



TRI BREATH

A BODY SCULPTING
PROGRAM

The
Receiving

Watch the video @tribreath.org

The Receiving

Following on from the Giving, you're still on the edge of the high building looking down at the streets below, but this time your "*bird baths bounty*" has already been given to the people.

So now is the time for you to receive. For what good is an empty bird bath?

The movement, timing and breath work of the **Receiving** is basically the same as in the Giving, except with some minor adjustments. Unlike the Giving, where the starting point of your hands was centrally around your hips and legs, the starting position of your hands when practicing the Receiving is above your head with your arms & back as straight as possible.

The purpose

With your "well of abundance" (*your bird bath*) now emptied after completing the Giving, one must now balance the flow and fill the bath ready for use again. For just like "life's bounty" is provided to all creatures of the earth, so too do the heavens open to fill your bird bath.

Your mission if you so choose to accept it, is to imagine either water or gold; whatever is your bounty... falling abundantly from the skies above. With your palms together and your hands held high above your head, with every IN breath & OUT breath, you direct the *bounty falling from the sky* straight into your bird bath.

Your goal is to catch/drag as much water & gold from high above your head with your hands down in towards your bird bath. For this is the nature of **The Receiving!**

To re-fill your bird bath so you can once again... give!

A time factor

There is a catch though. You see there are time restrictions. Just as rain doesn't continually fall from the skies, neither does this flow of water or gold. It's like there's a tap that gets turned off so your job is to fill your bird bath up to its capacity as quickly & effectively as your arms and body will allow.

Note: With that in mind, when you begin every practice, make sure your movements are slow and precise. As your chest, shoulders & arms start to fatigue, it is then you start to increase the speed of your arms so as to utilise the forces of momentum that are available to you. So now it is also momentum helping your arms rotation so you can fully focus on your breath and the "pumping action" of your knees & thigh muscles of your legs.

The technique

Using the 3 Step breathing rhythm and with your feet parallel and more than shoulder width apart so you have a solid base in which to maintain your balance.

- Step 1.** Lift your shoulders into the Up, Back and Down position and bring the palms of your hands together.
- Step 2.** On an IN breath (with the palms of your hands together), with your legs & back straight, lift your arms up so your hands are still pressed together and your fingers are pointing towards the sky.
- Step 3.** On your OUT breath, and as one movement, bend your knees and at the same time pull your hands down centrally towards your bird bath. Then within the same movement, you straighten your knees as you pull your hands behind you and up so when you start your next IN breath, your hands are once again pressed together & above your head ready to catch and direct the flow falling from the sky once again.
- Step 4.** On your following IN breath, again as one movement, repeat the process by bending your knees and pulling your hands down centrally towards your bird bath and then again straighten your knees as you pull your hands behind you and up so when you start your next IN breath, your hands are again pressed together & above your head.
- Step 5.** Repeat this movement of bending your knees and pulling your hands from high above, down to catch as much goodness that falls from the sky to fill your bird bath on every preceding IN breath and OUT breath.

Taking it further

Throughout the whole Receiving exercise, have a go at using the momentum of your arms as they move in a “*circular motion*” to help with your hands pull down & up action.

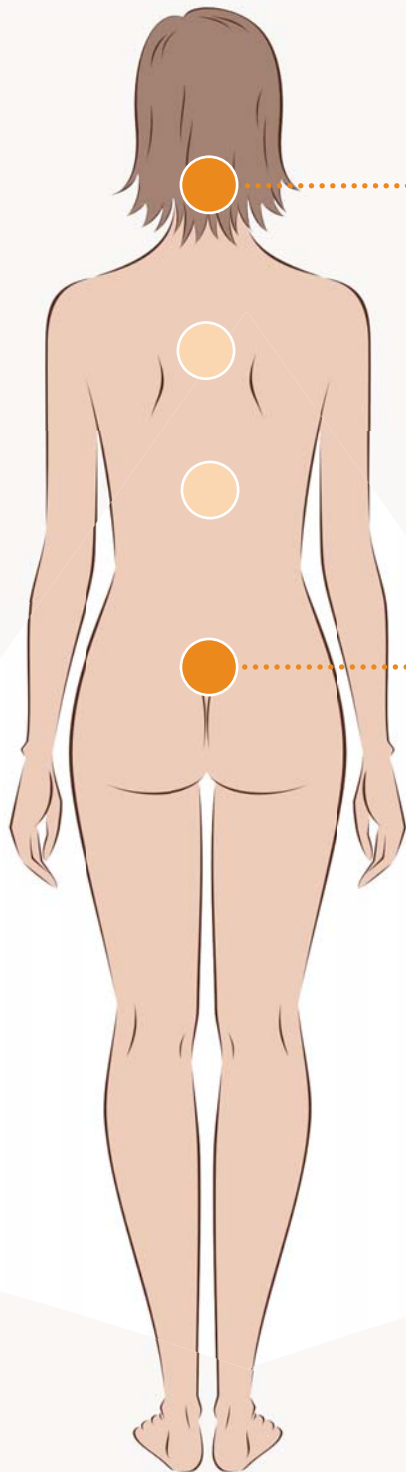
Once you get used to this circular momentum, start using the forces at play to help pull your shoulders back whilst at the same time pushing your sternum out, pulling your chin in and lifting your head up from the back of your skull, particularly on your UP stroke.

Note: When your muscles first start to fatigue, if you increase the speed of your arms rotation, with this speed increase so too do the forces of momentum increase thereby helping you to not only focus on your hands in & out of the bird bath technique, but also on the timing your breath.

Using this momentum is a great way to focus on the emptying of your lungs on your OUT breath (exhalation) and the drawing in of air on your IN breath (inhalation) using the Little Breath Technique and Breathing Points of the Spine.

Breathing Points of the Spine

When practicing the Receiving and using 3 Step breathing rhythm with it's associated breathing points, your breathing will be directed in such a way.



● The 2nd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● 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 OUT breath is released by squeezing your tummy in towards your spine on the one step. See in your mind as your abdominal muscles come in that as squeezing in thereby emptying your lungs of air.

Points to remember

- Maintain your feet in a parallel position at more than shoulder width apart so as to create a solid grounding for your upper body to move & your arms swing.
- Bend your knees.
- Keep your back straight whilst maintaining the curve in your lower back.
- As your hands come together filling your bird bath; be it an IN breath or an OUT breath, when your hands are lifted outwardly and up, pull your shoulders back and press your sternum forward.
- Once you've filled your bird bath and you're complete, move straight into the Egyptian to bring peace to your arms.
- Use the Breathing Points of your Spine to lift your body up.

The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. Like i said, i like using the 3 Step rhythm when i practice the Receiving so with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath biggest breath

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

- 1st OUT breath 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 the breath first... and from the breath we work in the tenths of millimetres to expand outwardly on the physical level.