

PHILOSOPHY, SCIENCE AND PRACTICE OF MAXALDING 9 – EXTREME  
MUSCLE CONTROL AND INTERNAL CONTROL TECHNIQUES

*JUAN ANTONIO MARTÍNEZ ROJAS (P.H.D)*

**CONTENTS**

1. Advanced breathing techniques.....	2
1.1. Maxick's virtual breathing (MVB).....	3
1.2. Slow muscle controlled breathing (SMCB) combined with MVB.....	5
1.3. Controlled breath holding (CBH).....	6
1.4. Enhancement of the aerobic performance by means of MC breathing techniques.....	7
2. Deep concentration techniques.....	7
2.1. Synchronized exhalation-contraction method (SECM).....	7
2.2. High precision tension gauge by means of just under vibrating threshold contraction (VTC).....	9
2.3. Over shaking extreme muscle contraction (OSMC).....	9
3. Progressive relaxation techniques.....	11
3.1. Beginner's technique (isometric induced relaxation against the bed).....	11
3.2. Post MC induced relaxation.....	12
3.3. Thermal induced relaxation.....	12
3.4. SMCB induced relaxation.....	13
3.5. Voluntary relaxation techniques (VRT).....	14
4. Body energy transference techniques.....	15
4.1. Sequential contraction.....	15
4.1.1. Muscle controlled self massage.....	16
4.1.2. Cyclic raising-lowering complete body control.....	17
4.1.3. Assisted circulation.....	17
4.2. Focused relaxation.....	18
5. Multiple and combined controls.....	19
5.1. Maxick's full contraction test.....	19
5.2. Static poses.....	19
5.3. Posture reinforcement and virtual training.....	20
5.4. Muscle dancing.....	20
6. Dynamic muscle control.....	20
7. Aerobic muscle control.....	21
8. Increasing ballistic muscle control.....	21
9. Combined bodyweight exercises.....	22
10. Muscle control competitions.....	25
10.1. Static MC.....	25

10.2. Ballistic MC.....	26
10.3. Dynamic MC.....	26
10.4. Combined controls.....	26
10.5. Muscle dancing.....	27
10.6. Combined competition.....	27
11. Internal muscle control.....	27
11.1. Heart control.....	27
11.2. Control of the digestive organs.....	29
11.3. Maxalding internal cleansing techniques.....	30
11.4. Control of some internal functions.....	30
11.5. Mental reinforcement induced by muscle control awareness.....	31
11.5.1. Internal sensing.....	32
11.5.2. Enhancement of external sensing.....	32
11.5.3. The integration of the holistic and analytic visions.....	33
12. Mind body connection.....	33
12.1. The development of Will Power.....	33
12.2. The achievement of self control.....	33
12.3. The self control – freedom relationship.....	34
12.4. The science of self control and individual spirituality.....	35
13. Acknowledgements.....	36

## 1. Advanced breathing techniques

First of all, I thank my maxaldist friends, specially Tak, their deep insights posted in the Maxalding forum about this subject.

Correct breathing is the key to most of the internal controls, because many of the muscle layers of our internal organs are not voluntary (as far as we know).

We have advised against many misconceptions and harmful breathing practices in a previous article, so here we are going to study some more advanced techniques that will provide you with new tools for enhancing your performance.

Remember to breathe always through your nose, both inspiration and expiration!

There are some very simple tests that allow you to know your breathing ability accurately.

- The Buteyko's test: Breathe normally. In a moment, stop your breathing and hold it as long as you can without any forcing until you feel the slight-

est signs of suffocation. You should be able to regain normal breathing without problem after the test. Measure the time with a chronometer. If you can hold your breath more than 30 seconds you have a good breathing capacity and balance (about 60 seconds indicates perfect health). Under 20 seconds, you should carefully practice some of the next advanced breathing techniques.

- The SMCB test (see [section 1.2](#)): Inspire fully (full tidal breathing) without any forcing and exhale relaxed and as slowly as you can. Measure the time of the exhalation with a chronometer. Over 20 seconds indicates a good breathing capacity and control of the breathing muscles and organs. Under 10 seconds you have a poor control of your breathing. This is a very accurate test because it does not imply any Valsalva action. It measures simultaneously three important factors: breathing capacity, precise control of the breathing muscles and organs, and your CO<sub>2</sub>/O<sub>2</sub> ratio.
- The MVB test (see [section 1.1](#)): Perform an expiration the same as a SMCB test and try to inspire without air at the end of the exhalation. Relax all your breathing muscles and stop your chronometer. Don't exert any downwards pressure when you relax your muscles. If you can do one or more breathings without air at the end of a complete expiration without any suffocation, you have a good breathing control. This test is very appropriate to measure the breathing capacity under stressing conditions, because the fixed position of the diaphragm in order to keep the vacuum simulates very well a situation of a large air demand. Besides, you teach your body to adjust its breathing rate to its optimal time without air supply, so that this practice readjusts your CO<sub>2</sub>/O<sub>2</sub> ratio to its optimal levels.

