**Body Themes and Breathwork**

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Breathwork facilitates release of chronic holding patterns in our body. These patterns stem from postures we took to cope with challenges at critical stages of our life. The Body Themes which emerge for all of us from these stages were adaptive when they began, but restrictive of our breathing and behavior if unconsciously frozen into our way of being.

Each body theme operates on a continuum from fear based and restrictive to integrated and highly functional. All humans pass through each of six developmental stages and have elements of each body theme. Overall for most humans, however, one stage will stand out with regards to its structural and character influence. The defenses of this stage will most often serve as a default mechanism when the person is under stress later in life.  Knowing our Body Themes helps us identify and release our held energy in breathwork and recover our vitality and signature strengths in living.

Psychic Sensitive       pre natal - after birth “I’m not safe.”        Fragmentation

Integration - “I flow with the wondrous kaleidoscope of life.”

Empathetic Nurturing 1st year - “I am not enough/don’t have enough.” Abandonment                             Integration - “I experience and share from abundance.”

Inspirational Leader   2nd year - “I’m not in control.”                Overpowering or seductive manipulation

Integration - “I lead confidently from my heart.”

Steadfast Supportive 3-4 year - “I can’t express my feelings.” Emotional suppression/guilt and shame

Integration - “I help with emotional balance.”

Gender Balanced      4-5 year - “I can’t express my gender.”   Gender judgement/confusion/alienation

Integration - “I live with gender balance.”

Energetic Grounded  5-6 year - “I can’t have fulfilling love.”     Intimacy block/betrayal

Integration - “I integrate my love and pleasure successfully."