



TRIBREATH

A BODY SCULPTING  
PROGRAM

# Breathing Points of the Spine

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# Breathing Points of the Spine

It can be a hard possibility to grasp; the possibility your spine has, and fulfills, more functions than what is commonly known.

Most of us only know the spine as a structure that gives our flesh something to attach to. We also know the spine as the protector of the nervous system with the vertebrae acting like the branches of a tree with nerve sheaths distributing information in the form of life-energy out to the furthest reaches of your body.

But what about the spine also being an organ of respiration? How does that make sense?

## i feel a pondering coming on

If the only things that exist are the ones you can physically see with your eyes, this whole science of Breathing Points of the Spine may require a fair bit of pondering and reflection.

The whole process of engaging your diaphragm and then using your chest and neck muscles to draw your breath up from your lower to upper lung, gives a pretty clear indication that your breath isn't only about the in and out; but also has a very clear vertical direction that being from the down to the up.

For isn't that the true purpose of your breath... to lift you UP!

It's hard to imagine a balloon floating unless one can sense the power of air contained within hence the only factor that makes any breath work measurable, is the thought structure behind it.

It is the intent and the purpose of wo/man thinking "the thought" that gives creative energy potency. Understanding the words, "energy follows thought" is a necessity when it comes to sensing the breathing points. But a quick heads up...

Be well advised that once you actively use these points the whole concept of what breathing is all about can dramatically change. It sort of makes the whole concept of "being light" a reality and not just something new age magazines go on about. You see being light doesn't only have to refer to the duality of light and dark.

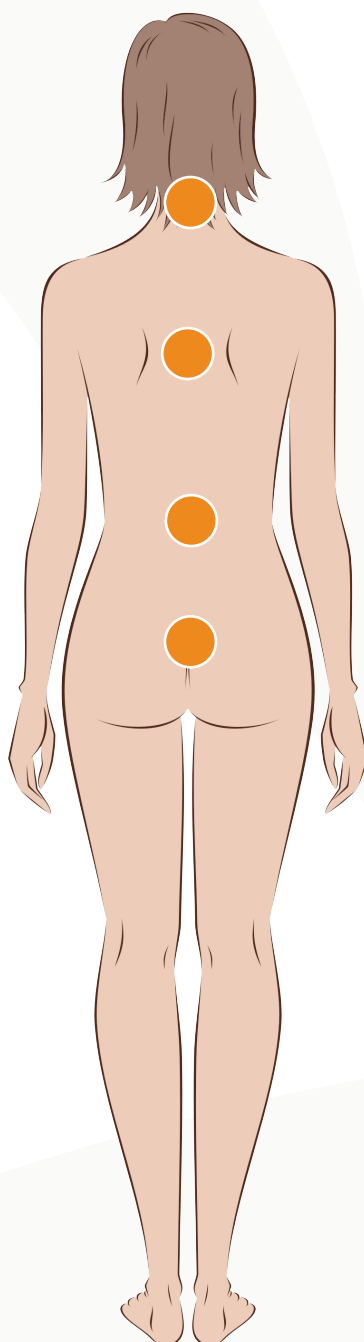
Being light can also have heavy and light connotations as in the use of weight.

Whatever point of reference you choose to focus on, that is, light being an illuminating source or light as a measurement of density, the Breathing Points of the Spine are very real.

## IN-BREATH breathing point positioning

These breathing points for your IN-breath are situated in around meeting points of muscles with the four (4) major points located from the base of your spine on the bone mass called your sacrum. It is from the sacrum where the energy travels upward to where it finally reaches the base of your skull or what is called the mastoid process.

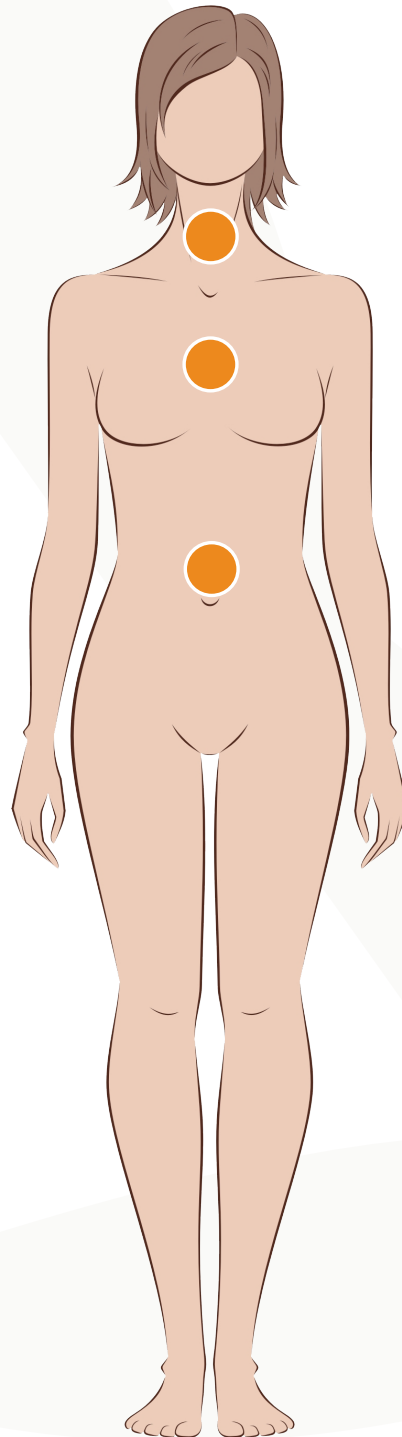
This area has another name that is mentioned in the ancient healing chronicles that is called the "Gates of Consciousness."



