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## Meditation and motion: A Need of the hour

**Ms. Meherbani Kaur Khalsa, Ms. Kavita Verma and Ms. Anjali Sharma**

### Abstract

Today in this world where people are busy in race of work & performance, stressed, sedentary life style, confusion in relationships, frequent alternation in mood etc. We need to adopt for such an alternative therapy which helps an individual to get rid from all of these issues. And the answer to all these problems is breathwalk which is emerged from Kundalini Yoya 5000 years ago. This process of breath walk simply focuses on conscious breath in 5 steps. These steps are Awakeners, Alignment, Vitality, Balance & Integration. This process of breathwalk is done for 45 minutes. There are very few researches are done exclusively on Breathwalk. This single practice helps in getting rid of from all these problems of modern era.

**Keywords:** Awakeners, alignment, vitality, balance, integration

### Introduction

As respiration is the vital function of our body, same like that breathwalk is the key component that creates vitality among human population. The term breathwalk is the combination of breathing, walking and self-realisation about two. The concept of breathwalk came from Kundalini Yoga 5000 years ago. By making ourselves aware about breathing pattern and walking while performing these activities, we can add up variety of benefits to our body organs.

Breath walk integrates breathing, walking and meditation into specific exercise patterns that create vitality <sup>[1]</sup>. Breathwalk is easy to learn, sophisticated in its design and powerful in its impact. It revitalizes your body, mind and spirit. That vitality comes when our body, mind and spirit works together. When we experience vitality, we feel alive. We get an inner confidence that helps us to embrace our life, accomplish our goals and feel our spirit. We can all use this vitality to live a healthy, happy and successful life <sup>[2]</sup>.

### Background

Breath-walk is composed of five steps: Awakeners (7 minutes), Alignment (3 minutes), Vitality intervals (27 minutes), Balance (4 minutes) and Integration (4 minutes). These all steps simultaneously take around 45 minutes to complete one set of breathwalk.

Breathwork is the any type of breathing exercises or technique which helps to improve mental, physical, and spiritual well-being <sup>[3]</sup>.

The first step is Awakeners which means to shake lethargy. Under this three to five, different exercises (e.g. arm exercise, posture exercise and breathing exercise) are done for one to three minutes each. The breathing patterns used in awakener include full conscious breaths, the quick "Breath of Fire," and segmented breathing.

The second step is alignment; reflects to build on a positive physical and mental attitude. Under this step the walkers do a scan of their bodies, feeling each part from foot to leg to thigh and on up. This scan can be done in ascending as well as in descending order as per the choice of individual.

The third step is Vitality, is the heart of Breathwalk. In this interval-led breathing exercise are performed to foster increased stamina, energy to stabilize state of mind and mood. Techniques include segmented breathing and the use of primal sounds, either unvoiced or softly voiced. Segmented breathing coordinates with your walking cadence, taking each step in rhythm to the breathing. Most of the breathing techniques are done through the nose rather than the mouth. The breathing and walking combination, especially when combined with thinking or

whispering the primal sounds, clear the mind of constant self-chatter and allow you to feel your walking rhythm. The Vitalizing rhythm is done for three to five minutes, then a normal breathing and walking pace is performed for three minutes. This includes normal breathing for three times or more throughout the walk. The Fourth step is Balance means to have a apparent outlook on life. The last step is Integration, which include co-ordination of inner body with external body parts. Inner walk stimulates relaxation response to create certainty, clarity and healing within.

**Need of the study**

The review of literature shows that there is a lack of literature related to the breath walk. There are number of studies on various methods like Mouth breath, pursed lip breathing, use of assessor muscles to breath, yoga breathing, meditation and longevity. Only very few study has been conducted until now exclusively on the breath-walk. Today to survive in the world of stress all of us have to adapt certain kind of alternative therapies which helps us in dealing with the much known constrain like stress. Being fully conscious with the pattern of breath is one of the way to get rid with the stress. And breath walk is the key for that. The goal three of Sustainable Development Goal (SDG) is focuses on Good health and Well-being. Breath-walk could be used to achieve this goal. Breathwalk is a hidden area, so this article will also focus to make researchers aware about the benefits and science of breath walk. Therefore, further studies could be done to explore breathwalk in an effective manner. This article will also emphasize on the basic of breath-walk, its core components and its benefits. So that each individual could be aware of its benefits and can implement it in their day-to-day life.

