

# **BREATHING INTO THE LOW BACK USING THE PELVIC LIFT.**

**June 2018**

1. On back, BK, arms by side.

a) Slowly lift pelvis into PL and lower back down.

b) Now lift your pelvis to where you could hold it comfortably.

Breathe in gently and hold it. Hold it. Hold it. Now, then you let the air out, DO NOT BREATHE IN. Don't breathe intentionally. Lay quietly. Just pay attention. Allow it, allow the breath to start on it's own, slowly. Don't make a large movement in the stomach or chest. When the breath comes on it's own it be the smallest possible movement. Feel maybe the small low ribs behind, and a bit in the stomach. Just pay attention so air goes out delicately, calmly . . . . . doesn't matter if it is short, doesn't matter if it is long. It doesn't matter how, just do not do anything intentional to breathe. Do not push the stomach, do not fill the chest. Do not do anything. Just pay attention that in the nose and mouth you feel a slight movement of air. It is not important how short, just that it be very easy, just so no noise can be heard, just so there will not be any feeling of breathing, either inhaling or exhaling. There simply will be a movement of air without interference. To the degree that is possible, do not move anything to breathe; just leave it to itself.

c) Now, lower the pelvis and repeat the same thing.

d) Now, without disturbing this easy breathing, each time you breath out, wait, wait, until a breath comes and breaths you.

Gently, slowly, lift your pelvis and lower it. Lift your pelvis and lower it without disturbing this kind of breathing. Rest on Back.

2. Legs long, arms overhead - long and wide as much as is comfortable (support when and where needed). Pay attention to

which places in chest, and behind in back, lift from the floor. What do the shoulder-blades do? Breathe in, exhale and then do not purposely breathe. Wait, wait, wait .... until a breath comes.

Pay attention to where the breath fills which places more. Just pay attention. It is not important if the breath is as short as possible, that it is necessary to inhale the whole time. Just do not make any unnecessary efforts in the chest, in the stomach, to fill them or to take air out. It should be done on its own.

3. Bend both knees and stand both feet. Immediately, in the standing of the feet, pay attention to the difference this makes to the breathing.

a) Slowly, slowly, lift the pelvis to a place that is comfortable and helps the chest to breathe - and stay like this.

b) And now, from this place - from this place where you were holding your pelvis - do not go down to the floor, but rather lift it a bit higher, and then return to the place where it is now . . . . and then a little bit higher and then back to place. Just be sure the whole time that it does not disturb this calm breathing. Without any intention to breathe, just notice when the breath comes to you.

c) Bring the hands down alongside the body. Continue breathing like this. Pay attention to the difference this makes (all the time with the pelvis lifted).

d) Come down with the pelvis. Extend your legs. Rest quietly.

4. Lie on your stomach. Spread your legs, extend your arms overhead, place forehead on the floor.

And now - STOP PURPOSELY BREATHING. (? You will feel when the time is right to?) or (? As you pause, carefully notice sensations in your chest that lead you to?) slowly, slowly begin to allow air to

flow in and flow out in the easiest movement possible. Notice doing nothing intentionally to take air in or let air out.

In which places do you feel an easy movement that this small movement makes? Just pay attention to the movement of air in your nose and or mouth, so it will be easy and comfortable. Do not make any particular effort to inhale air or exhale air.

Hold back as if to breathe as little as possible. Pay attention to where it breathes. Where do you feel movement? In the stomach? In the place where a belt is worn? Higher, in the chest and ribs? What happens in the entire chest? What movement is there in your sternum in front? In back between shoulder-blades? Along the spine? Is there more movement on one side's ribs, less in the other? **TURN TO REST ON YOUR BACK WITHOUT CHANGING THE WAY YOU ARE BREATHING.**

The whole time do not make any particular movements so as to inhale or exhale air, just do the minimum that we started with.

