



Perry Nickleston: Organ Breathing and Resting Postures:
Self Help for Chronic Stress and Pain



Perry Nickelston is a Chiropractic Physician with a primary focus on Performance Enhancement, Corrective Exercise, and Metabolic Fitness Nutrition. He is certified and trained as a Functional Movement Specialist (FMS) and Selective Functional Movement Assessment Specialist (SFMA). Explore your organs and the corresponding emotions trapped inside them, the Primal active resting postures to improve movement and recovery, Breathing techniques and Organ sounds

TOP EMBODIMENT TIP: Choose breathing that results in less **toxins**, which in turn will result in less **inflammation**.

All breathing works: Learn at least the three V's—**Variety, Variation, Variability**

Different ways to move: Focus awareness or **attention** and **intention** or thoughts behind what you are doing

- Discomfort is acceptable, but don't cause pain, walk the edge

Organ Breathing: **Focus** on making different sounds with your mouth and tongue. Inhale and exhale.

Resting Postures: **Active** resting is feeling comfortable fighting the **force of gravity**.

- If you can't breathe in a resting posture, something is cutting off your nervous system, so you need to change position or experiment

What causes chronic pain? Biggest cause of chronic pain is chronic stress, which is caused by not breathing properly.

- Sometimes people don't rest or get too much rest - people must learn to **actively rest**.

Emotions in the body that resonate with organs:

- The **heart** holds hate and impatience, as well as love.
- The **spleen and stomach** hold anxiety.
- The **lungs** hold sadness, sorrow, grief and depression.
- The **kidneys** hold fear and fright, which is often manifested as anger, involving the **liver**.
- As you decrease negative emotions through breathing, you increase positive emotions.

Six sounds: which organs are affected

- Ssssss - lung, skin and small intestine
- Chooooo - Kidney, ears, bladder
- Shhhhhh - liver, eyes, gallbladder
- Hawwww - heart, small intestine
- Whoooo - spleen, stomach, pancreas
- Heeeeee - body cavity pressure zones

Resources

- ❖ **Books:** Stop Chasing Pain—Vital Guide to Recovery in Performance, coming out in 2021
- ❖ **Website:** stopchasingpain.com
- ❖ **References:** The Oxygen Advantage, by Patrick McKeown; Muscles and Meridians, by Dr. Philip Beach, Science of US by Edith Zimmerman; Archetypal Resting Postures, Guy Lochhead
<https://www.guylochhead.com/blog/administrative-postures>



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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