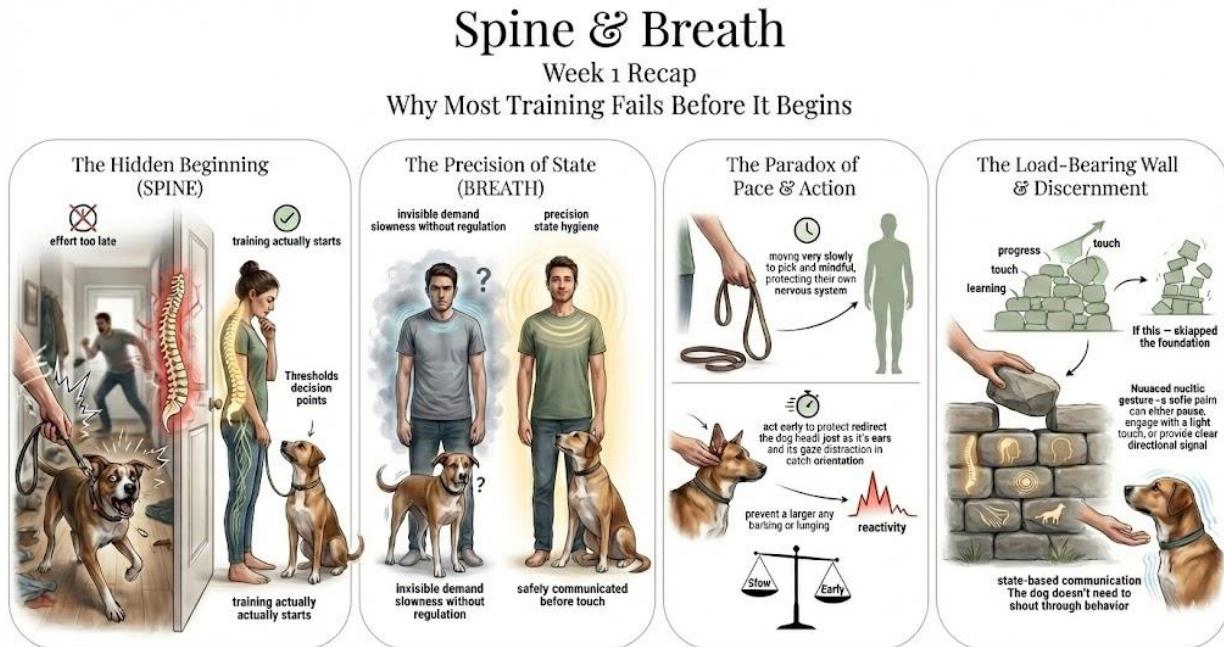




# Spine & Breath

## Week 1 Recap

### Why Most Training Fails Before It Begins



Week 1 quietly dismantles a common assumption:

*If I care enough, try hard enough, or stay calm enough, things should improve.*

They don't.

Not because you're doing it wrong — but because **most effort arrives too late in the system**.

This week showed you **where training actually starts**, and why so many good, devoted people unknowingly undermine learning before they ever step outside.

### SPINE – Pillar I: *Where Calm Is Chosen*

Pillar I is not about “being calm.”



## SPINE — Pillar I: Where Calm Is Chosen

Pillar I is not about "being calm." It's about recognizing that your nervous system is already teaching something before your dog ever moves.

Most people believe:



The walk starts when the leash clips on



Reactivity starts when barking begins



Learning starts when a cue is given

Week 1 corrects all three. You learned:



Why the first thirty yards decide the whole walk



How thresholds (doors, gates, leash moments) are decision points, not neutral space



How dogs respond to state first, not skill

**The uncomfortable truth:** When the beginning is rushed, the rest of the walk becomes damage control.



It's about recognizing that **your nervous system is already teaching something** before your dog ever moves.

Most people believe:

- The walk starts when the leash clips on
- Reactivity starts when barking begins
- Learning starts when a cue is given

Week 1 corrects all three.

You learned:

- Why the **first thirty yards decide the whole walk**
- How thresholds (doors, gates, leash moments) are *decision points*, not neutral space
- Why hope, effort, and good intentions often create pressure without awareness
- How dogs respond to **state first**, not skill

**The uncomfortable truth:**

When the beginning is rushed, the rest of the walk becomes damage control.

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## BREATH — Week 1: *Why "Calm Energy" Is Not Enough*

This is where many people misunderstand Bioenergy Balancing.



Stillness is not the medicine.

