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Notes, Practice Video Links and Resources

How To Increase Strength, Flexibility, and Fitness While Nourishing Your Immune System and Increasing Your Energy Levels:

Posture, Movement, Breathing and
Mental Control for Health, Happiness
and Longevity

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We all need enough strength and flexibility to move and be functional. We also need physical fitness to cope with life in this world. But fitness is not just about getting your heart rate up and breathing more. Fitness is more about the ability to easily do more things while keeping your heart rate low and breathing less.

You require a healthy circulatory system that allows blood to flow easily and gives you good energy levels.

You need a healthy nervous system that makes you sharp, focused, calm, and relaxed.

We also require a healthy immune system to avoid illness and recover quickly from injury.

We need a robust digestive system to absorb nutrients and eliminate wastes and toxins.

We have to have a vibrant reproductive system that appropriately regulates our hormones and helps us regenerate our cells when they need replacing.

We also need a healthy, happy mind that can live in the present moment and feel connected within and connected to the world around us.

Unfortunately, most people often associate strength, flexibility, and fitness with tension, uncomfortable or painful stretching, and getting their heart rate up and breathing more than normal.

However, all these things (over-stretching, over-tension, over-breathing, over-thinking and increased heart rate) induce stress inside the body. Stress is another way of saying over-dominance of the sympathetic nervous system, often called the 'flight, fight, and freeze response'. Stress inhibits your parasympathetic nervous system, often called the 'rest, rejuvenation, relaxation, and regeneration response'.

Stressful over-dominance of your sympathetic nervous system (your 'flight, fight, freeze and fear response') inhibits your immune, digestive, and reproductive systems. This stress also restricts your ability to have a healthy, happy mind that can live in the present moment and feel connected within and connected to the world around you.

Signs of over-dominance of your sympathetic nervous system (the 'flight, fight, freeze, and fear response') include many things often associated with exercise. These include:

- Increased heart rate
- Increased breathing (increased minute ventilation and unconscious chest breathing)
- Increased sense of stretch (especially if it's uncomfortable or painful) reflecting limitation in range of movement (loss of freedom or ability)
- Increased sense of tension (especially if it's uncomfortable or painful) reflecting limitation in strength (loss of freedom or ability)
- Increased anxiety reflected by excessive thinking or mentally trying to do more than you are comfortable
- Increased sweating

It's not that these things are wrong to do as such. There are some benefits for your anatomy. However, they can compromise your internal health.

What we want from our practice to give us health, happiness, and longevity is:

- Increased circulation without needing to increase heart rate
- Increased energy while not needing to breathe more than normal (ideally being able to still breathe in the same nourishing way we are when we are asleep)
- Increased flexibility without a sense of stretching or limitation
- Increased strength without any sense of tension or limitation
- Increased ability to remain calm and focused while doing complex or boring activities without overthinking and without getting stressed or bored

In your posture, movement, breathing and mental control practice spending up to 10% of your time entering flight or fight is okay. However, at least 90% of the time you practice your chosen activity of posture, movement, breathing and mental control, you want to stay in a calm energised 'meditative state'. At this time, you should feel in the present moment connected within yourself, to your activity and the world around you.

You can attain a 'meditative state' in any activity (static or dynamic) that is:

- Sustainable (can do a long time)
- Engaging (not boring or stressful, but one-pointed, connected and in the present moment)
- Calming (Low heart rate and reduced breathing, enhancing the organs of immunity, digestion and regeneration)
- Effortless (no pain or discomfort, ideally with positive effects on the physical, physiological and mental aspects of the body)
- Invigorating (increases circulation and energy levels)

To achieve a meditative state in an activity that can improve strength, flexibility and fitness, you need to do three things:

1. Understand that your practice's purpose is to circulate 'good energy' and 'loving information.'
2. Stop blocking the circulation of 'good energy' and 'loving information.'
3. Encourage the circulation of 'good energy' and 'loving information.'

1. Understand the purpose of your practice is to do a balanced physical activity that allows your body to circulate 'good energy' and 'loving information'.

'Good energy' means improved circulation with a low heart rate.

'Loving information' means the dominance of your parasympathetic nervous system over your sympathetic nervous system.

2. Stop blocking circulation:

- Generally, don't consciously try to increase heart rate
- Breathe naturally (don't consciously try to breathe more)
- Tense less
- Stretch less
- Think less

(3) Make 'good energy' and 'loving information' circulate

- Move actively
- Move from the core
- Breathe naturally (breathe from your core)
- Move fluidly

I elaborate on these points below and explain them in detail in my live (in person) and online courses.

Check out my signature program 5 Dimensional Flow here:

<https://simonborgolivier.com/5-dimensional-flow/>

See my other courses here:

<https://simonborgolivier.com/products/>

BONUS MATERIALS:

I am happy to gift you some of my visually instructed practices.

