

Freeing the Diaphragm

The diaphragm is a horizontal wall of muscle that acts as a bellows to pump oxygen throughout the body. Like all muscles it can get tight, stuck, or out of rhythm, and lose its optimum functioning. This exercise helps to release the diaphragm and reinstate its healthiest rhythm. At the same time, it helps you distribute oxygen more effectively up to your brain and to your organs and limbs. When you are under stress, your diaphragm is vulnerable to “locking” and making your breathing shallow. If it is not freed, you can experience numerous symptoms such as headaches, or muscle spasms throughout the body. When the diaphragm is opening and shutting on its natural rhythm, it supports the functioning of the Ileocecal and Houston valves as well as all the other valves in the body.

Energetically, the diaphragm acts as a transmitter whose waving action helps pump both subtle energies and oxygen from the bottom to the top of the body and back down again.

Do the “Freeing-the-Diaphragm” Exercise

- When you experience short or shallow breathing.
- When you are suffering from a headache.
- When you are having problems with memory.
- When you feel emotions such as fear or distress.
- When you feel disconnected from your deepest sources of renewal.
- When you are having trouble letting go of ideas, events, or emotions.
- When you have acid reflux or a hiatal hernia.

The “Freeing-the-Diaphragm” Exercise

The diaphragm is a strong, thin muscle partition between the chest and the abdomen; like a bellows, it fans oxygen throughout the body. It becomes very conservative in distributing oxygen during a stress overload, making you vulnerable to many illnesses. This technique opens space for oxygen and energy, pushing the auric field out further; it instantly moves oxygen throughout the body, improves the circulation, pulses the energy field, and restores the “Belt Flow.” This is a good exercise to do daily, especially if you are not well.

- Firmly place your left hand under the center of your rib cage and place your right hand on top of it.
- With your hands flat, pull your elbows close to your body so you are hugging your midsection.
- Inhale deeply and push your body toward your hands while your hands push back against your body; hold your breath and push hard. Although there is no set amount of time, the longer you hold your breath (but not to the point of feeling lightheaded) and push, the better.
- Release your breath naturally along with your hands. Relax. Repeat about three times.
- On an in-breath, reach your right hand around the left side of your waist with your fingers spread; on the out-breath, pull your fingers to your navel with pressure. Repeat several times.
- Repeat several more times with your left hand crossing your right side.
- End by smoothing the energy down your legs with both hands.

Source: Donna Eden’s *Energy Medicine*
(rev. ed.). Tarcher/Penguin, 2008.

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