

full tilt living newsletter

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I've been teaching breathing lately. Which in itself is a strange concept, since there's plenty of evidence supporting the fact that we all know how to breathe.

I'm discovering as I take this on that we are pretty darn poor at something we assume comes naturally, right there before drinking and eating. And certainly before crying.

I mention crying because in my meanderings through various schools of breathwork I've come upon a natural birthing system that has both the father and the mother grant their newborn it's first breath. A simple welcoming ceremony that goes right to the core. We breathe, we live. Once we get that far, we can put voice to it and let the world know we've arrived.

So—first the breath. And I want you to know that if we are stingy with our breath, we do very little more than keep the organism from failing.

Shall I describe stingy breathing for you? Taking in just enough air to cause our upper chest to expand slightly. Stingy breath is pretty rapid because not much air is getting in each time and it takes a lot of them to keep things running.

Big, full breaths that fill the chest and push out the belly—our bodies love these.

Do several and you begin to tap into the energy resources that natural healers use. In some circles, this is known as raising your vibration. Which is just what it does—it allows us to function at a physiologically fuller level so we can expand into that state of well-being that invites connection with soul consciousness.

Our body, our mind, our spirit. In that order. When we breathe.

And know that I'm behind you all the way--

Maureen