Slowness is not the medicine.

Good intentions are not the medicine.

**Precision is.**

Week 1 showed you:

- Why most people don't *arrive* — they appear already mobilized
- How urgency leaks through posture, eyes, breath, and attention even when we're being "gentle"
- Why dogs brace against energy that is unfocused or outcome-loaded
- How safety is communicated **before** touch, cues, or words

The Breath work this week is not mystical. It's **state hygiene**.

If your system doesn't settle first, no amount of technique downstream can compensate.

## BREATH — Week 1: Why "Calm Energy" Is Not Enough [cite: 22]

"This is where many people misunderstand Bioenergy Balancing. Stillness is not the medicine. Slowness is not the medicine. Good intentions are not the medicine. Precision is." [cite: 23, 24, 25]



## The Paradox of Pace (and Why This Changes Reactivity Work)

Here's the moment that flips the whole model:

**Slow presence and early timing are not opposites.**



Most people hear “slow down” and apply it everywhere. That’s where reactivity worsens.

Week 1 clarified:

- Slow protects your nervous system
- Early protects your dog’s

Reactivity does not begin at barking or lunging. It begins at **orientation** — when focus tightens and choice disappears.

**Miss that moment, and you’re negotiating with biology.**

Catch it early, and redirection stays light, playful, and effective.

**The rule you’ll keep using:**

**Arrive slow. Act early.**

## The Paradox of Pace (and Why This Changes Reactivity Work)

Slow presence and early timing are not opposites.

Slow protects your nervous system



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That’s where reactivity worsens.”

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1. Orientation  
(Focus tightens, choice disappears)  
Catch it early, and redirection  
stays light, playful, and effective.

2. Bracing/Fixating

3. Barking/Lunging  
(Reactivity)

Miss that moment, and you’re  
negotiating with biology.

**The rule you’ll keep using:**  
**Arrive slow. Act early.**

## Why This Week Matters More Than You Think

Week 1 isn’t warm-up material.

It’s the **load-bearing wall** of everything that follows.

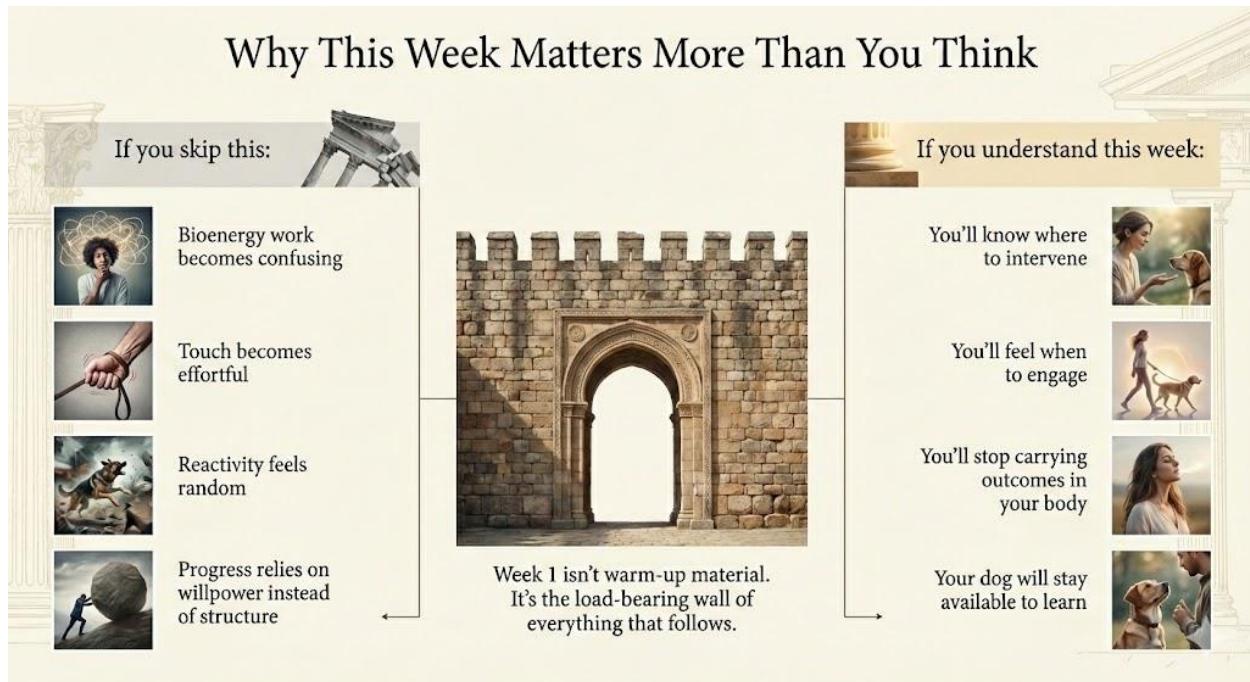
If you skip this:



