

Letting Go Breath (LGB) ©
Copyright 2013
James H Bombardier & Heather Goodell, M.S., P.T.

With every exhale there is the potential for an emotional letting go

What LGB is

LGB is a strategy to intentionally release stress & trauma stored in our bodies using primarily a breathing exercise but which can be supplemented by myofascial and/or craniosacral therapy for the physical or mental stuckness.

LGB is a vigorous breathing exercise that focuses on both the inhale and exhale portions of breaths done every 3 seconds during a 5-10 minute period. You should add 3-5 extra minutes each for warm up/cool down appropriate to your intent and experience with the exercise.

LGB is premised on the belief that every full inhale represents a load of energy for your body to "burn". Each full inhale should be executed in a manner that brings in the most air with the least stress to the participant.

LGB is premised on the belief that every exhale can include a release of emotion, real time or stored. While the inhale portion of the breath is a conscious effort, the initial exhale portion should not be...it is the letting go part.

It is believed that during inhalation the body's position, orientation to diaphragmatic/belly/upper chest inhalation are active components in the effectiveness of the letting go during the exhale portion of the breath. If LGB is being used for serious trauma, adjust the components with the help of a health professional, such as a physical therapist, psychologist, doctor of osteopathy or a trusted person to "hold space" to insure you aren't doing the exercise in trauma.

LGB is premised on the belief that breathing a complete breath every three seconds for 5-10 minutes can encourage the body to let go of stress/trauma during the exhale. LGB splits the time for each breath equally into 1.5 seconds for inhale and 1.5 seconds for the exhale. That said, the conscious inhale portion should "evenly" spread across the full 1.5 seconds with the initial exhale being abrupt/letting go, but morphing into an effortful complete exhale during the 1.5 seconds before inhaling again.

The letting go of the stress/trauma is the most important result of the LGB exercise. Each expression of emotion needs to be felt and not be held back as much as is necessary for full release before returning to the 3 second LGB breath pattern.

LGB is a breath exercise that makes you feel better when you are done with it and glad you did it even though it is sometimes hard to initiate.

LGB is an exercise that can be physically and emotionally draining and participants should rest sufficiently between exercises...at least a day.

LGB is an exercise that some folks need to check with their doctors before trying.

What LGB isn't

LGB is not a breath exercise to conquer by saying that if you make it through it without having a release you must not have any stored stress/trauma. This exercise takes learning how to let go in breathing situations where we normally tighten up.

LGB is not the yoga breath of fire

LGB is not hyperventilation

LGB is not Jeff Primak's Breath Empowerment© concept that focuses primarily on the in breath; (That said, I was using his original exercise when I figured out what I needed for healing).