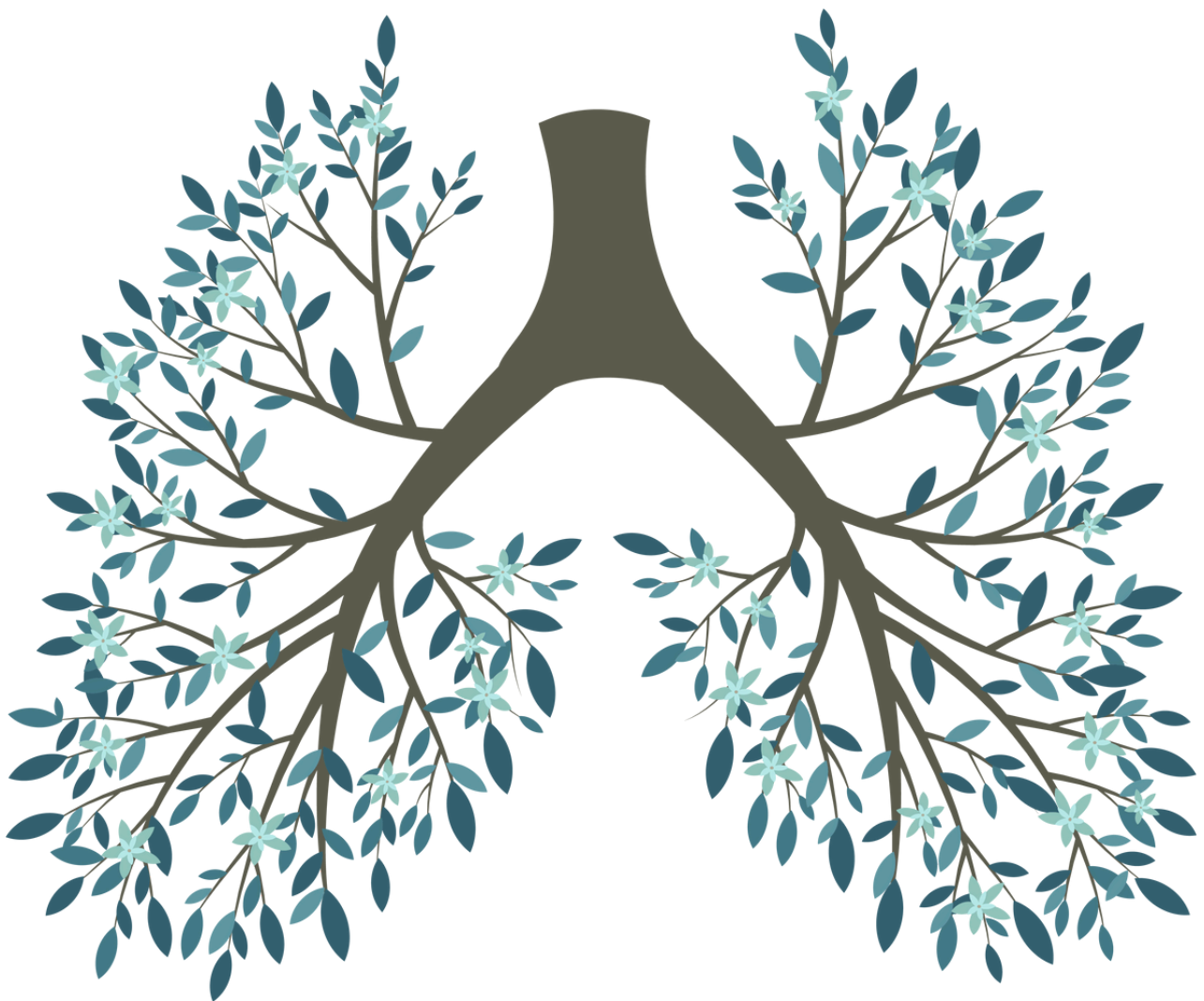


The Breathing Cycle Technique

An easy to use technique that
positively creates change
throughout the whole body



Jacquie McIntyre



The Breathing Cycle Technique

Every breath we take sets up a chain of events that influences every aspect of your body's function. This technique will positively balance all parts of your body. At times these will be small shifts that occur, whilst other times you may notice sudden dramatic changes. Every body is very unique in how it responds to this. You might like to do it once a day or once a week. Use your innate connection to your gut instincts to allow it to guide you, in these decisions.

