

Dear Reader,

Once again I apologize for being a bit late with the COHERENCE Newsletter for the month of August. Dee Edmonson and I have been busy preparing for our workshop at the ISNR annual meeting in San Antonio where we presented the workshop *The Respiratory Arterial Pressure Wave - The Cardiopulmonary Mechanics Behind the Heart Rate Variability Cycle*. I'm happy to say that it was very well received and prompted a lot of interest in our new book *Coherent Breathing - The Definitive Method - Theory & Practice*, a key focus of which is the physiology of respiration, blood flow, and autonomic status.

You may recall that the subject of the July COHERENCE Newsletter was “the popular ego” and its origin, where I proposed that the thing we commonly refer to as “ego” is really the human organism in a persistent variable state of fight/flight. That this persistent fight/flight is an outcome of the stubborn “sympathetic bias” with which most of us are used to living, and that by “balancing” our autonomic nervous system via breathing we are able to modify this bias, and with it, the ego.

In heart rate variability (HRV) circles we've grown used to the idea that mind, specifically our emotions, have a profound affect on our physiology. The term “psycho-physiology” refers to this relationship. However, implicit in my argument regarding the ego, is that the state of the mind is predicated on the state of the body, i.e. our “physio-psychology”. If our body is tense, our breathing relatively rapid and shallow, this physiology is reflected in our state of mind. I believe that this is because the autonomic aspect of the central nervous system underlies both. In this regard, I see mind and body as being inseparable.

This raises an interesting question of “the chicken and the egg”. Does the mind govern the body or does the body govern the mind? Which comes first? To this question, I propose this answer, “The mind.” The mind is in the driver's seat so to speak. Given what can be a vicious circle (mind-body-mind-body, etc.), is it possible for the mind to effectively assert itself when the body is in



