

***PHYSICAL EXERCISES FOR THE NOTE FROM HEAVEN**

Breathing exercises :

See Saw exercise

Classical breathing exercise

Hand on each others stomach exercise

Face, neck, jaw, tongue, shoulders:

Tongue (sides – out – in – around)

Liproll (The scooter)

Shoulders (hold breath)

Neck/Jaws (monkey) – "Hau Hau"

Seesaw-breathing: (Moshe Feldenkrais) (This exercise is very helpful in assisting The Note from Heaven to break through. It activates the energy flow in the five lower chakras and simultaneously strengthens awareness of the breath. It can have a releasing effect on a tense solar plexus and breathing problems in general. At the same time, the inner organs are massaged.)

a) Lie down on your back with your knees bent and feet on the ground. Be aware of your back. Your whole spine is now in contact with the mat.

b) Breast: Breathe deeply through your nose, fill your body with air, hold the breath and push all the air up into your chest. Pushing your stomach inwards does this. Pull your pelvis up. Press your chin down, which closes the throat. Notice how the chest muscles are stretched out front and back. Hold the breath as long as you can. Breathe out. Repeat 2-3 *times*.

c) Stomach: Now do the opposite, so that the stomach instead of the chest is pushed out. Breathe deeply through your nose, fill the body with air and push the chest muscles downwards in order to make the stomach as big as possible. Hold your breath and enjoy the feeling of the stretched muscles in the stomach and lower back. Close off your throat and pelvic floor as before under point b). Hold the breath as long as you can. Breathe out. Repeat 2-3 *times*.

d) Now the two parts of the exercise are combined. Breathe in through the nose, fill the body with air, close off at the top and the bottom, as before. Slowly push the air from the chest to the stomach area, back and forth in a gentle, rocking movement.

Note how it goes up and down the spine, how your organs are being massaged and are very likely making sounds. You may be able to hold your breath for an extremely long time in this position.

e) When the above exercise can be done easily, you can choose to do the whole exercise or just parts of it, without air. This means, exhaling, and then closing off the pelvis and throat. Doing the exercise in this way is more demanding. It is not advisable to do this exercise just after a meal.

Classical breathing exercise

This exercise is effective for people who usually breathe in their chest. Do it very thoroughly and with concentration. Stop if you are unsure of when the stomach should go in or out. Clarify this and then continue the exercise.

a) Sit on the edge of a chair. If possible, rest your face, chest, and stomach on your knees. The arms are hanging limply alongside the legs.

b) Breathe in and let the flow of the in breath push you into a sitting position. Hold your breath.

c) It is important to exhale with the help of the stomach muscles alone. Keep your concentration on the balance point, which is a hand's width below the navel.

Push the stomach slowly inwards whilst saying: "Aaaar...". Sense how the muscles around the navel are actively pushed inwards towards the spine, and slowly increase the pressure. When the sound stops, the muscles relax and move outwards.

Hand on each others stomach

Sit on a chair next to each other and keep a light hand on each other's stomach. Breathe together, and notice that your stomach goes out when you breathe in.

TONGUE

Hold the tongue in the right side of the mouth as long as it feels comfortable, relax and do the same on the left side.

Stretch the tongue as far backwards as possible and hold the stretch, whilst looking inwards towards your nose with closed eyes. Relax.

Stretch the tongue out of your mouth as far as possible, whilst looking upwards with open eyes. Relax.

Make circles inside your mouth with the tongue in both directions. Stretch the tongue down, hold the position, then upwards towards the nose, hold. Relax.

Lip roll:

In the following exercise hold your hands in front of your mouth in order to avoid spitting on the surroundings.

Do lip rolls, quick vibrating movements with your lips, so that it sounds like a helicopter or a snorting horse. Make the movement as relaxed as possible, both with and without song sounds.

When the lips vibrate easily, it will not be long before other facial muscles are involved. After about 5 minutes, the nose begins to vibrate. It is a simple way to give your self a facial massage.

If it is difficult to vibrate your lips, try pressing the corners of your mouth together with the index fingers. Another possibility is to splutter explosively, similar to a baby spluttering its food.

Just a few rolls are enough to get a sense of the exercise. Then practice whenever possible. It can be fun to do when driving or biking for example.

Sooner or later the jaw muscles loosen up and the lip roll becomes relaxed.

Do tongue roll, which vibrates more down in the throat. Roll, while you sing through the whole register of notes. Be sure that the tongue rolls lightly up against the hard palate. It is easiest to start further back.

The Scooter - combine tongue and lip roll (hold your hands or a napkin up in front of the face to avoid spitting).

Not everyone can make tongue rolls. If you have problems, massaging the jaw and or hanging with the head down between your legs may benefit you. (6)

Shoulders (hold breath)

Breathe in lifting the shoulders up to your ears and hold your breath as long as possible. Who can keep it the longest without breathing?

Neck/Jaws (monkey)

Imagine you are a monkey who say "hau hau". Notice how the chest muscles are lifted when using the chin active. Try gently to turn your head and feel how the jaw and neck muscles are activated. This exercise also have a positive influence in the Vagus nerve.