Lungs

The expansion and contraction of the lungs causes a rocking action in every part of the body. The acupuncture point Lung 1 represents the start of the meridian system and it is the action of the lungs that "pumps" the meridian energy through the body. The energy contained in the meridians is called Zhen Qi (True Qi). It is composed of: Zong Qi: The energy of the air we breathe. Gu Qi: the energy contained in our food that is extracted in the stomach and duodenum and sent to the lungs via an internal branch of the spleen meridian. The Gu Qi energy is essentially the tastes of food. Kidney energy: Which is a mixture of sensual energy, sexual energy, and ancestral energy (prenatal energy) that enters the meridians as the meridian energy passes through the Kidneys. The act of breathing mixes the Zong Qi and the Gu Qi and sends it into the lung meridian for circulation. The meridian energy goes around and around the body until it arrives in the last (12th) meridian -the Liver meridian, which ends up back in the lungs at the point Liver 14.

Digestive system

The movement of the diaphragm up and down "massages" the liver and other digestive organs in a way that facilitates their functioning. The circulation in the liver would not flow correctly if the diaphragm did not mechanically pump the liver. Whenever the lungs are weak and/or the diaphragm has limited function, the liver becomes toxic and malfunctions. The diaphragm movement also stimulates the action of the stomach, pancreas, and spleen, and it stimulates the peristalsis of the intestines.

Pelvis

The pelvis rocks with breathing cycles. The pubic bones move downwards and backwards with the IN breath and returns with the OUT breath. The movement of the pelvis causes expansion and contraction of the muscles of the pelvis and legs. This facilitates the venous return of blood as well as acting as the lymphatic pump. The sacrum is rocked as well and this becomes part of the craniosacral pump that is critical for the functioning of the nervous system and brain.



Skull/Spine

The breathing cycle also causes a rhythmical movement of all the cranial bones which help to improve the circulation of blood and lymph in the head. It also facilitates the circulation of the cerebrospinal fluid (CSF), which continues to supply the brain with nutrients. Every vertebra rocks in synchronicity with the breathing cycle which helps to circulate the CSF down the spinal cord. The rocking action of the spine also helps to maintain the health and elasticity of the spinal discs. This action also promotes the healthy flow of the kundalini energy and nerve transmission.

The Technique

As breath is so fundamental to the health of the body, we may find the need to re-educate the breathing cycle to some extent. The main emphasis in this technique is on the pelvis. The pelvis turns out to be the optimum way to retrain the breathing cycle. If we facilitate good movement of the pelvis, then the rest of the breathing pattern will respond with improved function.

- 1) Bend both knees so that the feet are flat on the floor or the bed, about hip width apart. Focusing your awareness on the pelvis and abdomen while taking slow breaths.
- 2) On inhalation, the pelvis should press into bed, causing the abdomen to rise and causing a slight arch to form under the low back.
- 3) On exhalation, the pelvis should rock toward the ceiling, allowing the abdomen to sink and the low back to flatten against bed.



Use this new technique daily just before bed as follows:

- Do 10 exaggerated rocks with legs bent.
- Do 10 exaggerated rocks with legs down.
- Spend at least two minutes of breathing naturally while focusing on feeling the subtle rock of the pelvis.
- Go to sleep.

Comments

- Do not over do the exercise.
- The full rock can stir up pre-existing spinal problems if done more than 20 times in a session.
- Do the cycle daily at night just before sleeping.
- A recheck of your progress at your next BodyTalk session will likely be done.
- If you feel your body is releasing a lot of waste product and it's uncomfortable, take a day or two off until the body experience's less.
- Please do not share this with anyone who is not a client of Jacquie McIntyre
- The misuse or over use of this technique can result in a very uncomfortable and sometimes excessive cleansing processing, putting undue stress on to the Liver and other systems.
- Doing the technique exactly as it's laid out above will get you the best and safest results.
- This is an awareness exercise; it is not about speed or strength.
- It is common for clients to breathe and rock too fast. Slow with awareness is better.
- For clients with acute low back pain, the part of the exercise that involves rocking with legs extended may aggravate their condition. If it hurts, don't do it.

This technique will improve:

- Lymphatic circulation
- Blood circulation
- Nerve conduction
- Meridian Qi energy flow
- Subtle energy flow through the connective tissue
- Digestive function
- Liver detoxification
- All circulation to the pelvis thereby increasing sensual and sexual function as well as fertility
- Spinal regeneration
- Movement (subtle expansion and contraction movement) of the cranial bones
- Brain function and clarity
- Lower back pain relief - especially for pregnant women (for whom the technique may need to be done laying on your side with a pillow between your knees)



You can do it anywhere, even when relaxing with friends.