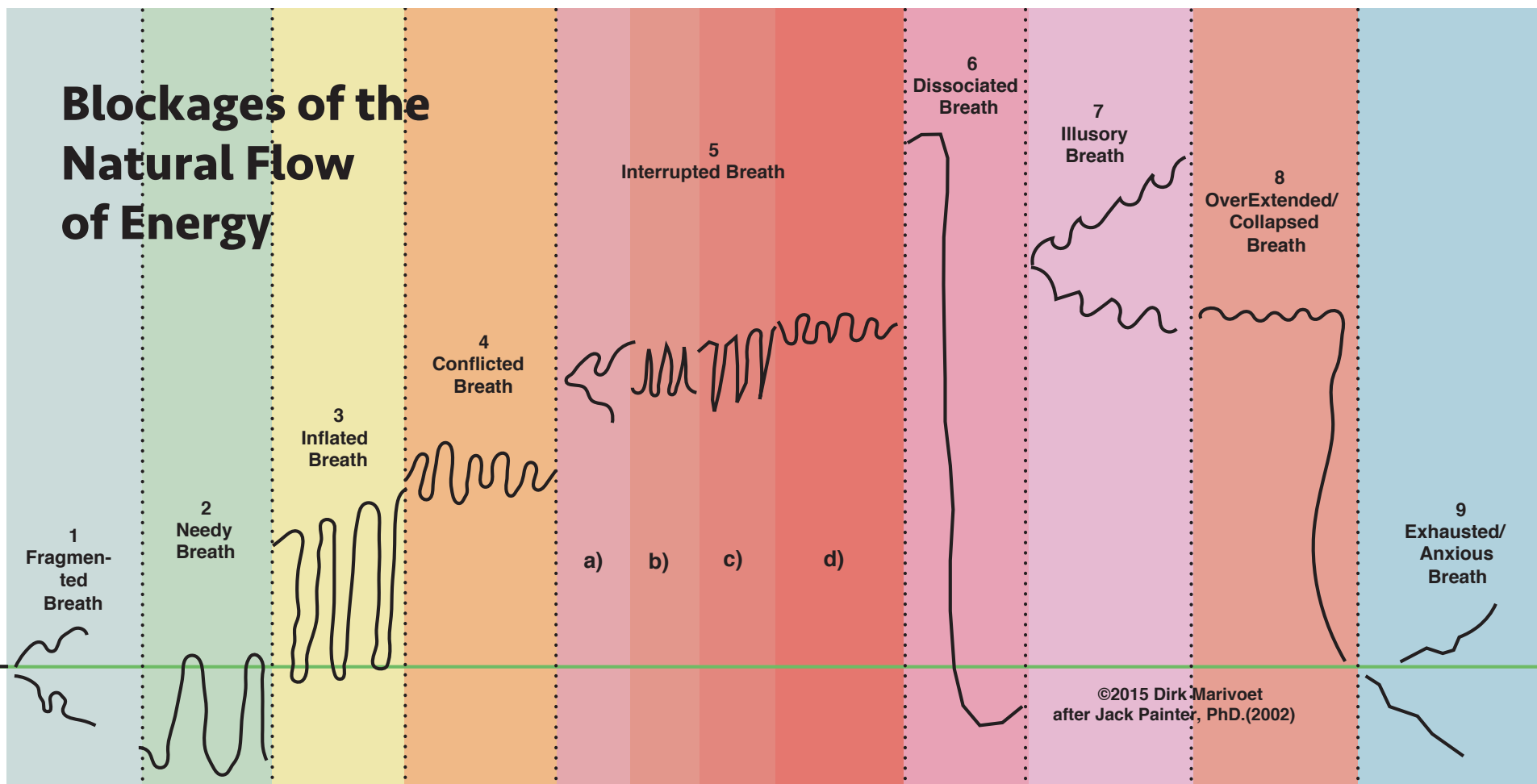


Discharge - + Charge

Blockages of the Natural Flow of Energy



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after Jack Painter, PhD.(2002)

Breath				Charge/Discharge				
Separated Inhalation and Exhalation	Excessive Exhalation	Excessive Inhalation	Switching of Inhalation and Exhalation in Compressed Range	a) Fragmented Excited Breath b) Over-Exhaling Excitement c) Held Inhaling Excitement d) Compressed Inhaling & Exhaling Excitement	Lack of Inhalation	Too Much Inhalation Too Much Exhalation	OverExtended/ Collapsed Breath	Too Much Inhalation Too Much Exhalation
Dispersing Holding & Loss of Charge	Excessive Discharge Overfocussed Sucking	Incomplete Discharge with Inflated State of Holding	Limited Range of Charge & Discharge	Broken Patterns of Charge and Discharge		Excessive Charging and Discharging on Plateau	Complete Discharge	Excessive Discharge or Charge without Relaxation
dispersed in clumps	collapses	liquid balloon	dense, conflicted thickness	stringy = superficial fascia (a layer below the skin) is soft and malleable at an intermediate level : fibrous or stringy qualities / deeper: squishy with lack of tone and responsiveness				Fascia
Blocked Characterstyle				Rigid a) Hysteric b) Passive-Feminine c) Phallic-Narcissistic (Macho) d) Masculine-Aggressive				
Schizoid	Oral	Psychopathic	Masochistic	www.bodymindintegration.com				