

... THE KIDNEY BREATHING.

In traditional disciplines such as yoga or martial arts, breathing is integrated in the practice of the exercise. Even in Zen meditation, dance and Sufi singing breathing is taught. Today, different types of soft gymnastics as well as most sports, not to mention the singing career, have incorporated clearly breathing techniques.

One such technique is called kidney breathing, whose practice can also be very useful in everyday life. Kidney breathing helps to “rooting”, ie, provides physiological and psychological stability. It is therefore very useful when walking or static instability, as well as cases of cyclothymic or dystonic behavior. It also allows the development of instinct and intuition. We can speak of a cosmo-telluric alignment of the man who, like a tree, is between heaven and earth, connecting at the same time with his ancestral roots. In addition, it restores creativity attributed to the masculine principle (animus) and the creative power attributed to the feminine principle (anima).

How practice the kidney breathing? Seated in a chair, lean forward and place your hands on the kidney area (the kidneys are at the height of the last two dorsal vertebrae and the first three lumbar, protected by the last two pairs of ribs). Inspire trying to inflate the kidneys (like two little balloons) so that the expanding waistline push hands. During expiration, tapering waist and hands return to their original position (the balloons are deflated). You can also practice this exercise, squat, or better yet, sitting on your heels and keeping the same position for the hands. In this case, compression of the abdomen with the legs helps the dilation of the posterior kidney region. You can start with a three breaths (inspiration and expiration) and gradually increase according to your possibilities, up to 12 cycles.

The kidney breathing activates the adrenal glands and can largely replace the effects of a cup of coffee. It has in addition a massaging effect on the entire lumbar area, stimulates alertness (very useful for night driving, for example) and improves recovery after exercise. It is indicated also in cases of fatigue and sluggishness, inactivity and renal ptosis. Also known as the samurai's breathing, as it brings courage, value, confidence and determination, being very useful in managing emotions. This breathing presents a clear contraindication if recent surgery and kidney disease.

Eva Notario Pardo

<http://www.naturholistica.com>
naturholistica@hotmail.com