

## Finger Pads/Breath September 2018

Using a natural breath to expand, from the inside, the lower, middle and upper thorax and reach habitually under used areas of the lungs and diaphragm.

1. **Learn in lying first, then can use in sitting and standing.** Lie on your back, arms by your side, legs in a wide V. Wait until breath “comes.” **Don’t breathe, don’t breathe until breath naturally arises.** Don't hold your breath. Don't stop breathing. Just exhale and wait wait wait till a breath comes and breathes you. Do S.T. (see more detailed explanation in the "Breathing into the low back" floor lesson) Rest.
2. Pads of right 4<sup>th</sup> and 5<sup>th</sup> fingers gently press against left 4<sup>th</sup> and 5<sup>th</sup> finger pads, rest of fingers and thumb curled **lightly** in fist backward toward palm. The rest of the fingers do not touch each other, elbows resting on floor or relaxed toward floor. Wait. Wait until breath comes. Feel it initiate, arise in lower ribs and pelvis and fill. Do S.T. Rest.
3. Pads of 3<sup>rd</sup>, middle finger gently press against each other. Rest of fingers curled into light fists. Wait until breath comes. Feel breath initiate, arise in mid ribs. Do S.T. Rest.

4. Pads of right thumb and index finger gently press against left thumb and index finger pads. Rest of fingers curled into light fists. Wait until breath comes. Feel breath initiate, arise in upper ribs, under upper sternum and clavicles. Rest.
5. **Now all pads together at once. Wait wait wait till breath comes. Feel the light, floating, very expanded fill in your chest, upward and downward, backward and forward, ribs out to the side. Feel your sternum move forward. Feel your low back move backward, your belly move forward. Exhale and wait wait wait for the next exquisite filling of air nine that your body, and your genius nervous system - not your mind - is orchestrating. " This is more how you used to breath as baby and young child - before all your adult habits and limitations to your breathing, that you learned as you grew, were installed. They were solutions, involving self imposed rules, and restrictions, that seemed life-saving at the time. You didn't realize that to sucessfully carry out these strategies, you needed to somehow limit your breathing, and these limits became permanent, unconscious, habits." CFR®**
6. Repeat #2 - 5 siiting on hard stool or table, spine long, back in the extension, back of head backwards eyes on the horizon.

**7. Repeat standing.** (all 5 pads very useful just before an uphill climb or a run. See for how long into the run or climb you can keep waiting for a breath to come instead of deciding to breath.)

**"Pelvis and low rib breath for grounding, mid rib for digestion and upper ribs for high mental alertness, all three parts for optimal function"**

**Useful piece - when talking about breathing, especially to a group: Each individual within a group of people will start their breath in a different place because of life history and habit yet if the group were all healthy newborns they would breathe exactly the same.**