## OUT-BREATH breathing point positioning

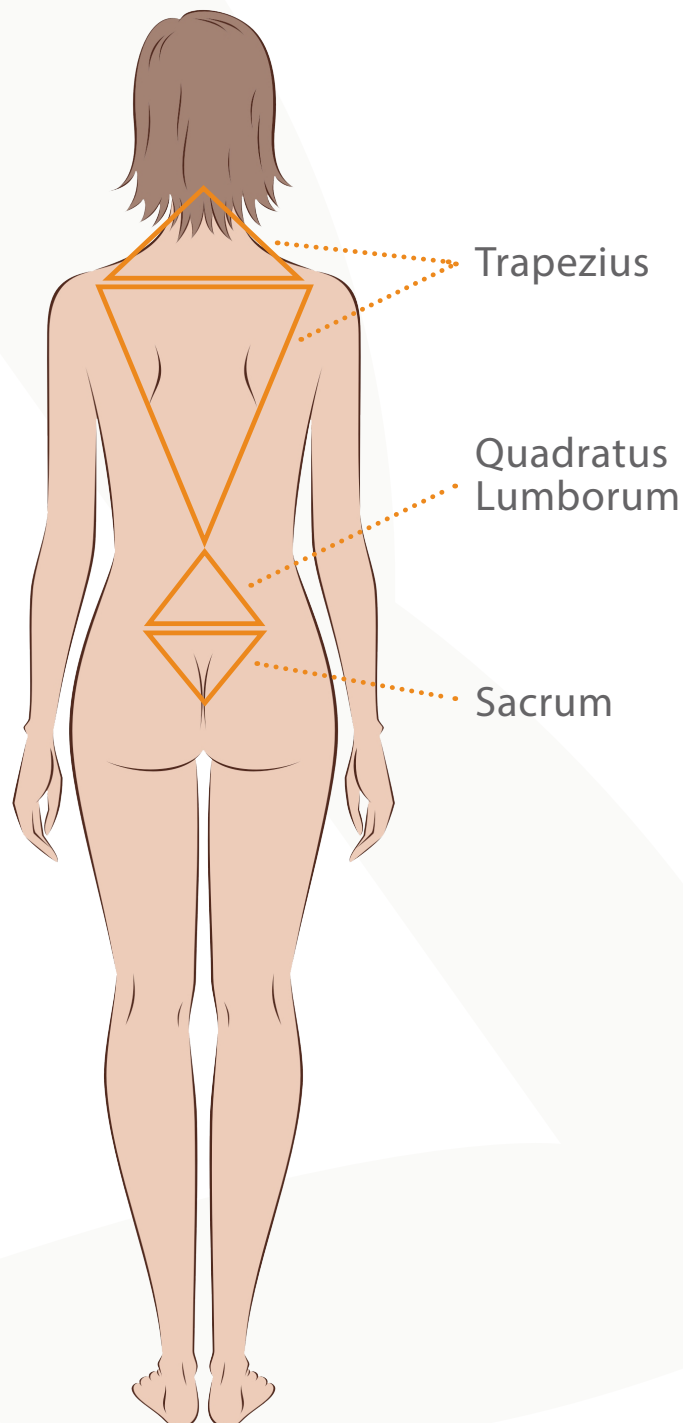
The three (3) major breathing points for your OUT-breath are situated...

- Around your umbilicus (belly button).
- Around your sternum (your breast bone) located on your upper chest).
- And your throat region.



## The respiratory muscles of the back

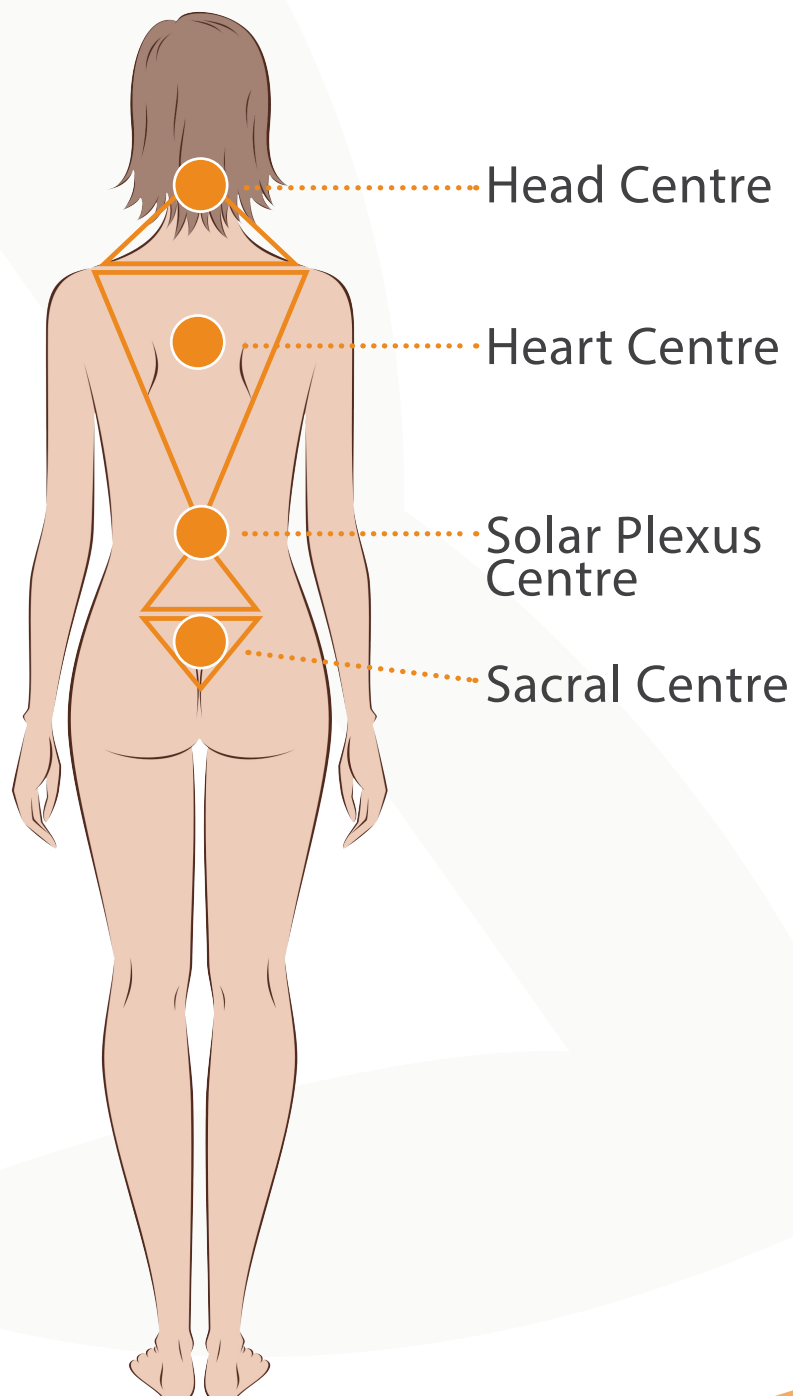
The major back muscles involved in directing this respiratory process from the bottom up are called quadratus lumborum and the trapezius muscle. This is not to say other smaller muscles are not involved, but with of the trapezius, quadratus lumborum and the sacral bone shaped in the form of triangles, the beauty in the design becomes very apparent.



