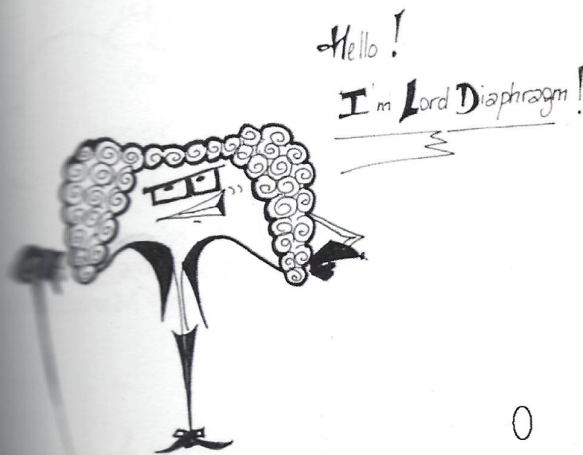


lord diaphragm

Source of life
source of dancing

Breathing is the Mother of movement, and our Big Brother never forgets to make breathing part of what we do when we are running or amorous feelings or... The lungs, at the heart of respiration, encompass Miss Envelope and Marcel as their slave. And the breathing diaphragm, called Lord Diaphragm in my classroom,

is the lord of Marcel-chain-slaves, and at the center of all movement. Understanding how respiration is linked to movement, leads to a better technique and holds the key to artistic expression. A well-known French cellist, Paul Tortelier, once said, "You must breathe within the music, not outside it." In somewhat other terms, Nathalia Macarova says, "Make your body sing." A singing body vibrates with our breathing diaphragm and our beating heart—nothing moves without moving the whole...



Breathing is as closely related to movement as it is to living.
Most of the time, there is no reason to give it much consideration as long as you
DO IT!

...the diaphragm) is the dividing line of two great halves of being: the conscious and the unconscious, the voluntary, the skeletal and the visceral.

Mabel. E. Todd, *The Thinking Body* (page 217).