



TRI BREATH

A BODY SCULPTING
PROGRAM

The Cross

Watch the video @tribreath.org

The Cross

To say as we age, “our head sinks into the shoulders” may seem strange

But the truth is neck length does decrease as we age so there must be a cause. If it’s not the head “sinking in” to the shoulders then it may well be the cumulative effect of the shoulder and chest contracting thereby forcing the shoulders up to the ears. Whatever the reason it matters not as both have their merit and it’s what you can do to reverse these effects that i like to focus on.

With many years of observation when both treating and training, it’s pretty obvious to me the joining point where the base of the neck and the shoulders meet is a bit like quick sand. It’s almost as though the head sinks into the body and there’s only one thing can reverse this action and that’s you. Hence why the breathing up into the base of your skull (the mastoid process) on your last IN breath helps you lift your head out of the very quagmire that engulfs it.

Looking at your arms, the Cross is excellent, if not the best for shaping the shoulder muscles (deltoids). It’s an added bonus that the Cross also pulls your tummy in, strengthens the long back muscles that run along your spine (erector spinae etc.) and helps you to open your rib cage allowing you greater expansion of your lungs.

As all the TriBreath rhythms work with the Cross, use the rhythm that best works for you. i like the 5 Step as this rhythm gives you three very clear points of extension via your use of the Breathing Points of the Spine. Once you have your breath, gently direct your shoulders back, lift your head from the back of your skull, put the curve in your lower back and you’re away.

The technique

With your shoulders in the Up, Back and Down position

- Step 1.** On your IN breath, from your elbow, lift your hands up from your sides to shoulder height and pull your wrists back so the palms of your hands are now facing straight out to the side.
- Step 2.** On your OUT breath, gently push your arms straight out to the side and at the same time as you push your arm out you pull your fingers back so your palms are still facing out with your hands being at a 90 degree angle to the forearm. Always keep in mind to only push your arm out to the point where you feel the restriction in the crevice of your elbow.
- Step 3.** As you focus on your breath using your chosen rhythm, pull your little finger back (as though you’re trying to get your little finger closer to the back of your skull) to give a little twist in the wrist. This twisting of the wrist helps keep your shoulders back and opens up the energy channels situated on the underside of your arms.

A couple of extra notes

- Notice if you fully straighten your arms your shoulders will lift. We don't wish the shoulders to lift so only push your arms out to the point where you feel the lock in your elbows.
- With your arms extended, you may feel some tingles going straight down the arms into the palm of the hand. This has been described as the vitalising of your nerve sheaths.
- As you walk, when the feeling of muscle tension starts, don't focus on your arms! Focus on the lifting of your spine.

Some further visualisations

The extension of your arms

A powerful visualisation that may help the extension of your arm from your neck muscles (scalenes) to your hand is to imagine there's a long bolt running through your arm from your arm pit and coming out from the centre of your palm.

Imagine at the end of this bolt there's a nut tightening up pulling your hand and arm into your shoulder. Your job is to unscrew that nut from the palm so your arm, forearm and hand can extend out.

Your salt pits

For those studying the Science of Triangles, there's an interesting triangle of force that can be well utilised due to the placement of your body whilst doing the Fork.

If you haven't already, the next time you have an opportunity to stand in front of a mirror with a bare chest; without a shirt or top on (no bra either ladies), look and see on both sides where your shoulder (deltoid) and chest muscles (pectoral) meet.

- See there's a crease... It's a diagonal crease running from the bottom of your armpit up to your wing bone (the clavicle)
- On this crease directly under both of your wing bones you'll find a pit. These pits are called "the salt pits"