**Review of literature**

A study was conducted on efficacy of Breathwalk on students of nursing school. The Female participants aged 18- 21 years

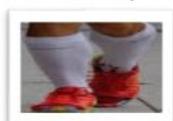
were randomly selected and divided into experimental (n = 25) and control groups (n = 25) respectively. The outcomes of the study include; Rosenberg’s Self-esteem scale, six-minute walk test, Inner Confidence assessment along with the vital signs (pulse rate, respiratory rate). The pre and post test assessment of Rosenberg’s Self-esteem scale (t value = - 2.326, p value = 0.02); six-minute walk test (t value = -5.067, p value = 0.00); and respiratory rate (t value = 1.977, p value = 0.05) signifies that *Breath walk* program had good improvement after 15 days among experimental group. The observations of the study showed that physical postures were much improved gradually during Breathwalk program. Pre and post assessment of Inner Confidence and pulse rate show no significant changes [1].

A descriptive, cross-sectional, and prospective study was done on 156 children including 87 girls [60 nasal breather (NB) and 27 Mouth breather (MB)] and 69 boys [(44 nasal breather (NB) and 25 Mouth breather (MB)]. The study was done on six minutes walk test (6MWT) to compare the physical performance and the academic performance of Mouth breather (MB) and nasal-breather (NB) children and adolescents. Variables were analysed during the 6MWT were : heart rate (HR), respiratory rate, oxygen saturation, distance walked in six minutes and modified Borg scale. The study results show that mouth breathing affects physical performance and not the academic performance. Since the MBs in this study were classified as non-severe, so other studies comparing the academic performance variables on 6MWT are needed, to better understand the process of physical and academic performances in MB children [2].

A study is conducted to assess how breath-walk can affect longevity mechanisms. This focus on the clinical evidence for the use of yoga breathing in the treatment of depression, anxiety, post traumatic stress disorder, and for the victims of mass disasters. Research concludes that in stress resilience, breath-walk enables us to rapidly and compassionately relieves many forms of suffering [3].

**Working model on Breath Walk**

1. **Awakeners (7 minutes)**



2. **Alignment (3 minutes)**



3. **Vitality intervals (27 minutes)**



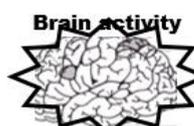
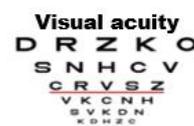
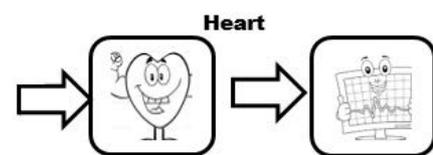
4. **Balance (4 minutes)**



5. **Integration (4 minutes)**



1. **Conscious breath**  
2. **Segmented breath**



## Science of Breathwalk

Breath-walk has shown benefits on our rhythm, visual power and to maintain balance in our muscular and neurological system. The five crucial areas of human health are heart rhythm, muscle balance, visual acuity, brain activity and moods. Breath-walk helps to maintain balance among these following:

1. Heart: Rhythms
2. Visual: Focus
3. Muscle: Balance
4. Brain: Activity
5. Mood: Changes in thoughts

### Heart rhythm

It has been proven that the breathwalk has the power to create a change in our heart rhythm. Heart rhythm, which is generated as a result of breathwalk is more powerful in term of handling the oxygen molecule. It creates biological flexibility, which is very helpful in maintaining the balance among different body functions. Hence indirectly it helps to reduce stress over our vital organs and live a peaceful life. Aerobic exercise can be considered as a one part of breath-walk, while breath-walk in itself is a very general exercise. We can say that aerobic exercise is a monotonous activity while breath walk is the combination of different breathing exercise which stimulates resiliency, rebound capacity, refinement, range, and flexibility in human body. All of which at the end results in creating awareness about once own rhythm.

