



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.

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



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

Early protects your dog’s



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

2. Bracing/Fixating

3. Barking/Lunging (Reactivity) **X**
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

Why This Week Matters More Than You Think

If you skip this:



Bioenergy work becomes confusing




Touch becomes effortful



Reactivity feels random




Progress relies on willpower instead of structure



Week 1 isn't warm-up material.
It's the load-bearing wall of everything that follows.

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.



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.





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.

Bioenergy Balancing: A Quick Myth-Buster

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

Myth #1: Bioenergy Balancing means “doing nothing”

Waiting, spacing out,
or “hoping calm
happens”



Reality: This work requires more precision, not less.

accurate timing,
accurate state, and accurate
restraint



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



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]

Reality: Slowness without regulation is still pressure. [cite: 68]

Slowness without regulation is still pressure. [cite: 68]



Many people slow their movements but remain internally urgent, outcome-focused, or braced. Dogs feel that instantly. [cite: 69]

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.



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.



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



posture



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.



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

So your dog doesn't have to shout through behavior to be understood.



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

when to
intervene



and when to get
out of the way

So your dog doesn't have to shout through behavior to be understood. ✦

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.**



One Final Clarifier

If stillness increases stress, stillness is not the medicine.

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.



WARMLY

Lorrie, Aloha & Maui

