

About the Blue Velcro Strap (BVS)

We all sub-vocalize a little or a lot while reading and that uses up oxygen. The sub-vocalizing, depending on the content, context and how we react to it, causes emotional reactions inviting breath holding or suppressing to shallow breathing; reactions we may not be aware of. Thusly, many read (or type or write) long paragraphs without stopping to take adequate breaths. The below text includes reminders to breathe, just for you. Start now, read slower than usual and (breathe)

Imagine your relaxed rib cage at the end of a natural exhale to be in the shape of a pear. (breathe)

The top of the pear (stem upward) is say 10-30% less wide in diameter than the bottom. (breathe) This is your proper ratio when relaxed at the end of an effortless exhale. (breathe)

When you breathe-in the ratio should change to a more up and down barrel shape or still remain in a pear shape with a slightly larger upper portion to account for your upper rib cage expanding a little. (breathe)

Many breathe-in too much in the upper chest and the pear shape gets turned upside down. This is not at all visible to many people. (breathe) The upper portion may not appear too large too soon but energetically and neurologically it is. (breathe) I, or one of my students, can feel it when we place our hands, forearms and elbows up and down your mid chest and back at the same time. (breathe)

The more the top portion gets too large too quickly the more you over-stimulate your sympathetic nervous system which immediately comes to the rescue releasing catecholamines like adrenalin. (breathe) This brings us to a fight, flight, freeze, fake it or fumble state with all of the accompanying feelings we refer to as stress (both good and bad. (breathe)

This is mostly why you hear all the encouragement about belly breathing, but many of us know belly breathing is quite often just not as relaxed, easy, deep, (breathe) intense or lasting enough to get the lingering calming nervous system balancing response we need to stay out of excessive stress induced reactions. (breathe)

So we need to reshape the pear (think parasympathetic, the portion of the nervous system in charge of the relaxation response) (breathe) on an ongoing moment to moment basis so that it gets more used to spontaneously staying (breathe) in its optimal barrel or , even better, still slightly pear shape when we breathe in. (breathe)

WHERE IT GOES

Place it above breath line and wrap it snugly but not so as to be in ANY WAY uncomfortable. (breathe) Large breasted women may be feel excessive restriction and

are encouraged to lighten up on the pressure, but still wear the narrower 2.5 inch wide BVS as much as possible.(breathe)

A little squeeze is better than none at all and just means it will take longer to get results. Wear it 24/7 if you can. If it disturbs you in any way you probably have it on too tight. (breathe) Its calming nervous system balancing results can appear in a day to a month depending on your level of awareness, or how chronically stressed out you are. (breathe)

Think of it as a gentle hug from me to help you feel cared for, present and calm, even when the proverbial stuff hits the fan. (breathe). Do not try to over-tighten to force the breathing into submission. (breathe).

Any questions, please do not hesitate to ask. There are no dumb questions about breathing. NONE. (breathe)

Was that inspiring?
If so, read it again. (breathe)

Did you feel anxious? If so, slow everything down; reading AND breathing. Take twice as long for each. (breathe)

Use the squeeze and breathe in the 176 video. Make sure you strap yourself (176 video) daily in the uppermost position and breathe into the belly area. Keep repeating the strapping until you feel no more progress in expansion or ease of breathing. (breathe)

Other ways of marking progress are easier breathing, better sleep, less anxiety, less depression, lowered high blood pressure, less fatigue, less pain, improved singing and speaking. (breathe)

If you do not have a BVS you can get one at <http://www.breathing.com/bvs.htm>

Keep breathing and smiling,

Mike