

Spongy Diaphragm: Key to Radiant Body and Brainpower

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A spongy diaphragm allows you to connect with your own inner energy and intelligence. If you can reprogram your body to always breathe slowly and deeply into your belly (lower lungs), you can maintain inner peace and focus, come up with creative solutions, and effortlessly live in this chaotic, stressful reality.

If you never connected with your diaphragm, most likely it is in a tense state, holding toxins and suppressed emotions such as anger, greed and frustration. The first step is to free up your diaphragm from this garbage so that it is free to move in its own space.

Do these techniques preferably on an empty stomach, definitely not on a full stomach.

Techniques for releasing tense diaphragm

1. Silly Gibberish Technique: Babble with no meaning, using sounds from different languages that you do not know, moving your jaw vigorously. Allow emotions to be expressed, as though you are enacting a mad person. Use deeper sounds rather than shrill sounds, allowing movement in your belly. Do this continuously for 15 minutes and rest for 5 minutes. Consider a family practice every day.

2. Massage and Sound Monster Technique: Lay down face up with a rolled towel under your chest exposing the bottom of your ribcage. Request your family member to press and do circles in the soft part just below the last rib, especially at the center below the breastbone. The pressure depends on the tenderness. As you feel the release of emotions, express them out using sound, visualizing sound monsters releasing out of your diaphragm. Do this continuously for 15 minutes and rest for 5 minutes.

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| <p><u>Note:</u> Extremely sore, painful diaphragm, general body pain and mild fever are common symptoms during the release phase. If you experience these symptoms, drink plenty of water and give lot of rest. No cause for panic. It is a celebration - allow your body to become free!</p> |
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Techniques for maintaining spongy diaphragm

1. Dog Pranayama: Breath like a dog, with your mouth open and tongue out. Allow your diaphragm to vibrate. Do continuously for 10 minutes and rest for 5 minutes.

2. kapAlabhAti: Similar to the above technique except that your mouth is closed. Air goes in and out of your nostrils. The diaphragm movement is exactly the same.

3. gaNESa prANAYama: Refer to the Mantra Yoga book. Do for 10 minutes.