## IN-BREATH Breathing Points & Centres

It will be apparent to those familiar with the body's lines of force (noting where many such lines of force cross each other, you have a large centre of energy), that where big streams of energy meet and cross (as they do in the head and spine), the positioning of the bone and muscles that make up our body correspond to these meeting/crossing points of energy.

From the ground up we breathe into the sacrum and up always lifting from the back of the skull, the "Gates of Consciousness".

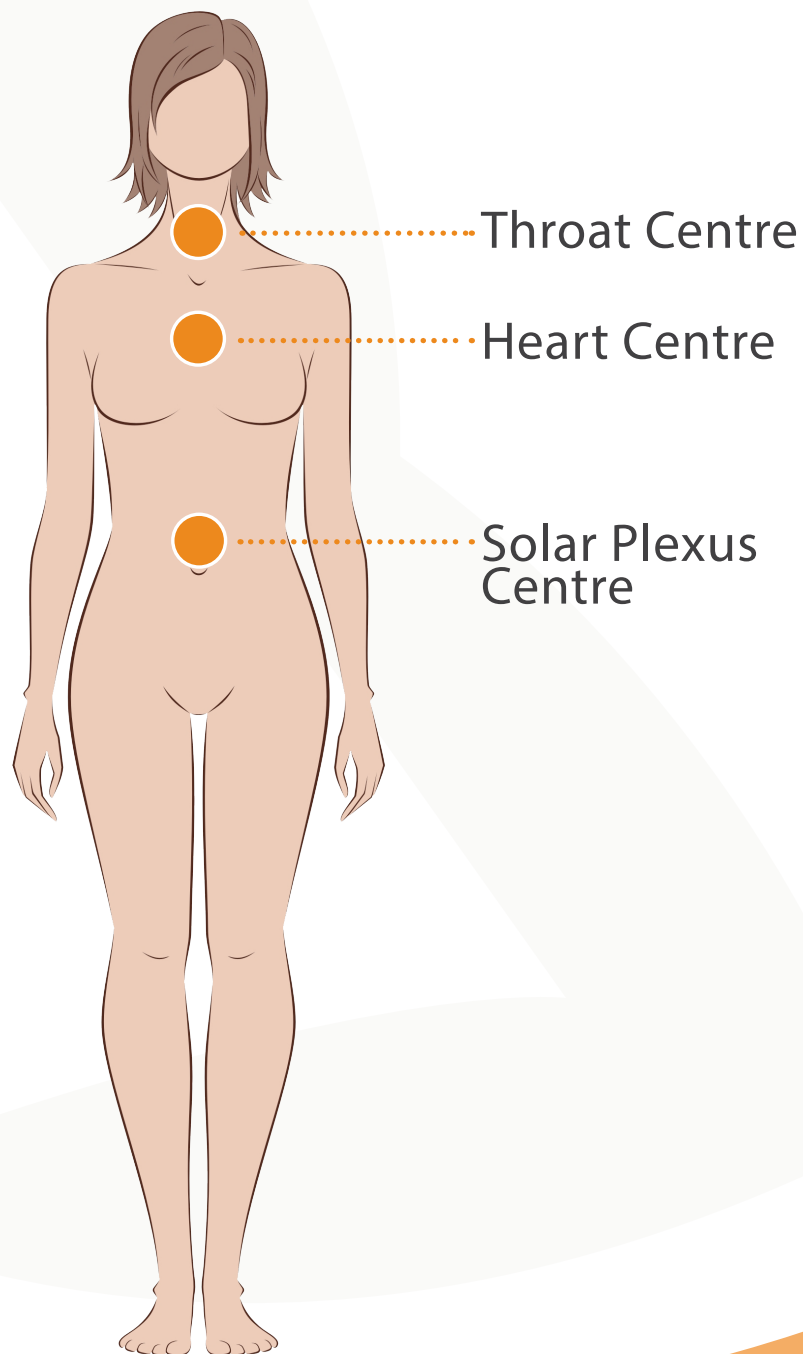




## OUT-BREATH Breathing Points & Centres

The three (3) major breathing points for your OUT-breath are situated...

- And your throat region (Throat Centre).
- Around your sternum (Heart Centre) commonly known as your breast bone) located on your upper chest).
- Around your umbilicus (Solar Plexus Centre) commonly known as your belly button).