When you follow these practices, please use the following guidelines:

- **Move actively into postures** (At least initially use your muscles to come into postures, not external forces such as gravity, one limb pulling another or momentum)
- **Lengthen your body** (Especially keep length in the fingers neck and lower back)
- **Relax your body** (Especially your pelvic floor, neck and your face, and make your breath can easily inhale from the lower abdomen)
- Breathe naturally (Inhale into your pelvic floor and lower abdomen, make passive exhales with no additional muscle tension, breathe as little as you comfortably can, and forget the breath of you can like when you are asleep).
- **Move smoothly and fluidly from your core or centre** (Your core or centre is between your navel and pubic bone, diaphragm and pelvic floor and top of your hips and your tail bone around L5-S1), with natural breathing.
- Only do what you can in a pain-free and delicious way.
- One click means follow means far you comfortably can subject to no pain
- Two clicks mean just keep doing a comfortable version the movement or activity that I have begun don't necessarily follow me if I go deeper or faster or bigger in my version.

Connecting with your unconscious (6 min):

<https://youtu.be/KFhWvczwhBs>

This is a simple minute video showing how to reset your nervous system to the rest, relaxation rejuvenation and regeneration mode

5-Dimensional Flow Class (30 min):

<https://youtu.be/BcJwlphCZqM>

Here is a 30 minute class of verbally instructed then visually instructed that resembles traditional Chinese Qigong. This meditative practice is excellent for the relief of joint pain (especially lower back pain), internal organ health and mental clarity. The practice is ideally done standing but can also be done seated and is suitable for all levels.

Spinal Synergy Class (Simple Spinal Movements) (15 min):

<https://www.youtube.com/watch?v=9fCEw7yl2xQ&t=15s>

This short session teaches a 4-min verbally-instructed version of my Spinal Synergy (simple spinal movements) practice:

Core Synergy Masterclass (2 hours):

<https://youtu.be/Ulxuq0juO2A>

This is a simple standing meditative practice of 12 meditative qigong-like movements for internal health and trauma relief (masterclass)

Spinal Synergy Class (Simple Spinal Movements) (15 min):

<https://youtu.be/Uvu-1gHBwoQ>

This is a 20-min version of slightly more difficult spinal movements. It is a visually instructed practice with no verbal instructions to music.

Core Synergy Practice (7 min):

<https://www.youtube.com/watch?v=iVfTSE3uDhc&t=7s>

This video is a 7-min explanation and demonstration of my 5-Dimensional Flow that you can practice if you wish

Joint Synergy Practice (30-min):

<https://youtu.be/5WuKCcXJRgk>

These are simple, accessible joint movements initiated from your core to improve joint health, strength, and flexibility as well as improving blood flow and energy levels. This practice becomes a calming fluid meditative practice that is great for the health of your internal organs including your immune system.

Yoga Synergy Practice (9 min):

<https://youtu.be/uDyDZxD5SgA>

Here is how I can use my 5 Dimensional flow system and spinal movements in what looks modern yoga 'stretching and strengthening' postures while not feel tense or overstretching and also while making blood flow without making the heart race. This is part of what I call a "work-in" rather than a "work-out".

'5-Dimensional Flow' Masterclass:

<https://youtu.be/thT7gEhx7Tc>

I would also like to also give you complementary access to my recent masterclass on '5-Dimensional Flow'.

In this class, I show you how the '5-Dimensional Flow' is the synergy you can create between your true core and your mind, joints, spine, and breath.

5-Dimensional Flow is a safe, accessible and effective system of posture, movement, breathing, and mental control that can be adapted to all levels of practice to give superior strength, flexibility, energy, health, happiness and longevity.

5-Dimensional Flow can enhance yoga, martial arts, dance gymnastics, sports and therapy. I am excited to share this with you.

This masterclass is an introduction to my course on the 5-dimensional flow system.

This comprehensive system of posture movement, breathing and mental control has five main parts, each of which can work in 5 dimensions:

Part A: MIND SYNERGY: Entering the Flow State & Meditative Zone

Part B: JOINT SYNERGY: Joint Movements From Your Core

Part C: SPINAL SYNERGY: Spinal Movements From Your Core

Part D: BREATH SYNERGY: Controlling Energy & Breath From Your Core

Part E: CORE SYNERGY: Breathing and Moving From Your Core, and Controlling & Moving Your Core

Together these 5 parts become a type of INTEGRATIVE SYNERGY: Integration of all the parts of 5-Dimensional Flow into all movement systems, such as martial arts, yoga dance gymnastics, sports, therapy etc.

To find out my upcoming live events and training go here:

<https://simonborgolivier.com/events/>