diamond shape come from the two points of attachment located to the sides of your spine on your shoulder blades (scapula)
- It is from the trapezius muscle you lift your head out of the proverbial "hole that engulfs your shoulders." And this hole is very real. It's a hole that literally swallows the head as we age; if we are not aware of it or do nothing about it
- By using your trapezius muscle to help lift your sternum, up, and out, you can focus on breathing into your heart and direct the air right up to the top of your lungs as you use the increasing width of your shoulders to literally, "draw yourself up."

It is your trapezius muscle that gives you the greatest reference to expand both upwardly and outwardly.

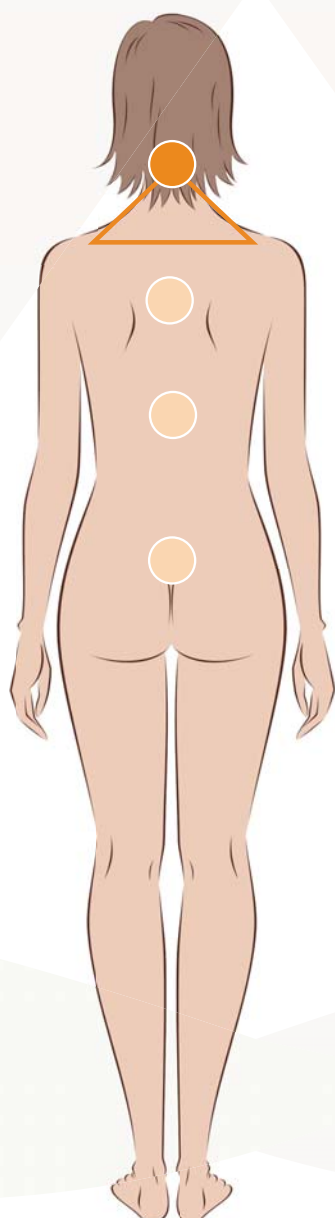
For example... On your IN breath's, direct your shoulders expansion outwardly via a line of energy that flows from the back of your shoulders, down to your underarm and out the "lats" (the latissimus dorsi) as you gently hold the weight of your head and extend upward.

The Gates of Consciousness

Continuing on with your trapezius muscle, when you're using any of the TriBreath rhythm's, your last IN breath will always be focussed on the upper half of your trapezius muscle from the top of your shoulders to where your trapezius muscle meets the back of your skull (the mastoid process).

This is a very useful design as you can literally imagine the top of your shoulders are a floor that can be used as a platform for you to project and lift your head up from the back of your neck right up to your skull.

Take a moment to feel what i'm sharing with you here...