5. Stand both feet on the floor and lift your pelvis as slowly and comfortably as possible. Pay attention so the breathing will not become any different, just so there will be an easy flow of air coming in and going out, without any effort in the chest or the stomach or any other place. Try to do a little as possible, only this comfortable minimum.

a) Lift the pelvis and hold, interlace fingers of both hands behind head, elbows to ceiling. Lift head ST in such a small movement that it will not be necessary to breath more strongly or more powerfully than before. That means everything you do with the head will be smaller, and more and more delicate. When you lift your head like this, pay attention to how the support of the body

moves from one vertebrae to another along the spine, into the shoulders, into the shoulder-blades. Notice how the support of the body from behind you moves as you lift and lower your head.

b) Slowly, slowly, lower your pelvis and then lift it as you lift your head. Do this gently, with minimal effort, the easiest movement possible.

Rest on your back.

Continue not breathing intentionally. Pay attention to not breathe intentionally. Do not make any intentional movement in the stomach or chest. Hold back so that there will be a feeling of hardly breathing.

6. Stand both feet, place the L foot on the R knee, completely on its side. The L knee will be open to the side. Just the outside edge of the foot will be resting on the knee to the side, just the ankle and the outside edge of the L ankle/foot will rest on the R knee. In this position lift the pelvis from the floor, slowly, ST. Do this. as you did before, without breathing purposely.

*Make sure that the movement will so so easy that it is possible to restrain from doing a large movement in the stomach and chest. Then, by itself, the air will go out and come in the way it wants, at the speed and amount that happens, without doing anything to increase it, improve it, deepen it, lengthen it - nothing.*

a) Now, each time you lift your pelvis, open the knee closer to the floor. That means to turn your pelvis, to turn your body so that the L knee will come closer to the floor. *Also, it is not important how much. It is only important that it will be slow, that it will not demand powerful breathing but that the breathing will remain calm, small, and quiet as before. When you do this movement with your knee, pay attention to where you lean more on one shoulder-blade -*

*(R or L?). Pay attention to how the spine and chest are leaning there, to the relationship between the members at the time when support is moving to a place other than the middle. Pay attention. Is this place being leaned on disturbing your gentle breathing or not? Rest (deep long rest) on your back.*

*Pay attention to where and how your contact with the floor is different now. Pay attention to which parts of your back feel the floor differently now. Pay attention to where and how you feel your breathing differently now.*

7. Stand both feet, now reverse the move. Put the R leg on the L with the outside edge of the R foot on the L knee. Slowly, slowly lift the pelvis from the floor with the condition that it does not demand a more powerful breath. Lift the pelvis, and with each lifting movement lower the R knee closer to the floor.

*Pay attention. Where does the support of the shoulders move to, and how is this place in the chest, in the shoulder-blades, and in the pelvis? Leave it easy and soft so that the passage will be smooth and comfortable. Rest on your back. Once again, observe the smallest movements of breathing.*

8. Stand the feet and slowly lift your pelvis in the air. Hug yourself with both arms around the backs of the shoulder-blades, not in the shoulders. To the degree it's comfortable, get to the shoulder-blades. In this position, hold your pelvis up in the air at a comfortable height. NOW, WITH BOTH ARMS, ROLL THE HEAD, (with the chest) under the condition that it does not at all increase the necessity you feel to breathe. *Roll the chest, with the chest as one. Pay attention to rolling it slowly to the R and slowly to the L. Pay attention to what you feel in and along your spine, in the R*

*shoulder-blade, the L shoulder-blade, pay attention to how the pressure moves from side to side. Allow your back to round so the movement will be smooth, smooth from R to L. Roll your head with your chest.* Hold your pelvis up at a comfortable height. Do very slow movements and make sure not to make any strong movement in the stomach or the chest in order to breathe. This means the breathing will happen (as it has this whole lesson) on its own, as you observe it but do not intentionally do it. Rest on your back.

9. Do one last slow PL, up and down, without changing your non-intentional breathing. How do you lie on the floor differently now?

Do you want to purposely breathe, or do you like waiting for the next breath?