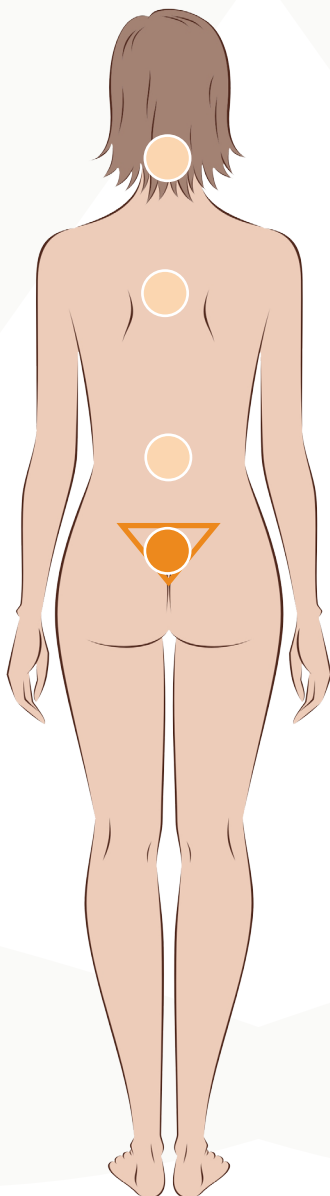
## Your sacrum... a breath switch

It's a funny thought thinking from the bottom up when it comes to your breath.

But the concept that your breath starts from the base and works its way up makes sense with the knowledge that air lifts things up. As your breath is the air you breathe in, this air lifts you up and for there to be an up, there must be a down/bottom or base.

So when it comes to the lowest breathing point of the spine, your sacral point, you're now dealing with the most important grounding point when it comes to deep breathing.

Reason being your sacrum is a switch that turns on your diaphragm!



- The sacrum is the root of your beginning. It is from the sacral point that you are connected with your body's foundation. It is the hearth of your home... it's the root from which life spills its innocence
- You can see the mechanics of your sacrum and diaphragm working in unison with each other when you're lying on your back. Whether it's the physical pressure exerted on your sacrum as you lie on your back that gives you and your body a reference point of activation for the normally dormant diaphragm is up for conjecture, but there's no denying of the effect
- When you're breathing into the sacrum or the first triangle, use your sacrum as an anchor point to lift and move your thighs outward

Place the palm of one hand on your sacrum, take a slow breath in and lift your thighs out from your groin. See how instantly your head and chest is lifted

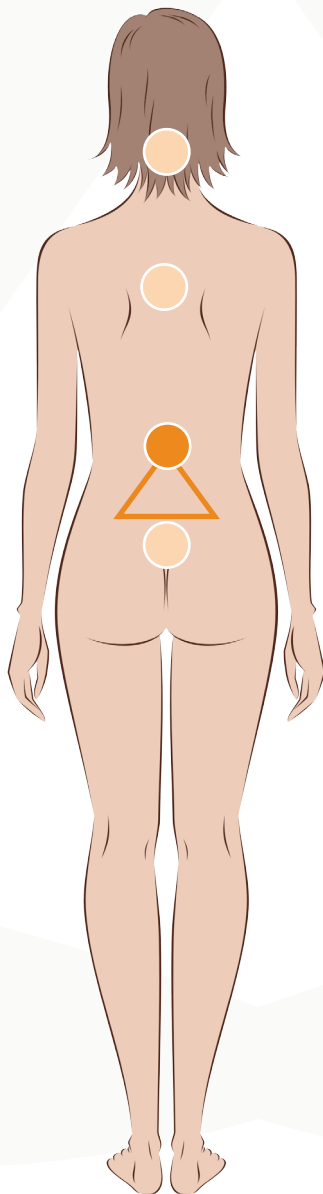


## Quadratus lumborum

Working our way up from the bottom is the second breathing point which has a close association with main two muscles. The first muscle, again from the bottom is a muscle that connects your pelvis to your spine and acts as a stabiliser called quadratus lumborum.

Commonly associated with lower back pain, it too is triangular in shape with the base of quadratus lumborum being confined closely in and around the base of your spine as it attaches to the lower lumbar vertebrae and opening up like a funnel.

It is at the meeting point of quadratus lumborum and the bottom of your trapezius muscle where the second breathing point is found.



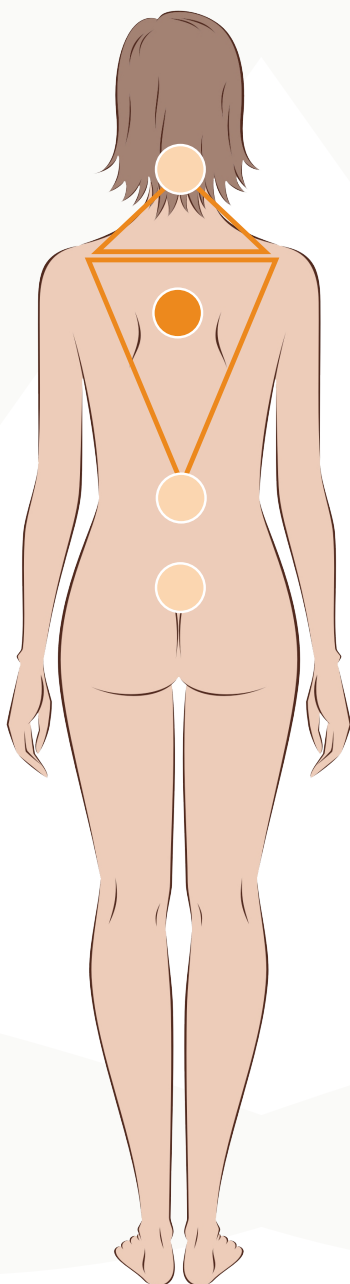
- This second centre/point of the four breathing points is used as the 2nd IN-breath when you're using either the 5-STEP or the 7-STEP.

The stability of your trunk relies heavily on two muscle groups, quadratus lumborum at the back and the iliopsoas muscle towards the front.