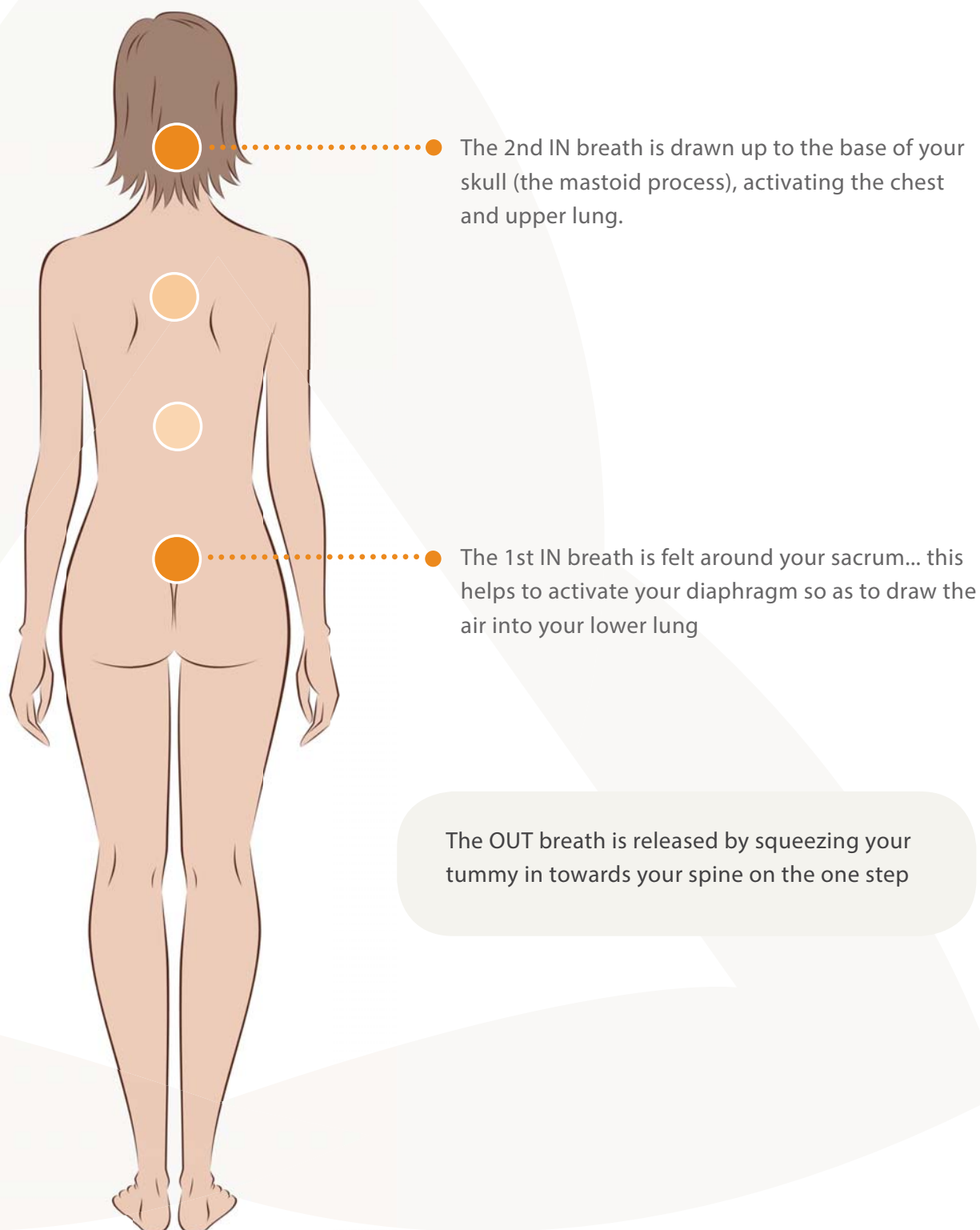


- Using either hand, reach your hand around to where the back of your neck & skull meet
- Take a big breath in through your nose as you pull your chin in and lift your head from the base of your skull

Please feel & note how by pulling your energy up your body using your spine and back muscles, your abdominal muscles are activated thereby instantly pulling your tummy in :-)

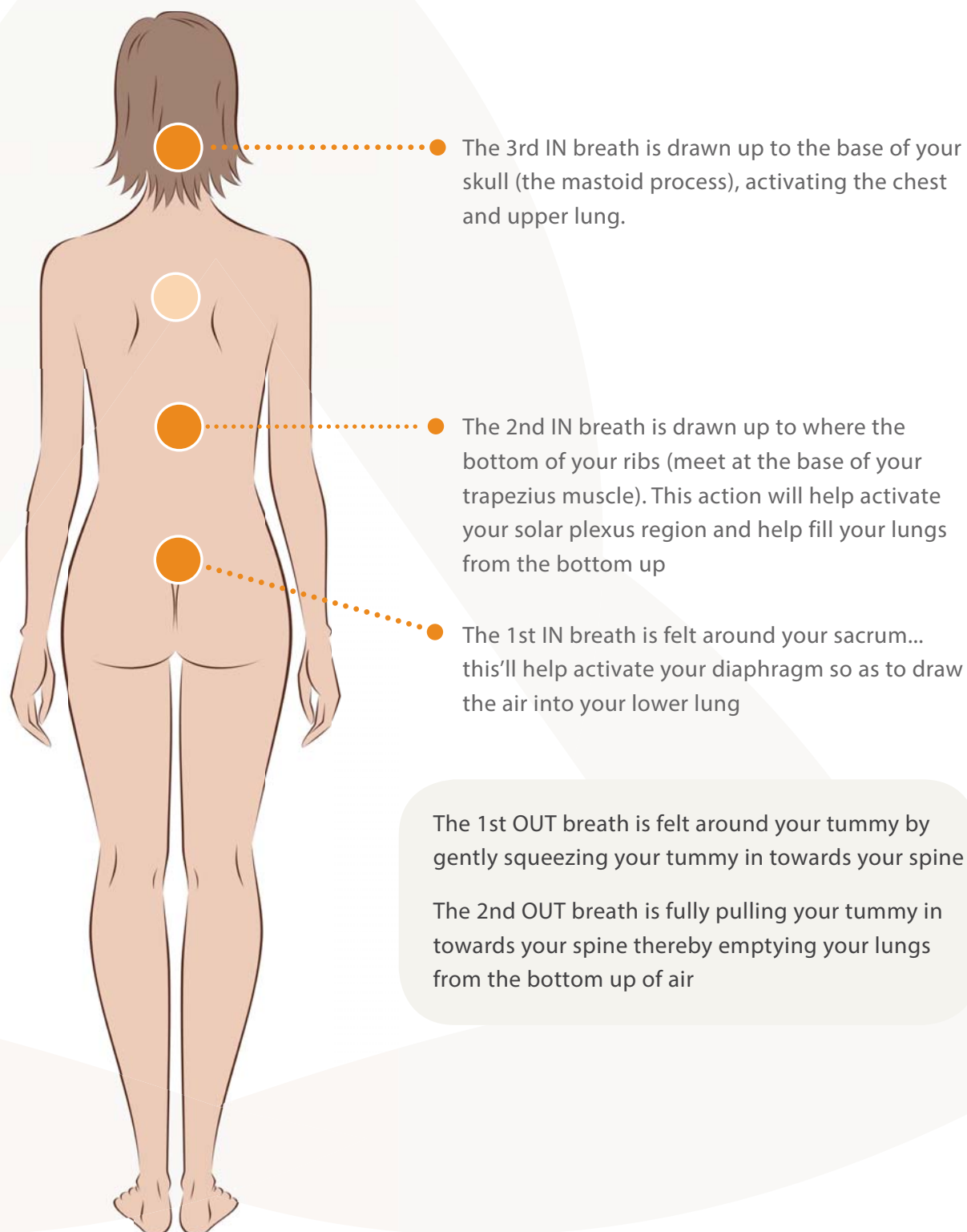
The 3 STEP... and associated breathing points

When practicing the TriBreath 3 Step breathing rhythm and the associated breathing points, your IN breath's will be directed in such a way.



The 5 STEP... and associated breathing points

When practicing the TriBreath 5 Step breathing rhythm and the associated breathing points, your IN breath's will be directed in such a way.



The 7 STEP... and associated breathing points

When practicing the TriBreath 7 Step breathing rhythm and the associated breathing points, your IN breath's will be directed in such a way.

