

## CRM Breathing

(excerpts from Comprehensive Resource Model manual, Lisa Schwarz, pgs. 37-40)

### Ocean Breaths

A combination of Coherent Breathing and Conscious Connective Breathing. Coherent Breathing requires 5 breaths per minute with equal inhalation and exhalation, which helps to regulate and synchronize heart rate activity and brain wave rhythms in the body and the mind. This creates a felt-sense of inner balance and peace as evidenced by an improvement in overall Heart Rate Variability (HRV) within the breather. Conscious Connective Breathing, which is mindful breathing without pause between the inhale and the exhale, initiates a physiological and energetic state of stimulation allowing for a shift of consciousness that transcends normal mind-body function and response. The client can visualize an ocean wave that builds, crests, crashes, and recedes as the next wave builds in one continuous motion. The result is a dynamic and energetic process that cannot be fully controlled by the cognitive mind. Instructions for ocean breathing are as follows, with the number of Ocean breaths determined by therapist or client:

*“breathe in through the nose, out through the mouth to the count of 5 in, to the count of 5 out, without pausing between the inhale and the exhale.”*

This is a centering breathing exercise in which people report a sense of calm, centered, soothing embodiment with the ability to attune to the self fully in the present moment.

### Earth Breaths

Grounding breaths which connects us further to ourselves, to nature and to the earth, allowing clients to stay consciously aware of their experiences in the present moment. Feeling the connection to the earth is primary and primal. A thorough experiential grounding in nature is essential for us.

To execute the CRM earth breath, ask yourself in magical question format (“*Ask your body, not your brain...*”) “*which side of the body should you receive energy from?*”

*“Imagine the energy coming up from deep in the earth coming up into the bottom of the receiving foot, spiraling up the receiving leg to the base of the spine or womb-space, holding the breath there for 4-5 seconds, then exhale down the other leg and foot back into the earth. Be aware of any tightness or any place the energy feels blocked or stuck. You may stop to breathe into these places asking yourself if there is anything that needs to be expressed. Continue the breath creating a cycle of energy between the earth and the base of your spine/womb space... up your receiving leg to the base of your spine/womb space, then down your other leg back into the earth.”*

There may be involuntary movement of the legs and hips and tingling, as somatic embodiment occurs, memory is released and circulation returns.

### **CRM Fire Breathing**

“The indigenous people have for many centuries used the fire breath to activate the life force, stimulate memory, and cleanse and clear the being of what no longer serves them.” Barnett, 2016

In CRM, this powerful tool is used as described above in addition to facilitating the release of anger, panic, freeze and numbness. It is a method in which dissociated emotion can be accessed and released without having to verbalize in words to affective response to memories from which the dissociation originates.

*To execute this breath, begin by inhaling through the nose and fully extending the belly...exhale, contracting the belly to the spine with an explosion of breath from the back of the throat through the mouth making a “HA” sound... beginning slowly and gradually increasing the speed and length of the inhale and exhale until there is little awareness of the inhale so that it sounds like a continuous HAAAAA. The speed can be adapted to the needs and ability of the participant.*

### **CRM Heart Breathing**

Heart breathing provides an opportunity to give and receive love to self and others.

Instructions for heart breathing are: *Breathing into the crown of the head from the sky, and into the feet from the ground – breathing in from above and below at the same time, bringing both breaths into the heart. Hold for 4 seconds in the heart, exhale out the front and back of the heart at the same time, sending the exhale with intention to wherever it is needed.*

Heart breathing can be done remotely, to oneself, but also to any other person, place of thing. The benefit of this exercise is similar to fire breathing meaning the emotion (in this case, love) can be expressed and experienced without the word love ever being mentioned, just as the fire breathing allows anger to be experienced and released without ever having to talk about it. Because no words are needed, and only the pure frequency and vibration of love is necessary and available through the breath, it is a failsafe way to nurture and care for self and others, the results of which are immediate.

**Breathing helps your body to release stored energy that has gotten stuck,  
from recent experiences or from the past.**

**Where your breath goes, your awareness goes.  
Where your awareness goes, energy moves.**