## Your trapezius muscle

If you have an appreciation of geometry you'll understand my affinity with this wonderful muscle being in the shape of a diamond. With the design to move outwards and upwards, it's little wonder your trapezius muscle is actively involved with your breathing as well as the Breathing Points of the Spine.

With the 3rd breathing point situated in between your shoulder blades (where your wings emanate from), its placement is very obvious as to which of the centres this meeting point is embodied. Yes the heart.



- The trapezius muscle is a big star shaped muscle that is basically two triangles sitting opposite each other.
- From a bone situated at the back of your skull called the the occipital bone, right down to the lower thoracic vertebrae (at the base of your rib cage), its triangular and diamond shape comes from the two points of attachment located on your shoulder blades (scapula)
- It is from the trapezius muscle and the release of your shoulders that you can lift your head out of the proverbial “hole that engulfs the head”. And this hole is very real.
- Using your trapezius muscle to help draw your chin in and lift your head up from the back of your skull, you can focus on using your breath to push your shoulders out from the side of your body as you press your sternum forward particularly on the last of your IN-breaths.

It is your trapezius muscle that gives you the greatest reference to expand both upwardly and outwardly.

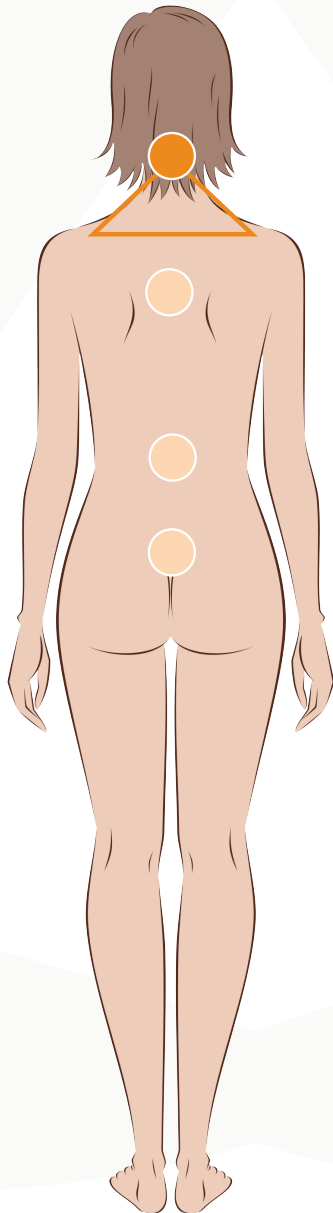
For example... On your IN-breath's, direct your shoulders expansion outwardly via a line of energy that flows from the back of your shoulders, inline with your underarm and out the “lats” (the latissimus dorsi) as you gently hold the weight of your head and extend upward.

## The Gates of Consciousness

Continuing on with your trapezius muscle, when you're using any of the TriBreath rhythm's, your last IN-breath will always be focussed on the upper half of your trapezius muscle from the top of your shoulders to where your trapezius muscle meets the back of your skull (the mastoid process).

This is a very useful design as you can literally imagine the top of your shoulders are a floor that can be used as a platform for you to project and lift your head up from the back of your neck right up to your skull.

Take a moment to feel what i'm sharing with you here...

