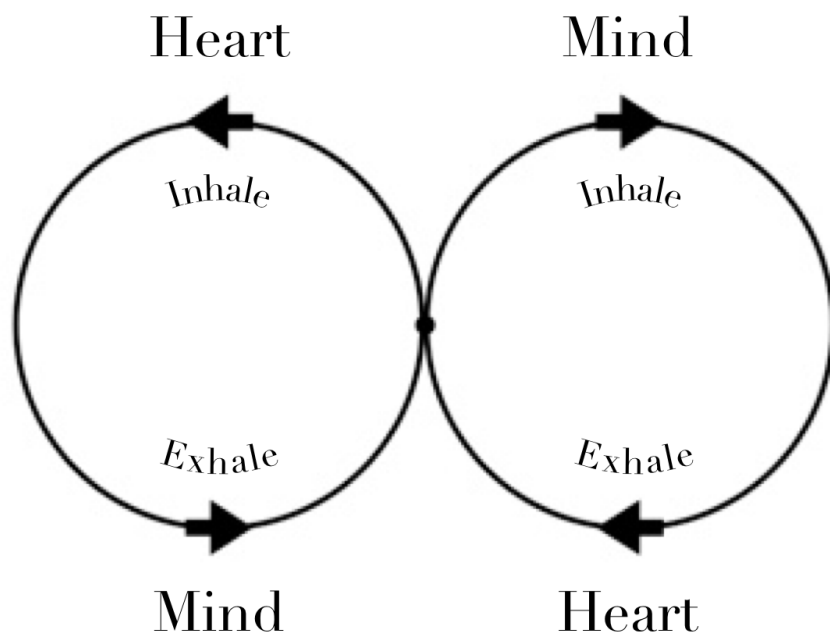


## Conservation of Momentum Breath: “Heart Mind Bell”

The Conservation of Momentum Breath is a coordination of Anatomical Functions and Visualization Practices in order to understand and experience accurate efficient breathing, so as to promote the ease of performance.

1. **The Conservation of Momentum Breath Inhale** orders the expansion of the lungs, ribcage and chest creating natural tension as a result of higher air pressure building within the body. *It is a collection of energy within the entire thoracic cavity.*
2. In executing the Conservation of Momentum Breath, the Energy collected on the inhale is visualized as a **“Fulcrum Point”** located at the base of the sternum. Ordering this full expansion of the thoracic cavity facilitates a complete contraction of the diaphragm as it flattens during the inhale. *This contraction ensures a complete release of the diaphragm on the exhale.*
3. Beginning the Conservation of Momentum Breath requires the individual to have the knowledge that the lungs at rest are neither full nor empty, but suspended in a natural balance within the thoracic cavity. It is further required for the individual to understand that the diaphragm muscle is in a relaxed state before the inhale commences.
4. Upon beginning the inhale, the individual should visualize two horizontal parallel lines; one line rising from the waistline and the other descending from the forehead, both meeting at the contracting diaphragm located at the base of the sternum. The individual is encouraged to use flat hands to enact this visualization placing one hand palm-up at the waistline and the other palm-down at the forehead. As the inhale continues expanding the thoracic cavity, the two hands come closer and closer together as they finally meet at the bottom of the sternum, where the diaphragm flattens in full contraction. *The hands meet at this First Fulcrum Point as the inhale is completed.*
5. **The inhale gives way to the exhale naturally.** As the relaxing diaphragm rises, air is released with momentum flowing from the tip of the lip. ***This flow of the energy at the tip of the lip is the “Second Fulcrum Point”.***
6. **The Conservation of Momentum Breath Exhalation** is visualized as two horizontal parallel lines leaving the diaphragm at the sternum and returning to their original positions at the waist and the forehead. Flat hands, with the palms facing each other, may be used to enact this visualization. Beginning from the sternum, the bottom hand descends back to the waistline as the top hand ascends returning to the forehead. This hand movement is to portray *the elongation of the body stretching vertically up toward the crown of the head and stretching down toward the base of the spine*, as the individual exhales to empty.
7. In executing the Conservation of Momentum Breath, the hands stay in constant motion portraying the continuous movement of air, just as the breath moves with momentum from inhale to exhale, to inhale...flowing through the two Fulcrum Points.
8. Inhale Heart - Exhale Mind : Inhale Mind - Exhale Heart

# TRUMPET DIATONICS



## HEART MIND BELL

© jcheisler