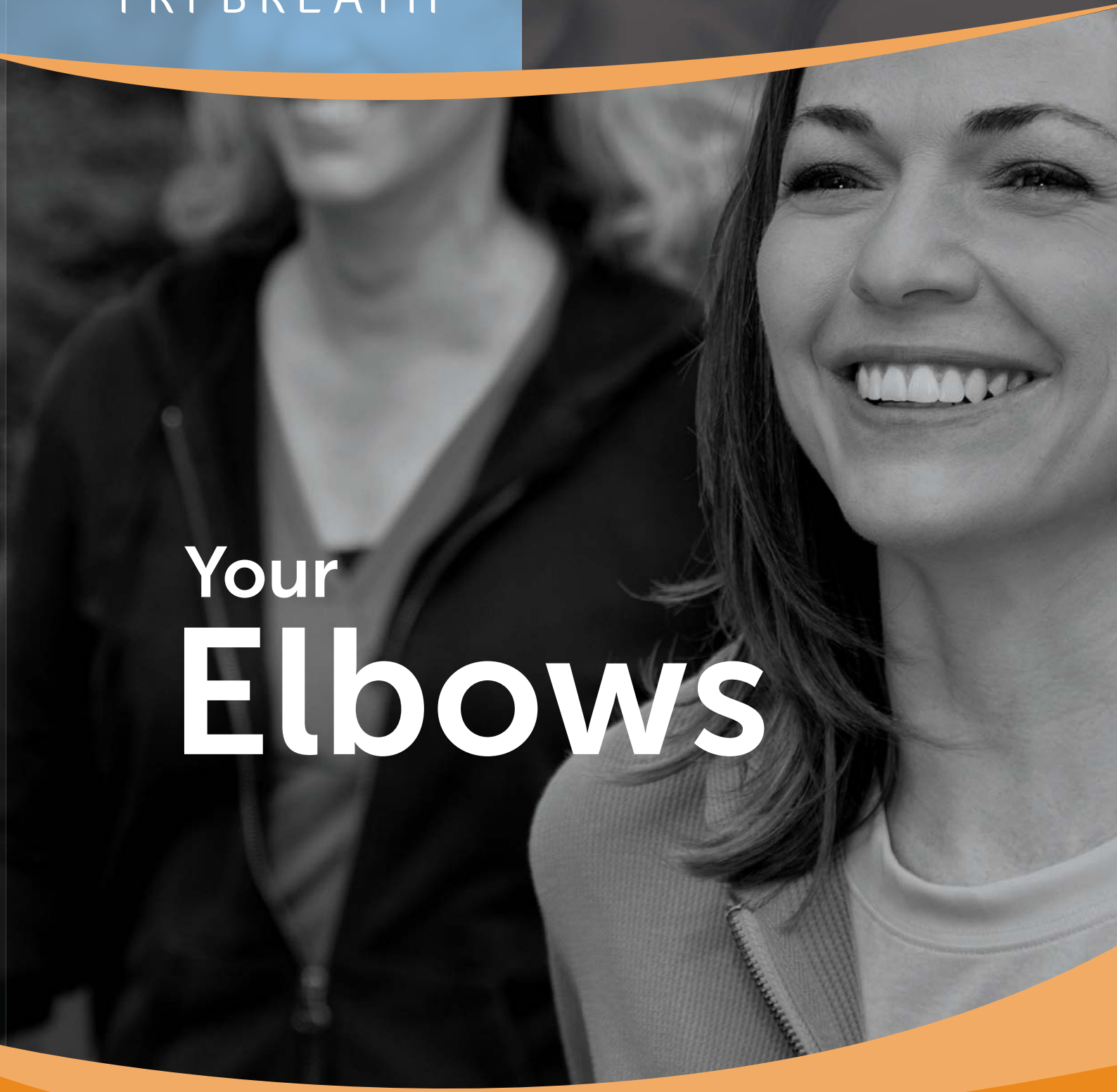
TRI BREATH

A BODY SCULPTING PROGRAM



Your Elbows

Watch the video @tribreath.org

Your Elbows

After many years of observation whilst teaching TriBreath, and the decades worth of experience in treating, it still amazes me how my shoulders and chest, without any awareness on my behalf, started a journey of closure that i wasn't even aware of it starting, let alone its happening.

Lucky for me, in one of my healing videos where i show how a simple tube can be used to help heal a variety of limitations caused by injury, there it was (as i had no shirt on). There as plain as day i saw the remedy to an injury that had caused the collapse my left shoulder many years ago and from that day forward it's a been a wonderful story of regeneration.

And with regeneration comes awareness with my point being that from fetal position we return hence as we age, our shoulders, in small increments, rotate forward and with the associated action of rotation, the chest is compressed. As a direct result of this compression, our potential for air intake is limited. And that's no good! Well more to the point, no good if you wish to maintain independence and mobility!!!

So if you asked me, "Are there any actions i can easily implement to help maintain my lung capacity, if not better my lung capacity?"

i would reply, "Yes, there are three!"

1. Inhaling through your nose
2. Pointing your thumbs in the direction you're going
3. Breathing with your elbows

And when i say... "breathe with your elbows", i'm referring to you using your elbows to maintain your breathing rhythm!

For example, using the 3 Step…

1. On your 1st IN breath, pull your right elbow back
2. On your 2nd IN breath, pull your left elbow back
3. On your OUT breath, pull your right elbow back and so on

That's all it is. As simple as that! Which leads me to a very common belief held by many people. And what a lot of humans i've spoken to believe is that walking and running is all about the legs!

Again, based on decades of observation and experience, i now know this belief to be misinformation, and as such, a long way from the truth!