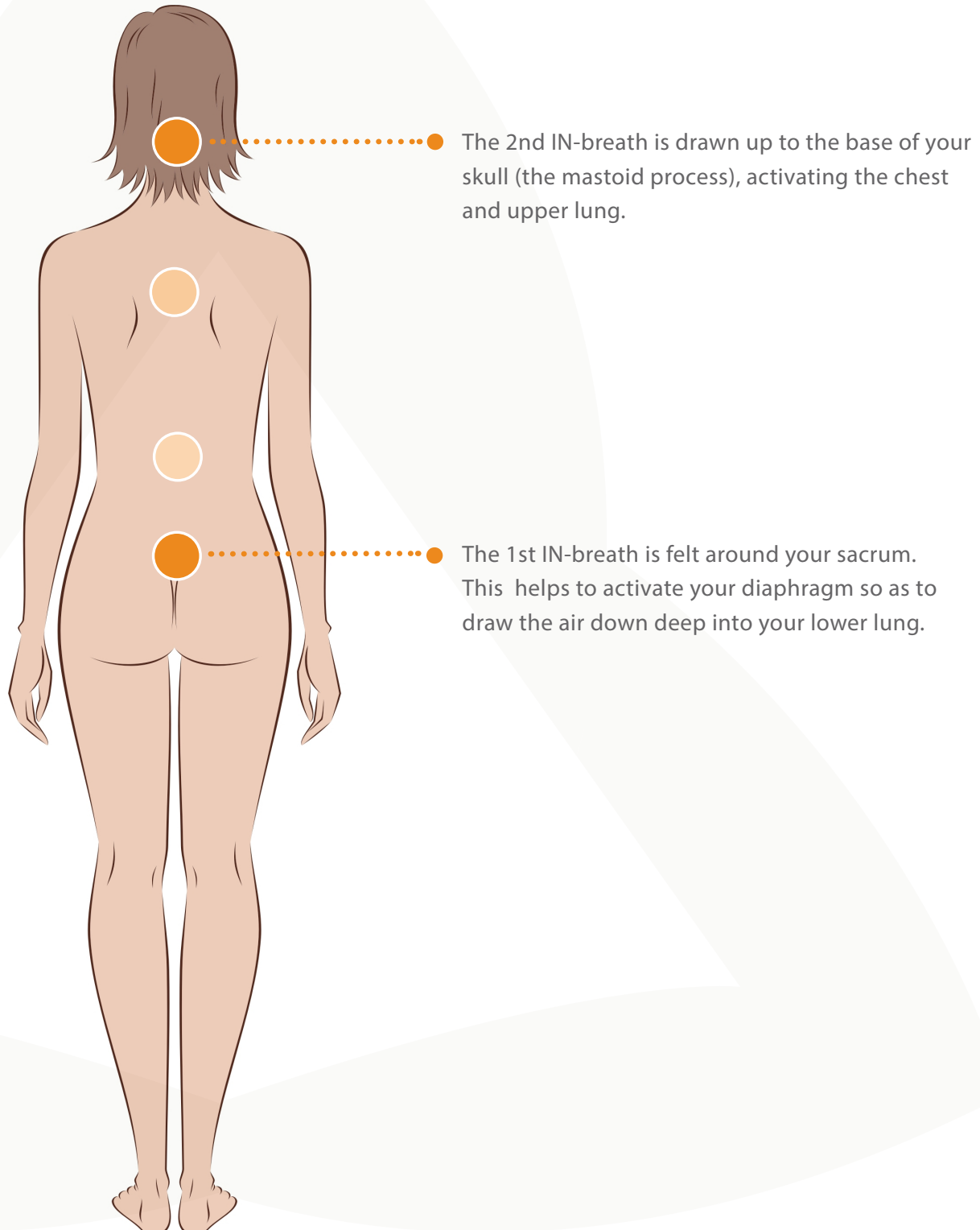


- Using either hand, reach your hand around to where the back of your neck & skull meet
- Take a big breath in through your nose as you pull your chin in and lift your head from the base of your skull

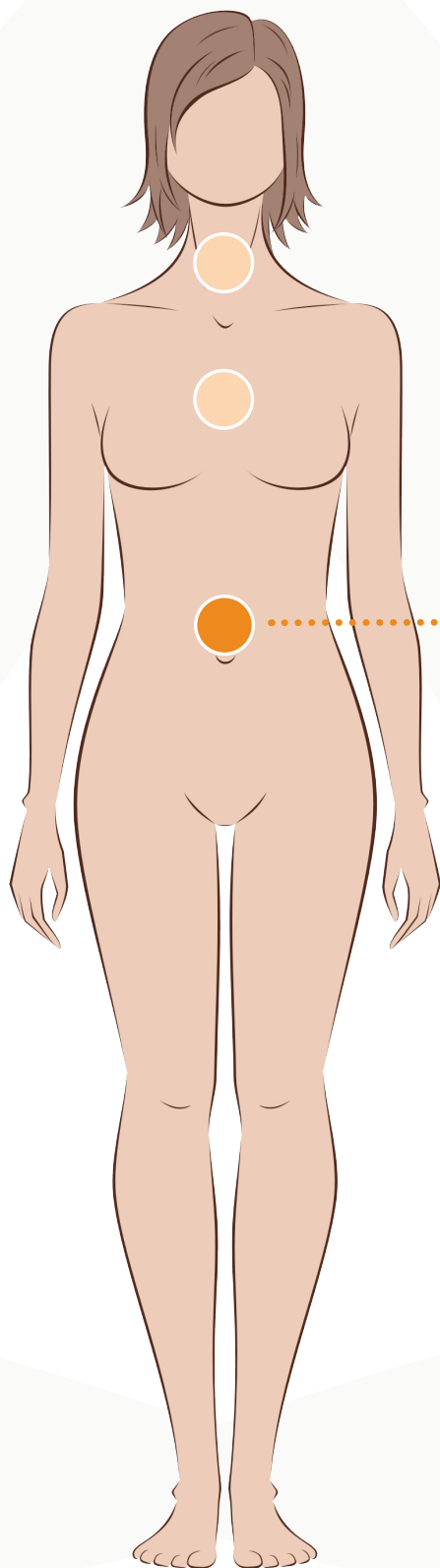
Please feel & note how by pulling your energy up your body using your spine and back muscles, your abdominal muscles are activated thereby instantly pulling your tummy in :-)

## The 3-STEP.. and associated breathing points

When practicing the TriBreath 3-STEP breathing rhythm and the associated breathing points, your IN-breath's will be directed in such a way.



