



TRI BREATH

A BODY SCULPTING  
PROGRAM

# The Thumbs

Watch the video @tribreath.org

# The Thumbs

Point Your Thumbs in the direction you're going! It sounds like a funny way of getting to where you're going... by pointing your thumbs in that direction!

But anatomically speaking, it is by far the surest way of maintaining and improving the oxygenation of your body. By placing your body into "thumbs pointing in the direction you're going" position, your rib cage naturally opens.

With your rib cage open, your shoulders can sit back in a relaxed state, thereby facilitating the elongation of your spine. This as a direct result, lifts your body (improving your posture), allowing you greater expansion of your lungs.

But wait... there's more!

## The nostrils of wo/man

To quote one of the great books, "The Creator breathed Spirit into the nostrils of man." Please know there's no endorsement in any way on my behalf of any of the great books, but nowhere have I seen it written, "The Creator breathed Spirit into the mouth!"

It is by placing and maintaining your body in the thumbs pointing forward position, that makes breathing in through your nose easier.

And without a doubt, nasal breathing is the most important life-enriching practice one can do. It is by breathing in through your nose, that you'll find the surest way to use your diaphragm the way it was designed to be used. That is to fill both your upper and lower lung up with air.

But there's another big reason why nasal breathing is so important to how you move on this planet that is relatively unknown.

## It's all about the flow of information

One of the high truths is... The health of your body on every level is only as good as your body's ability to transmit and receive information. Electrical information transmitted via the brain and received by the various systems that make up the body.

As most of us know the brain sends electrical impulses via the nervous system using the spine as the transmission/distribution tower so to speak. Within this tower is a lubricating fluid call cerebrospinal fluid and it is the flow of this fluid through the nasal lymphatic channels that helps regulate this fluids circulation through your spine.

And it all makes sense when you think about it and most of all experience it. In those times when we do slump we're not feeling vibrant. It's like the energy is stifled. A slumped body hasn't an anatomical chance of breathing the life giving qualities of air in deeply.

## Your body has a particular design

By understanding some of the basic mechanics in your body's design, to a huge degree, you can increase your chances of living a life independent and mobile. Understanding that mobility issues start with small minor restrictions experienced by your body over time is a thought structure that must be embraced.

Understand that restriction diminishes expansion.

For example... The surest way for me to diminish my life-force (ultimately my ability to move) is to allow the collapse of my chest. Reason being, a restricted chest energy will only but impede the expansion of my heart, and my heart is my life!

It's not rocket science!

Standing in a relaxed position with your thumbs pointing straight ahead has an instant effect upon your posture. If something as simple as holding your thumbs in a certain way will help you harness more of the energy life offers us all, why wouldn't you do it?

## The line of least resistance

Unfortunately in direct opposition to thumbs pointing forward are hands and thumbs crossing the body. When your thumbs move across your body, your shoulders (deltoid muscles) are forced to rotate forward.

This forward rotation of the deltoid muscle places a compressive force upon your chest (pectoral muscles) right where the shoulder and chest meet (that lovely groove that starts at the armpit and points diagonally up towards the clavicle).

With the shoulder rotating forward and the chest collapsing inwards, the head and upper chest will thus lose their point of equilibrium and as a direct result make the head lean forward. And once your head sits forward of your hips, due to the weight displacement, you'll find breathing in through your nose difficult as your throat and chest are now in a state of compression.

So as simple as this may sound, the originating source of most breathing problems can be found in your posture and then as a direct result so to does throat and chest compression begin.

Once the structural integrity of your body is compromised (your skeleton), diminished respiratory function isn't far behind.

## To the matter at hand

If your body balance is out for a long period of time, as with everything practiced, you get good at it. The compressed throat and chest & diminished respiratory function is now associated as being normal, and breathing in through the mouth replaces nasal breathing.

And with the minimised oxygen absorption, grows the habit of restriction.

Know this! Any restrictions that limit the expansion of your lungs will directly impact your heart function due to limited availability of oxygen. Low oxygen levels then impact skeletal stability due to acidity complications and from there say goodbye to muscular integrity and strength.

It is by focussing on your breath that you get more life. By standing tall and upright you make it easy to provide your body with a full breath using your diaphragm to fill the lower lung as your chest, shoulder and neck muscles draw the air up into your upper lung promoting elongation of your neck.

## Objective observation

One must find peace in this whole process of disintegration as even the planets themselves are disintegrating. With that said, i've seen it many times in others and myself, that you can turn this whole disintegration process around.

Even people experiencing the later years of their life can slow this disintegration right down. You have the potential to rebuild yourself and the road to regeneration is easy.

When i say easy, it is easy. What makes it difficult is doing it...

Like giving your body 500ml of fresh green juice at least 4 days a week. Sounds easy, but it's not! It takes practice! As with all great endeavours, small incremental steps practiced regularly is the surest way to reach your goal.

So we do what we do. But know this...

If right intention is backed up with right action,  
no harm can be done :-)

## The technique

With your shoulders in the Up, Back and Down position...

- Point your thumbs in the direction you're going
- Maintain this practice for your whole life

How powerful we could be as a family if a motto for humanity was shoulders up, back and down with your thumbs pointing in the direction you're going. Breathing in oxygen is the most important life-giving practice.

This motto "if practiced" will help motivate and lift all who seek physical, emotional and spiritual growth for generations to come. Of that there is no doubt!

Now let's get into the 3 Step