

Keeping in Touch - 7 June 2020

A big hullo to you all. This beautiful Autumn / early Winter weather just couldn't get any better, just lovely to sit in the sunshine, doing nothing, but contemplating one's navel, what a life.

This week I thought I would throw a curved ball, and discuss the air we breathe, or more importantly, how we breathe and why. It may sound strange to go into the how and why of it all, when breathing is such a normal, natural and unconscious function of our being.

This in fact, is very true, but the more one reflects on the why's and how of the very nature of breathing, one starts to realize that the implications of not performing the act of breathing in a manner best suited to give optimum performance, can have very serious health outcomes that can diminish the joy and pleasure of soaking up that beautiful sunshine.

The function of the air we breathe is to basically give the body good stuff (mainly oxygen) on the way in, and on the out, take out the garbage, (mainly carbon dioxide), simple. Eastern philosophy has for thousands of years placed great importance on the techniques of breathing in pursuit of good health. In the West we are only now starting to grasp the importance of breathing technique in relation to improved health.

Some Chinese Martial Arts and some Yoga Styles (Kundalini) is one that goes deep into breathing technique. Geoff Pike wrote in 1980 a book (The Secrets of Oriental Breathing) in which he describes a system called Pa Tuan Tsin. He learned these and other techniques studying (Chin Wu) a Kung Fu style martial Art whilst living in China. The Chinese put great store in the practice of Pa Tuan Tsin.

Qigong is practiced quite widely in Australia and is a system steeped in breathing. In a book written by Patrick Dougherty (2007) he found the Qigong breathing techniques very beneficial in treating mental health issues, which in turn helped improve other health issues.

Patrick wrote about what he calls the Sinking Breath, to practice this Sinking Breath, you just get comfortable, close your eyes and relax. Now visualize a spot deep inside your body behind your navel, and imagine a small, bright white ball of energy there. Visualize your inhaled breath flowing into that ball of energy, making it brighter. Allow your exhale to happen naturally, without effort. Continue this practice for about 5 minutes, staying aware of what happens in your body. You may feel yourself relax, your breath deepen, or your mind quiet. You might become aware of physical sensations, or emotions, or nothing. Your not looking for anything in particular, just trying to be aware of "what is" as you ground yourself in your body. This technique can be done anywhere, standing in a queue, in your car waiting for traffic lights etc, or just anywhere you have a few moments of quiet time, a great way to unwind.

Funnies this week, courtesy of-- Kevin Stone and Val & Grant Ball



"I see you've fixed the drip!"

**PEOPLE KEEP ASKING
"IS COVID 19 REALLY THAT SERIOUS?"**

LISTEN UP

CASINOS AND CHURCHES ARE CLOSED

**WHEN HEAVEN AND HELL
AGREE ON THE SAME THING**

IT'S PROBABLY PRETTY SERIOUS



“That should clear the rug.”

It is good to see ingenuity is alive and well in Denmark, with the Tiny Festival Movement putting on a celebrated weekend in place of The Festival of Voice. A great time was had by all, well done.

With restrictions being lifted gradually, it's good to see folk getting out and about again .

For those members who are having or have had a spell in hospital, and for those who are not feeling 100% we wish them a speedy recovery.

Stay Safe, Stay Well
Cheers

Stuart.