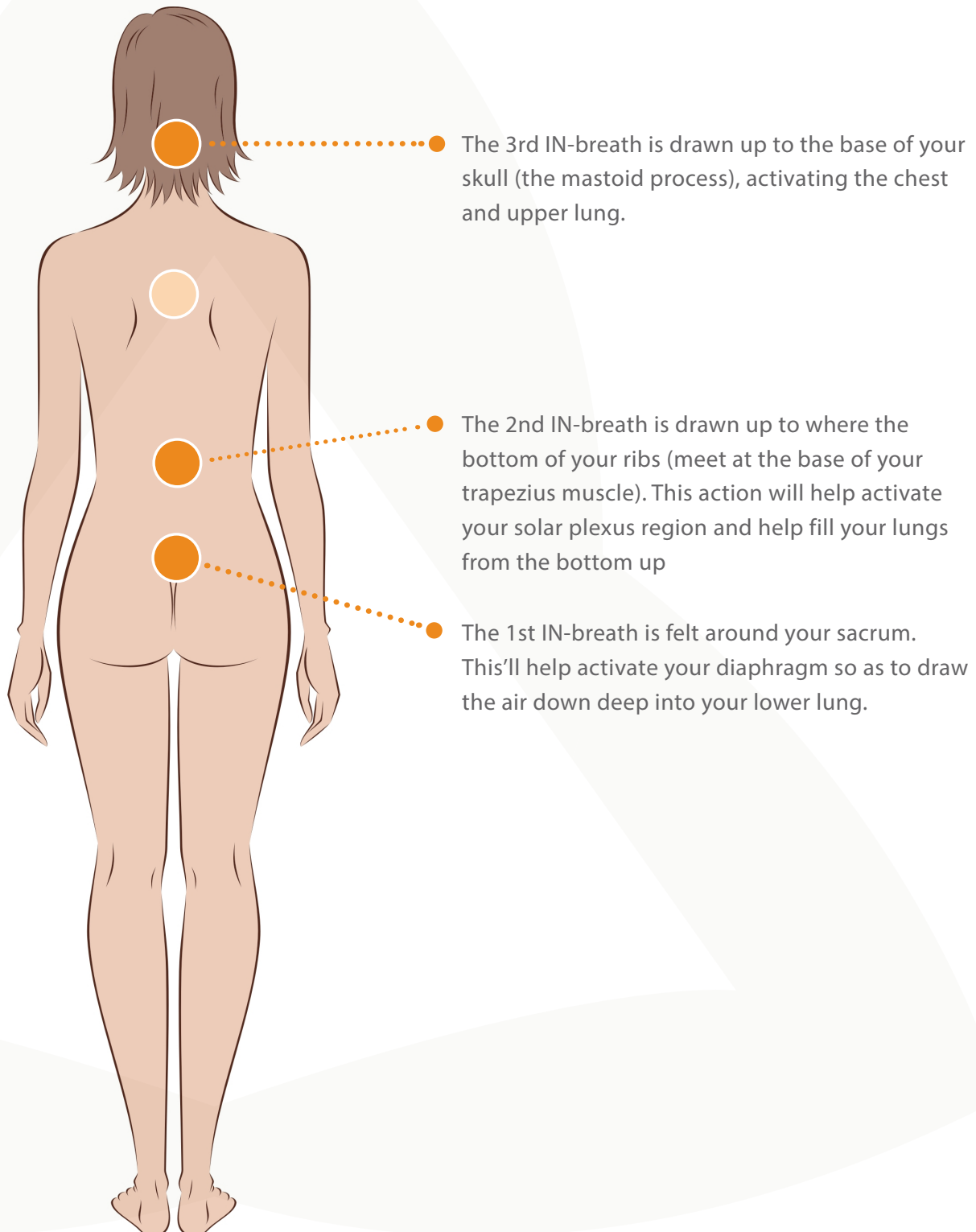
When practicing the TriBreath 3-STEP breathing rhythm, your OUT-breath will be exhaled (via your mouth or nose) by pulling in your abdominal muscles towards your spine.



Your 1st and only OUT-breath is released by powerfully squeezing your tummy in towards your spine on the one step.

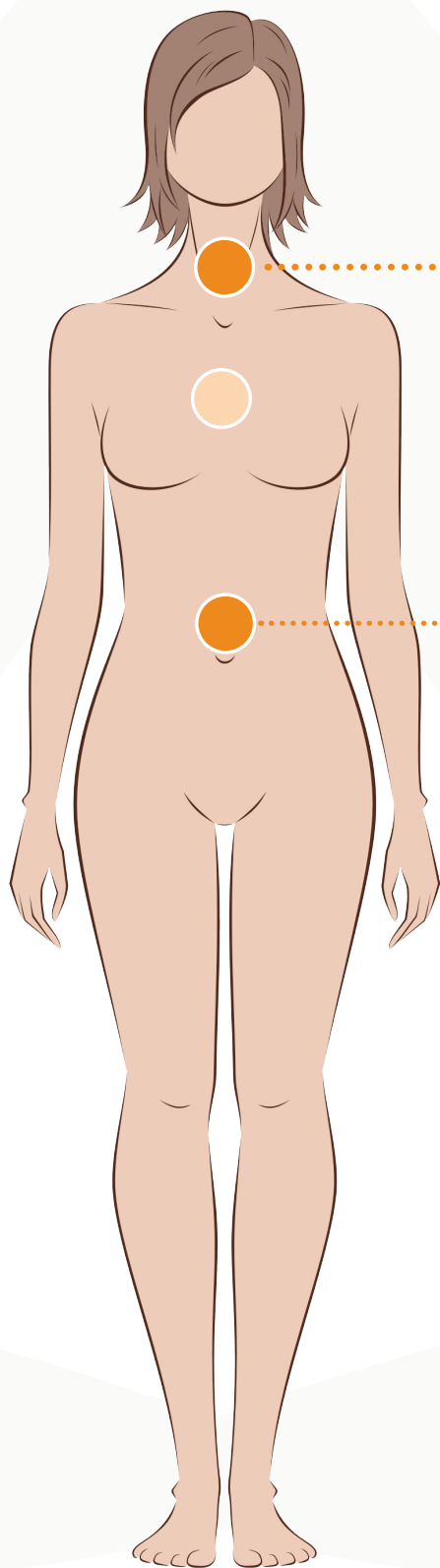
## The 5-STEP... and associated breathing points

When practicing the TriBreath 5-STEP breathing rhythm and the associated breathing points, your IN-breath's will be directed in such a way.





When practicing the TriBreath 5-STEP breathing rhythm and the associated breathing points, your OUT-breath's will be exhaled (via your mouth or nose) over two steps.

