

an empowered thoracic inhalation

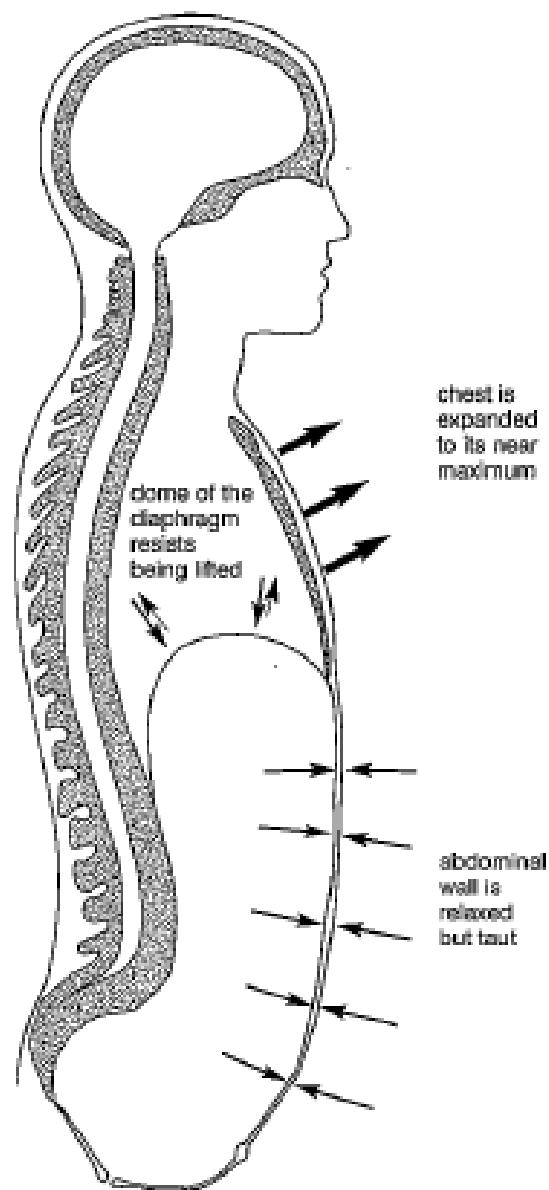


Figure 2.29a. Empowered thoracic breathing: inhalation.

- 1) The dome of the diaphragm resists being pulled toward the head, and thereby supports inhalation indirectly.
- 2) The abdominal wall is relaxed but taut.
- 3) The external intercostal muscles actively lift the chest up and out.
- 4) The rib cage expands to its near maximum.
- 5) The mental state is celebratory.

a paradoxical inhalation

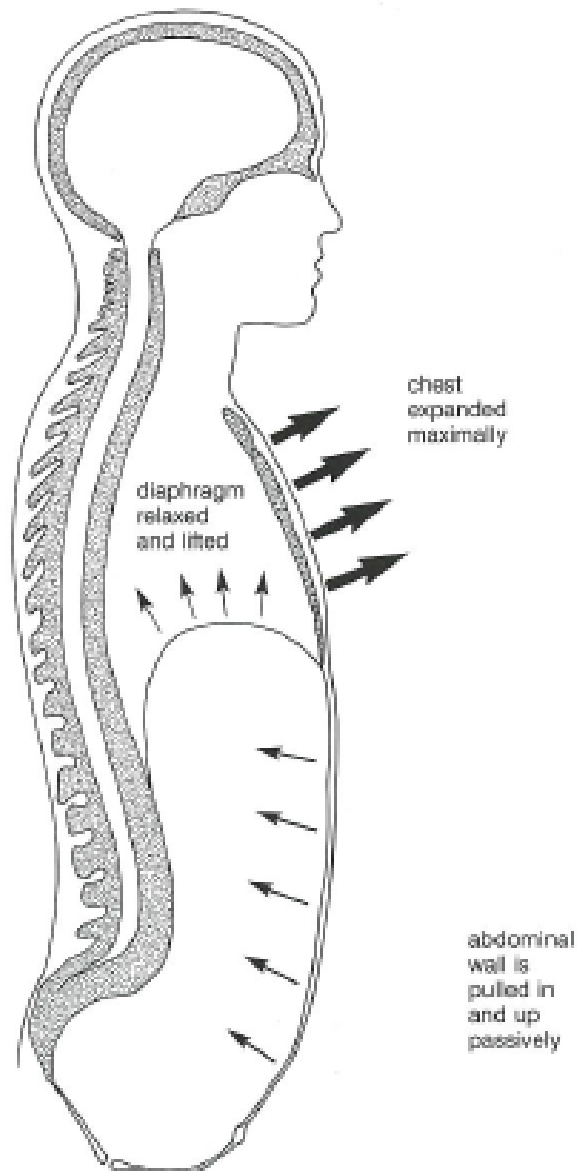


Figure 2.29c. Paradoxical breathing: inhalation.
1) The diaphragm is completely relaxed and lifted by the chest.
2) The abdominal wall is pulled in and up passively.
3) The external intercostal muscles actively lift the chest up and out.
4) The rib cage expands maximally.
5) Overdone, the mental state can become anxious and panicky.