### Visual focus

Breath walk has five core components: awakeners, alignment, vitality, balance, integration. These components are practiced during each session of breathwalk, which has shown significant impact on improving quality of our vision. By improving circulation and by making our senses more conscious and aware, breath-walk helps us to make our vision more transparent. It works by giving immediate apparent picture of our surrounding to our nervous system and hence increases the visual focus. Breathwalk has the power to reduce our internal tension and dilemma related to a particular situation. It works as divisional therapy to our internal system, as well as towards our surrounding too. It helps to focus us on what is most important in our life for example it increase the blood flow to our vital organs and make them more efficient in their functioning. On the other hand, by creating self-awareness about inhalation and expiration, it helps us to make focus on concrete things too. The same fact applies to external environment. It helps to make our vision more concrete, focused and immediate. This plays a vital role in our day-to-day life and directly it works as preventive measure against accidents which happens as a result of visual problems, lack of orientation and misperception of a thing and impaired visual focus.

### Muscle balance

Five core components of Breathwalk (awakeners, alignment, vitality, balance, integration), plays an important role. Furthermore, all these components help in maintaining muscular balance in our body. The term muscular balance is the unique capacity of the muscles to surround a joint and work together with equal opposing force to keep the bone at its normal place (i.e. inside the joint) at the time of walking or movement. The muscles with the aim to keep the joint centred are applying this force.

The five steps of breath walk have its own scientific phenomena to allow muscle balance:

**Awakeners:** As the morning tea helps to awaken our whole body same like that awakener exercise refresh our all muscles and make them ready the alignment.

**Alignment:** In this all muscle are at its normal shape and position. This is important to maintain their normal function in the next level of exercise.

**Vitality:** By performing exercise with effective breathing and walking, the vital role of the muscles enhanced. It works by improving the blood circulation to each muscle and in return it remove the toxin and unwanted molecule, which in future can give rise to certain problems.

**Balance:** As the vital function of each muscle is regained or enhanced during breath walk, they works together in an integrated manner. This result into smooth functioning of muscles and helps to prevent muscle twitch, muscular pain and other muscle related problems.

**Integration:** Muscles and bones are responsible for our movement. We cannot imagine ourselves to walk in the absence of bone or muscle or any of the two. Our muscular-skeletal system works together along with the nervous system and make our movement possible. Breath walk play a role of moderator and maintain integration among our body system. It has been proven that breath-walk increase Flexibility 20-50%, reduced the incidences of muscle imbalance to almost zero. It has also shown significant improvement on gait impairment and balancing of skull to sacrum motion by single breath-walk of 20 minutes. As gait impairment is also related to the stress and anxiety.

### Brain activity

Breath-walk improves our brain activity and hence it improves our memory and concentration. A study was done at the University of Arizona Medical Center, in which brain PET Scan was done to show levels of activity in the brain's different areas during a normal walk, breath-walk. It was noticed that there was a increase in brain activity, cognitive function, judgement and feelings using Breath-walk. After breath, walk individual can focus more effectively even for multiple thoughts<sup>[3]</sup>.

### Mood changes

Breath-walk is helpful in managing common forms of anxiety and moderate depression with an appropriate program of Breath-walk. It changes our negative mood into positive and boost up us for completion of various tasks in time and with our full capacity.

### Breathwalk and Covid-19

Talking about the benefits of breathwalk it we know as it helps individual to be aware about breaths. Being connected with ones breaths automatically helps the individual to be stress free, boosts the immunity, reduces weight, gives positive enlightenment for life and as on. One of the key point to be protected from COVID-19 is being immunity boosten. So, those of who are practicing it will surely be not at all afraid from COVID-19.

**Conclusion**

By practicing Breath-walk regularly, stress is removed, concentration improved, mental balance created and makes one healthier. On the whole, Breath-walk makes the change indicator **Signature of Wellness** and increases connectivity to the entire world. Breath walk is an integrated mind/body, cost-effective technique that is an easy, inexpensive and community-based intervention <sup>[3]</sup>.

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