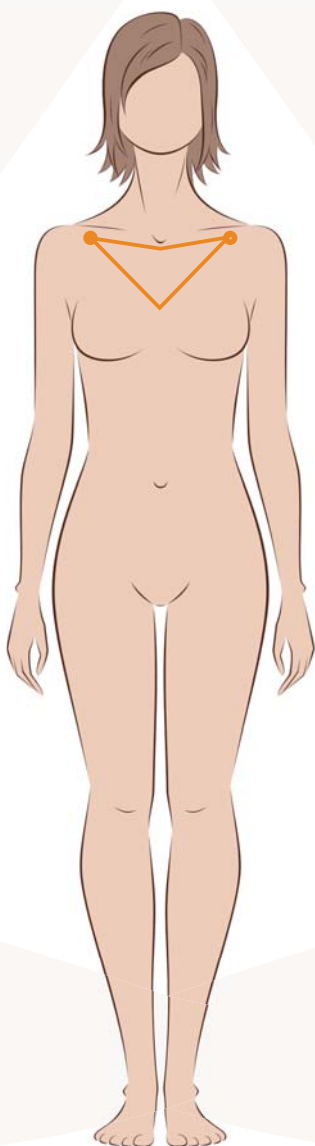
These salt pits that are located on your left and right hand sides form the foundation for the base of a triangle with the middle of your breast bone (sternum) being the top point of your triangle.

Triangles of Force

It's interesting to recognise how grand the design is. Take for instance salt or more to the point, salt molecules. When salt molecules cluster together to deposit themselves into a solid, the first shape they assume is that of triangles, of small pyramids and cones.

With the triangle being the shape of transformation, it's no wonder the use of the TriBreath rhythms and the integration of your breath with the triangle, "fires you up" so to speak. Using the myriad of triangular opportunities that occur throughout the human design fortifies the physical structure as the truth is, "we are what we think."

See what you can do with this triangle of force. Even though our models arms aren't in Cross position, focus on finding these points midway under your clavicle.



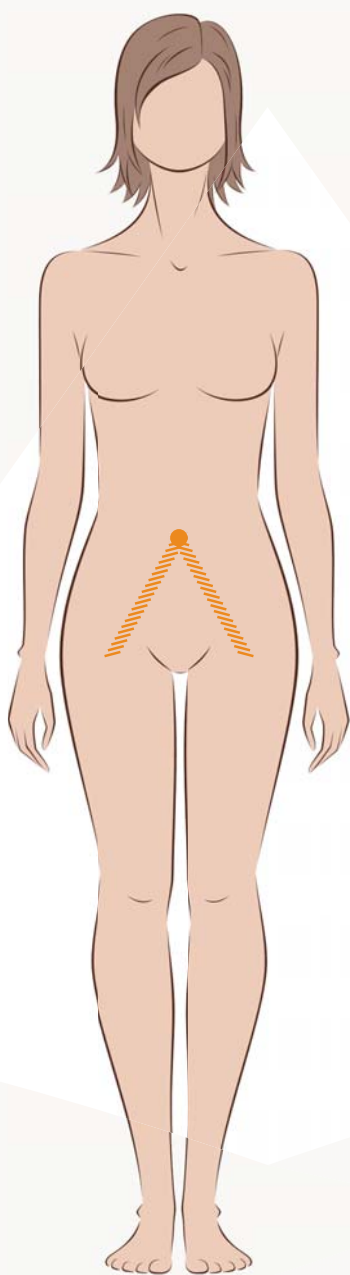
- With shoulders Up, Back and Down, both points under your clavicle (the base of your triangle) will now be visible
- On the IN breath, pull these salt pits back (shoulders attached of course) and at the same time push and lift your sternum forward (the 3rd point of your triangle) increasing the size of your triangles dimensions with every IN breath
- Using this triangular shape, your goal is to maintain the shoulders back with your breast bone in the up and out position whilst lift from the back of your skull. This allows your rib cage to open so as to let your lungs expand thereby breathing in more life
- On a side note these salt pits form the base points of quite a few triangles of force located on your body. For example the salt pits and the belly button are used extensively in the advanced use of your OUT breath

Improving pelvic stability

The body is geometrically designed with triangles as can be seen in the formation of the muscles that support the Breathing Points of the Spine.

Another triangle of force that can be implemented whilst doing the Cross is one that uses a muscle located next to your spine in the lower abdominal area called the iliopsoas muscle.