Sure it's your legs that support your body. But when you're talking about walking & running and utilising all available possibilities that your muscular, skeletal and respiratory systems offer you… when walking or running it's all about your ARMS.

Let me show you an example of why your legs are ruled by your arms

- Not focusing on any particular rhythm, just breathe as you would normally breathe so you can observe your physical movement
- Start walking on the spot and consciously move your arms back and forth in time with your legs as best you can
- Once you have that connection, increase the tempo of your arms going back and forth with more emphasis of the elbows going back motion
- Stay with that rhythm until you feel comfortable and increase your tempo a touch more. Not too much... just go up in pace a bit
- Now gradually start slowing down

Did you notice something about your legs? Whilst you were placing your attention on your arms, your legs followed your arms tempo and you walked quicker. Correct???

If you increased the tempo of your arms, your legs tempo increased. If you slowed down the tempo of your arms, the tempo of your legs decreased in unison.

WHEN WALKING OR RUNNING, YOUR ARMS CONTROL THE TEMPO OF YOUR LEGS…
YOUR LEGS FOLLOW YOUR ARMS!

To give you a picture of what i see happening to the body when the focus is on pulling the arms and elbows back, i'll use a simple analogy.

- Imagine your legs are the wheels of a car and your arms are the accelerator pedal
- When you drive your car, do you focus on your wheels or do you focus on your accelerator?

And the answer to that is obvious... We focus on the accelerator!

The shoulder pump

To further extrapolate, it may also be helpful to know that as you focus on your elbow being pulled back with every breath, your shoulder muscle (the deltoid muscle) is also pulled back allowing the extension of the deltoid muscles body.

This is exciting as the only time your deltoid muscle extends to its full capacity IS when your shoulder is being pulled back.

As each muscle in your body has it's different actions of reflexion and contraction, when your shoulder muscle goes from the normal front sitting position to being pulled back with your elbow, your muscle goes from being a short muscle to a long muscle.

Front back front back, short long short long… it's very action is like a pump. And i believe that's exactly what it's designed to be!

Ancient wisdom

The ancient Chinese science of meridians (energy pathways), suggests there are energy pathways that flow throughout your body including your shoulder muscle. One of these energy pathways that flows through the middle of your deltoid muscle is related to your large intestine.

If the Law of Cause and Effect has merit, and if this ancient Chinese science of meridians isn't just hocus pocus, then as your elbows move backwards, thereby extending your shoulder muscle, your large intestine energy both physically and energetically, will be and is activated.

This may be why it's a rare human whom regularly moves their body and incorporates the moving of their elbows backwards (walkers, runners, dancers who have an organic understanding of the natural design) who's constipated!

The Law of Cause and Effect is creating different playing fields within all of us continually.

The action of pulling your arms back inevitably creates a slight twisting action upon your abdominal region with each movement to each side creating different muscle flexion and extension whose waves of movement reverberates throughout the inter-spaces of your whole body including your vital organs.

By simply focusing on pulling your elbows back when you walk or run, you're helping to open up your exhaust pipe so to speak. And if your exhaust pipe is open, (just like a motor) you'll be able to get more air into your respiratory system.

Hence a balloon won't float without air in it and neither will you!

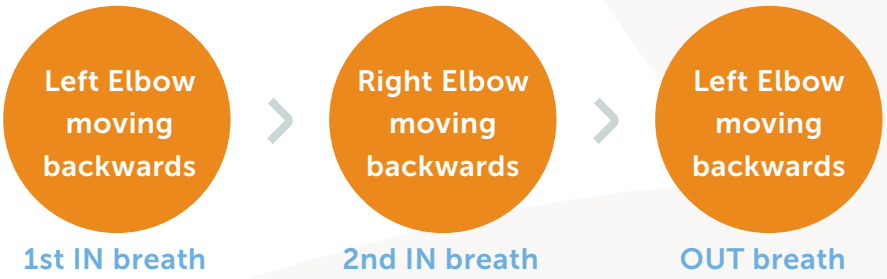
So from now on, as you walk or run, see in your mind your elbows moving backwards and your body will follow. Use your elbows coming back to time up your breath and you can literally, pull the air into your lungs.

Using the 3 Step

Starting your 1st breathing cycle with the right elbow:

- As your right leg moves forward (1st step) your right elbow moves back
- As your left leg moves forward (2nd step) your left elbow moves back
- As your right leg moves forward (3rd step) your right elbow moves back

Continuing your 2nd breathing cycle on the LEFT leg:



- As your left leg moves forward (4th step) your left elbow moves back
- As your right leg moves forward (5th step) your right elbow moves back
- As your left leg moves forward (6th step) your left elbow moves back

The beauty's in the design

It's truly fabulous! All praise be to the great architect and builders.

As your elbows move backwards, this initiates a pulling effect action on your shoulder muscle tissue that as a direct result, helps to release your chest muscles (pectoral) so necessary for the opening of your rib cage, thereby creating a greater area (if not promoting) for more air to be drawn into your lungs.

Remember... to get more air into your lungs you must first open the cage that encapsulates them. With your shoulders continuing this "pumping action", an energising effect occurs within your large intestine energy helping your body's ability to remove waste.

And as the old adage states, "Death begins in the colon!" It's in your best interests to keep all avenues that support & vitalise your body open.

With it only getting better when you bring the TriBreath rhythm's, the movements and the Breathing Points of your Spine into it, the whole experience becomes one of integration and upliftment. Watch and feel the difference in action by finding a hill. Start with the 3 Step but most of all experiment with all of the three TriBreath rhythm's.

With your shoulders Up, Back and Down, your thumbs pointing in the direction you're going, pull your elbows back and get that air into you.

You'll see there's more to your elbows that meets the eye :-)