- Bioenergy work becomes confusing
- Touch becomes effortful
- Reactivity feels random
- Progress relies on willpower instead of structure

If you understand this week:

- You'll know where to intervene
- You'll feel when to engage
- You'll stop carrying outcomes in your body
- Your dog will stay available to learn



## If You Do One Thing This Week

Don't practice more.

**Notice earlier.**

Earlier in your body.

Earlier in your dog.

Earlier in the sequence.

Everything else builds from there.



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Earlier in your body.



Earlier in your dog.



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*Everything else builds from there.*





## Bioenergy Balancing: A Quick Myth-Buster

(Read this before deciding what this work is — or isn't)

**Myth #1: Bioenergy Balancing means “doing nothing”**

**Reality:** This work requires more precision, not less.

Waiting, spacing out, or “hoping calm happens” is not Bioenergy Balancing.

This work begins with **accurate timing, accurate state, and accurate restraint**.

If your nervous system is disorganized, the field is noisy — no matter how quiet you appear.

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**Myth #2: Being slow is the same as being regulated**

**Reality:** Slowness without regulation is still pressure.

Many people slow their movements but remain internally urgent, outcome-focused, or braced. Dogs feel that instantly.

Bioenergy Balancing starts by removing **invisible demand**, not by reducing speed alone.



## Myth #2: Being slow is the same as being regulated [cite: 68]

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Bioenergy Balancing starts by removing [cite: 70]



Bioenergy Balancing starts by removing invisible demand, not by reducing speed alone. [cite: 70]

## Myth #3: This is passive, gentle, or “hands-off” work

**Reality:** This work is *discriminating*.

There are moments for stillness.

There are moments for movement.

There are moments for early interruption.

Knowing which is required — and when — is the skill.

This is not softness.

It is **discernment**.



**Myth #3: This is passive, gentle, or “hands-off” work**



**Reality: This work is discriminating.**

There are moments for stillness.



There are moments for movement.



There are moments for early interruption.



Knowing which is required — and when — is the skill.

This is not softness. It is discernment.

**Myth #4: You need to believe in energy for this to work**

**Reality:** You only need to observe nervous systems.

This work doesn't require belief. It requires noticing:

- posture
- breath
- tension
- orientation
- timing
- recovery

Dogs respond to physiology, not philosophy.



## Myth #4: You need to believe in energy for this to work

**Reality:** You only need to observe nervous systems.



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breath



tension



orientation



timing



recovery

## Dogs respond to physiology, not philosophy

### Myth #5: If it doesn't look like training, it isn't training

**Reality:** The most important training happens **before** behavior appears.

By the time a dog is reacting, the teaching window has already narrowed.

Bioenergy Balancing restores the conditions where:

- learning becomes possible again
- touch is received instead of tolerated
- movement stays fluid
- reactivity loses momentum



## Myth #5: If it doesn't look like training, it isn't training

Reality: The most important training happens before behavior appears.



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### What This Work Actually Is

Bioenergy Balancing is **state-based communication**.

It teaches you:

- when to pause
- when to engage
- when to move
- when to intervene
- and when to get out of the way

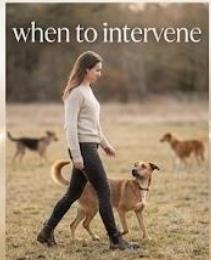
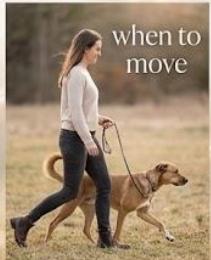
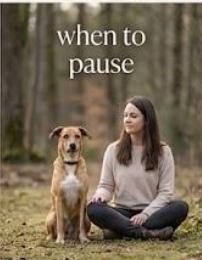
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## What This Work Actually Is

Bioenergy Balancing is state-based communication.

It teaches you:



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### One Final Clarifier

If stillness increases stress, stillness is not the medicine.

If waiting worsens behavior, waiting is not presence.

This work is not about *less* action.

It's about **right action, at the right moment, from the right state.**



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**WARMLY**

Lorrie, Aloha & Maui