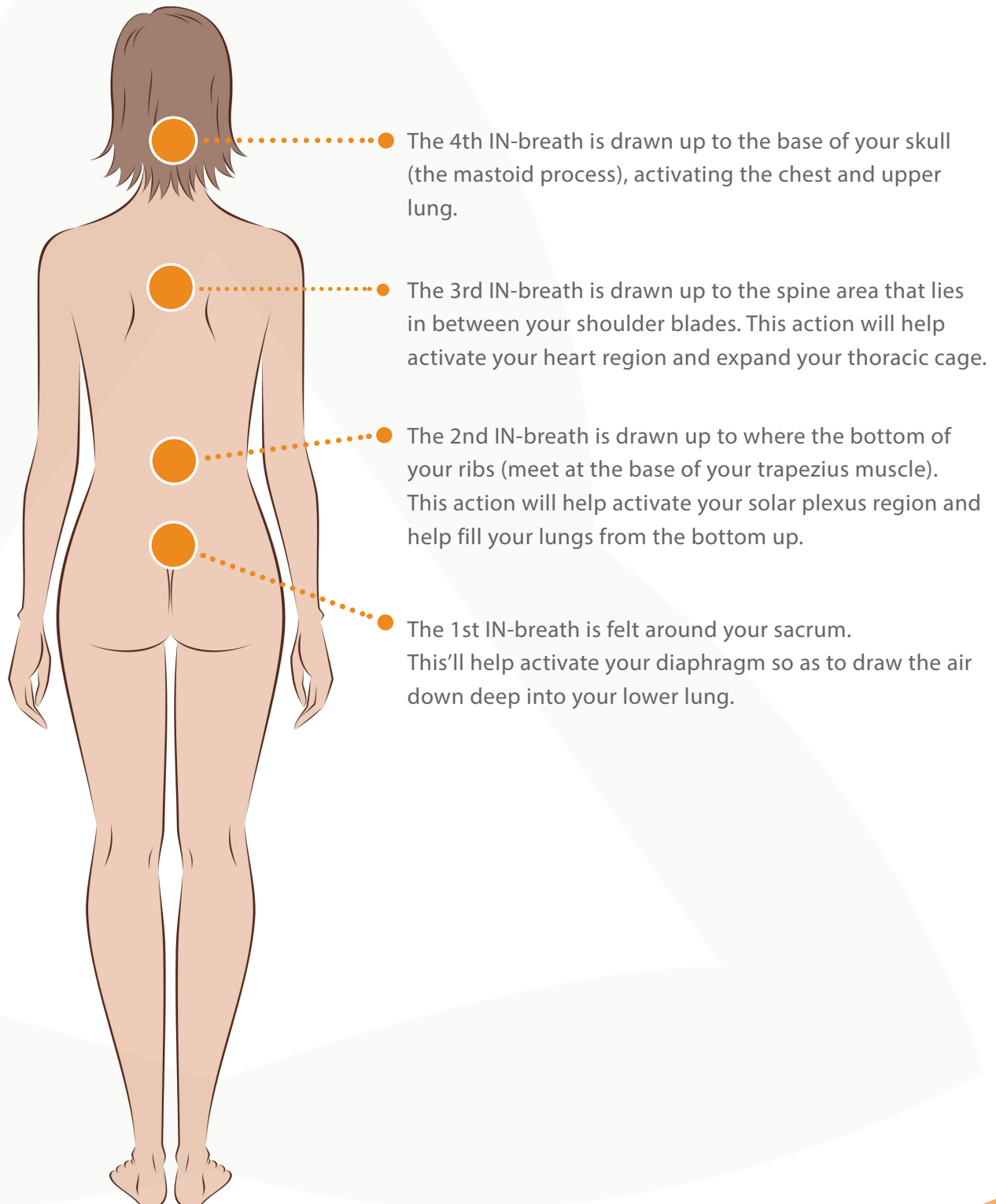


● The 1st OUT-breath (little breath OUT) is expressed via your throat centre.

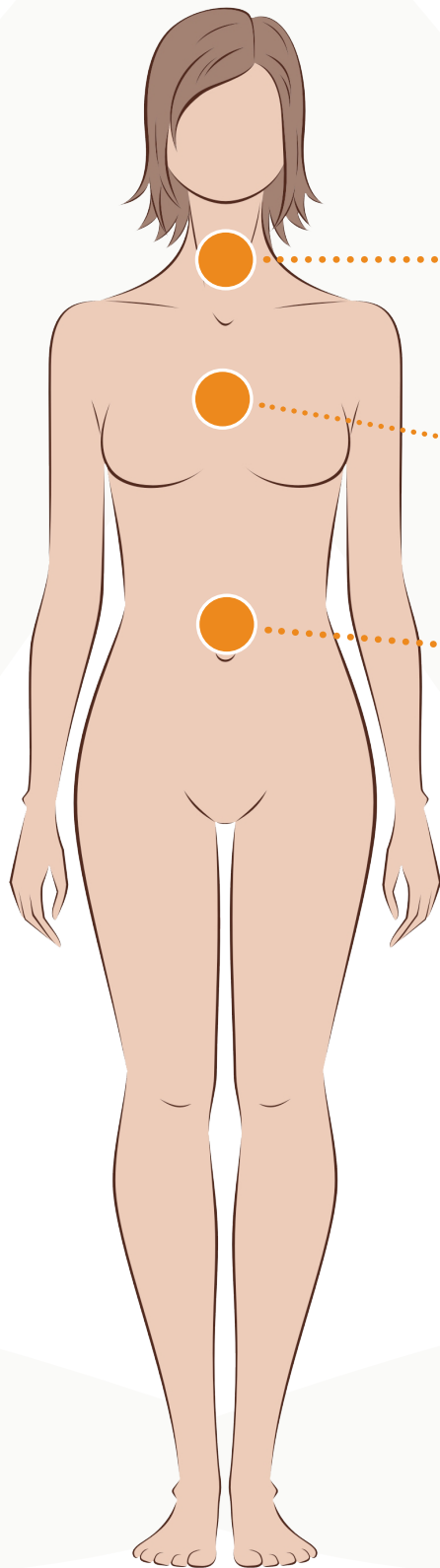
● The 2nd OUT-breath (your biggest breath OUT) is completed by powerfully squeezing your tummy in towards your spine.

## The 7-STEP... and associated breathing points

When practicing the TriBreath 7-STEP breathing rhythm and the associated breathing points, your IN-breath's will be directed in such a way.



When practicing the TriBreath 7-STEP breathing rhythm and the associated breathing points, your OUT-breath's will be exhaled (via your mouth or nose) over three steps.



● The 1st OUT-breath (little breath OUT) is expressed via your throat centre.

● The 2nd OUT-breath (bigger breath OUT) is expressed from around your heart space.

● The 3rd OUT-breath (your biggest breath OUT) is completed by fully pulling your tummy in towards your spine.