

# Save-The-Day Breathing Space Acquisition

## The Apnea Release

Dec. 2024, Costa Rica

One of the crown jewels of the ECSM breathing space acquisition techniques.

**Apnea is the temporary cessation of breathing**

**Fun fact: Toads can generally hold their breath up to about an hour. Some species as long as 8 hours.**

What is the emotion you are stuck in? Where is your deepest emotional pain?

Where? What is the exact place that is unavailable to breathe?

The most stuck places are very good at not breathing.

Stop your breathing. Hold for long, long time.

Intensely focus the awareness on that place.

Optional: Let that place squeeze more air out.

If you add contraction, make the constricted area the epicenter of the contraction effort.

Hold, until that exact place must open. Make it need to breathe.

You don't have to suffocate yourself. Just make that place (desperately?) need to breathe.



Make that space the only breath-in option.

For the breath in, breathe fully, in the most focused way, into exactly that space.



Zoom in with the awareness.

As the line opens, focus the inhale. Let that specific place breathe to save you. **Let it save the day!**

**Teach it** to open. Teach that place that it is part of you. Breathe with that space.

Repeat if needed.

Where, in the body, does that place breathe away from? What is the opposite side of the globe? Breathe the edges of the space apart. Which places are confused about breathing apart?

Can you breathe easily into **every** space?

Try this to every torso line, including the Inner-X lines. **Apply this to every ECSM torso movement.**

**We are holding and withholding our breath from where the emotions are stuck.**

**Note:** This is a powerful jump-start. It is not a substitute for your daily Somatics practice.

**DO NOT** use this to pandiculate areas of pain. The roots of your pain are likely elsewhere.

Gratitude to Solete, my sister, my friend, and my teacher.