

SOMATO RESPIRATORY INTEGRATION

These exercises are excerpted from Dr. Donald Epstein's book, "The 12 Stages of Healing", available for purchase at the front desk. This book changed my life and played a great part in the transformation of my practice from traditional to Network Spinal Analysis (NSA) Chiropractic. Dr. Epstein is the founder and developer of NSA and this work is called Somato Respiratory Integration (SRI). The exercises outlined below are consistent with the goals we are trying to achieve in Network Care. By performing these exercises while you are moving through healing, you can enhance and further integrate the Network entrainments you receive with greater ease.

STAGE ONE EXERCISE

PART ONE

- Lie on your back or be seated in a comfortable position.
- Place both hands on your **upper chest**, palm over palm with palms facing down.
- Breathe in your nose and out your mouth, allowing the breath to move up into your hands, expanding your chest and lifting the muscles as high as possible.
- Breathe in the nose & out through the mouth, staying connected to the rhythm of your chest rising and falling.
- Notice the level of ease or difficulty in breathing into this area.

PART TWO

- Next, repeat the same exercise with your hands now placed at the bottom of your breastbone, at the **xiphoid process**, and breathe the same way (in nose/out mouth).

PART THREE

- Repeat again with your hands on your abdomen, **over your navel**, remembering to direct the breath only into the area where your hands are placed. Specificity and greater connection comes with practice.

FINALLY

- Ask yourself? Of the three areas above, which was the easiest to breathe into?
- Whatever the answer, it is correct. Use the area of the greatest ease as your "area of peace" or "home base".
- Repeat the breathing with three breaths into the "area of peace" followed by two breaths into another.
- Return to take three breaths again at the "area of peace" and then two breaths into the third region.
- Repeat for 2 – 5 minutes, alternating from the "area of peace" to the other two areas.
- Hold the concept that you are sharing the peace from "home base" with the areas of lesser connection.
- The goal is to spread the peace and connection to all three regions.

STAGE TWO EXERCISE

- Of the three areas above, find the place of **greatest ease** and the place of **most resistance**.
- Alternate the breathing between these two areas but with opposite hands; breathing in nose/out mouth.
- Along the way, note and accept the differences in connection, breath, ease and resistance of both areas.
- Repeat until you feel the rhythms begin to match between the two areas and they become more similar.

If you find this process painful or very uncomfortable, or if this exercise brings up intense emotions, just move to an area that feels more peaceful; don't give up. It is possible that you may find it physically difficult to firmly touch one of these regions and breathe into it. Those beginning this healing work for the first time may even experience a high emotional charge or response during the exercise. If the exercise is very difficult to do in one of these regions, move to a different region that feels more comfortable or peaceful. Always return to an area of peace. Let the peace you experience there, spread to the region where you felt discomfort.

When you perform these exercises, add the intent to physically move the body with the breath in only the area directly below the location of your hands. Attempt to keep all other areas of the body comfortably still, even those areas directly below and above where your hands are placed. This intensifies your ability to access or connect to the energy and information stored in that area. Try to relax and be at ease as you do the exercises. Be gentle with yourself.

These exercises may be repeated as often as you feel comfortable. You should perform them at least once per day. You will be able to perform the exercise more and more effortlessly with practice and as your NSA Care continues. **You may enter the Entrainment room and begin these exercises while waiting for me to Entrain you!** Some find it beneficial to stop at various times during the day to perform a brief version of the exercise to "regroup" or to simply remind yourself to **BREATHE!**