



TRI BREATH

A BODY SCULPTING  
PROGRAM

# Give Us A Kiss

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# Give Us A Kiss - Diaphragm

It feels good to kiss and be kissed. With numerous scientific studies verifying the human body reacts well and in a healthy way when loving intention is put into a kiss, it can be very beneficial and rewarding for you to put in some practice and strengthen your lips.

Your lips have a high blood content hence the lips are called bleeders. Simply because it's difficult to stop bleeding lips if they've been cut or opened. With the lips acting like a valve for what goes in or out of the body, with the high blood content, it is said the lips are related to the heart. Which could explain why kissing makes you feel good. Good for the heart :-)

Give Us A Kiss is another diaphragm strengthening exercise using your exhalation (the OUT breath) as the focal point of attention. Bringing your lips together in the shape of *"you're about to give somebody a kiss"*, and breathing out through your mouth in small puffs, you empty your lungs as you squeeze your belly in.

At no stage whilst your engaged in your exhalation, do you take a breath in. Not even a small breath in do you take. You only breathe out through your mouth in small puffs as your lips are pursed together and even smaller quicker puffs out when you get good at it!

On your inhalation, you breathe in through your nose only.

Note... If your diaphragm has been squeezed so far in to meet its physical limit, and you have fully emptied all the air you have in your lungs that can be emptied, your body will want to breathe in through your nose anyway. Remember... IN through your nose & OUT through your mouth!

## What is the diaphragm?

The diaphragm is a thin muscle that separates the chest region from the abdominal region. And contrary to popular belief, the diaphragm is the main muscle your body uses for breathing, not the lungs (the lungs being an organ of respiration).

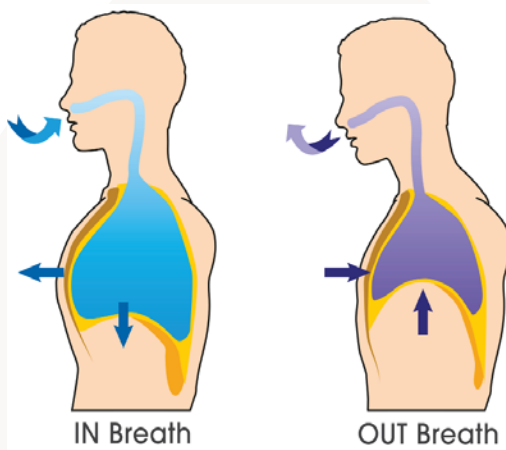
When the diaphragm moves downward, it allows the lungs to expand and draw air into the body. When the diaphragm moves up, it assists in forcing air out of the lungs.

These two functions...

1. The extension of your abdomen outwardly allowing for air to be drawn into your lungs.
2. And the drawing in of your abdomen thereby forcing the evacuation of stale air from your lungs.

If utilised, help promote abdominal strength which is an absolute necessity if you would like to supply your body with the life-giving properties that oxygen delivers.

## How does your diaphragm work?



When we breathe in, the intercostal muscles (the muscles in-between the ribs) raise the ribs and cause the diaphragm to lower.

This is what causes the tummy region to expand and the whole thoracic cavity to enlarge from side-to-side, from back-to-front and from below upwards.

When we exhale, the reverse process occurs and the relaxation of the ribs returns the diaphragm to its original curved position.

## The technique

With your feet at shoulder width apart and square with each other

- Step 1.** Rest your finger tips on your belly just above your belly button.
- Step 2.** Breathing in through your nose (and only through your nose), at the same time as you fill your lungs up gently pull your shoulders back.
- Step 3.** When your lungs are full and you're ready to start your exhalation, bring your lips together and form them into a kiss shape.
- Step 4.** Upon your exhalation and breathing out through your mouth only, in small stagnated puffs start emptying your lungs as you squeeze your belly in.
- Step 5.** With every puff of air you breathe out through your mouth, again, squeeze your belly inwards whilst at the same time gently lifting your head up from the back of your skull.
- Step 6.** Using your fingers as a gauge to see how far your belly is going in, when you reach the point where you cannot blow any more air out and your belly is squeezed in as far as your physically able to, again, start your IN breath as you breathe in through your nose to refill your lungs and repeat the process for as many times as you are able to without losing form.

**Note...** When you reach that point where no more air can be blown out (your lungs are empty) and your belly is squeezed in as far as possible, when you lift your head up from the back of your skull, in one movement have a go at putting the curve into your lower lumbar vertebrae as you pull your shoulders back and push your sternum (breastbone) forward.

## How do i know if my lungs have been emptied?

To gauge if you have fully emptied your lungs after you've completed your exhalation, when you need to breathe in, if you can breathe in through your mouth (not that we wish to breathe in through the mouth), you haven't reached the point where your lungs were emptied all the way. When you fully empty your lungs and your belly is squeezed in as far as it will go, your body will instantly direct your inhalation to nasal breathing.

### Points to remember

- Maintain a solid connection of your feet to the earth.
- Soften your knees.
- Breathe IN through your NOSE ONLY.
- Breathe OUT through your MOUTH ONLY.
- Exhale in small intermittent puffs as you squeeze your belly in.
- Maintain the shape of your lips in the kiss shape.
- Only breathe in when you are satisfied you have fully emptied your lungs and no more air can be squeezed out.

## BE FULL OF CARE

Start softly and proceed with no rush to get anywhere. As with all the TriBreath movements, we embrace feeling first... then work in the tenths of millimetres to expand outwardly on the physical level.