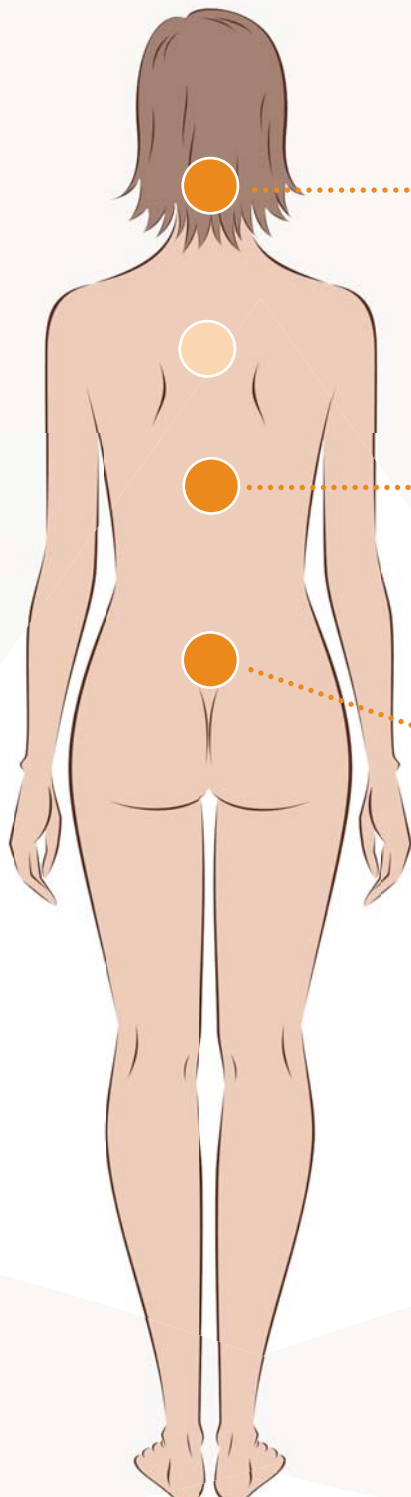
So creating another visual reference...



- Imagine another triangle starting from your belly button (top point) with the two sides of your triangle running diagonally down to the front of your pelvis
- This is basically where your iliopsoas muscle sits and whose function it is to stabilise your hips and lower back
- Visualise this triangle as your leading foot lands on the earth and see how you can isolate your iliopsoas muscle as your tummy is drawn in and flattened
- On the OUT breath as each of your foot lands, visualise the iliopsoas muscle extending as you project your pelvis forward and lift your spine and head up from the back of your skull

Breathing Points of the Spine

Using the 5 Step practicing the Cross, utilise the sacrum, solar plexus and mastoid process to direct the flow of energy received from your breathing upwards like an arrow



● The 3rd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● The 2nd IN breath is drawn up to where the bottom of your ribs (meet at the base of your trapezius muscle). This action will help activate your solar plexus region and help fill your lungs from the bottom up

● The 1st IN breath is felt around your sacrum... this helps activate your diaphragm so as to draw the air down into your lower lung.

The 1st OUT breath is felt around your tummy by gently squeezing your tummy in towards your spine

The 2nd OUT breath is fully pulling your tummy in towards your spine thereby emptying your lungs of air

Points to remember

- Keep your shoulders in the Up, Back and Down position
- Use either the 3 or 5 or 7 step... the fullest breath the better
- Beginners - fingers together and straight
- Advanced - spread the fingers wide
- Things to look for - fingers curl in, hand turns in
- Be aware of which side wants to collapse - which fingers curl, which hand wants to turn in. Strengthen the arm that collapses & support the arm that's already sustained
- Imagine yourself being lifted with every IN breath, getting taller

The little breath tip

To help fill your lungs with air gradually, the little breath bigger breath technique works a treat. Using the 5 Step, with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath big breath
- 3rd IN breath biggest breath

and then when your exhalation (the OUT breath) begins think...

- 1st OUT breath little breath out
- 2nd OUT breath being the biggest breath out

This way you'll be able to fully maximise both your upper and lower lung as more conscious thought will be placed upon activating your diaphragm.

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.