### **1.1. Maxick's virtual breathing (MVB)**

The essence of this exercise is to make inspirations without air. But this technique, like any other, should not involve the least forcing or strain.

This exercise is based on the performance of an abdominal vacuum and virtual breathing. Although this exercise is very safe (if carefully and properly used), if you feel some sign of discomfort, stop immediately and consult your doctor. The detailed description should be:

1. Do a perfect abdominal vacuum exhaling as much air as you comfortably can.
2. Try to inhale while you are holding your breath in the vacuum position, i.e.,

perform a MC contraction of the muscles involved in inhalation without air.

3. Relax your breathing muscles (exhale without air).
4. Repeat the virtual breathings, steps (2) and (3), as much as you can without any discomfort or strain. You should be able to breathe normally after the performance, without any sign of suffocation.
5. Relax and practice some SMCB.

The best technique to perform correctly and safely this exercise is this:

1. Do a perfect vacuum and hold your breath until you feel the first signs of need for air. Measure this holding time with a chronometer. Don't force yourself by any means. Such time will be your first reference and will be used only as a weekly test to measure your improvement. Remember that forcing you until suffocation is very dangerous and misleading.
2. Breathe normally (ideally with SMCB) during 10 breathings.
3. Perform 1 MVB (1 virtual breathing during the vacuum).
4. Breathe normally (10 breathings).
5. Perform 2 MVB (2 virtual breathings during vacuum)...

Do this exercise in a pyramidal form until the number of MVB completes the measured holding time. You can do less MVB than the prescribed time, but *never* do more. A good starting reference is not to hold the breath more than 1 MVB (about 5 seconds) the first weeks.

You can repeat this exercise several times a day combining the benefits of abdominal work improving cardiovascular efficiency, but don't overdo it.

Here you have some examples of measures about the safety of the exercise:

- Holding breath time: 5 MVB (30 seconds). Blood pressure (143/97), pulse (83).
- 30 seconds later (normal breathing): BP (129/88), pulse (78).

As you can see, the exercise is perfectly safe in healthy individuals.

The results are almost instantaneous and pleasant (if you don't force yourself, I insist in this). This exercise can be very useful to increase the breathing and apnea performance and to relief some symptoms of certain breathing illnesses like asthma.

The mechanism by which this exercise is so effective is simple. First, you train your body to keep a correct O<sub>2</sub>/CO<sub>2</sub> ratio by natural means.

Second, you train your body and mind to endure longer periods without air supply, improving so the oxygen assimilation in each breath.

Third, and most important, during a MVB your breathing muscles must work against a very strong external resistance (the atmospheric pressure), due to the created vacuum. The voluntary expanding effort in such circumstances is probably the best natural strengthening method of the breathing muscles ever performed. This muscular enhancement produces a greater supply of oxygen with each single inspiration (less muscular effort) and a better (relaxed) expiration that allows an improved elimination of the waste products.

The relaxing effects on the whole body after the correct performance of this exercise are also remarkable.

## **1.2. Slow muscle controlled breathing (SMCB) combined with MVB**

The performance of SMCB during MC exercises is ideal for enhancing your aerobic capacity. I have registered increases of about 8 seconds in SMCB and Buteyko's tests in only two weeks.

I have found that the combination of SMCB and MVB reinforces their healthy effects. The MVB helps to perform longer SMCB and SMCB enhances the muscular resistance against atmospheric pressure in MVB. Besides, the relaxing effects of SMCB are multiplied when combined with MVB.

You can perform the combination in this way (ladder form):

- 1 SMCB + 1 MVB.
- 2 SMCB + 2 MVB.
- 3 SMCB + 3 MVB...

At first, this combination can be more suitable: 5 SMCB + 1 MVB + 5 SMCB + 1 MVB + ... (you should increase your number of MVB every 5 SMCB if you can).

Remember that 2, 3, ... MVB implies 2, 3, ... virtual breathings without air (performed during the same abdominal vacuum), not 2, 3, ... new exercises with air supply in between. Besides, you must exhale all air from the lungs before the performance of MVB. This is the reason by which is very difficult to perform a large number of MVB, so that don't force yourself by any means.

The effects of combining MVB with SMCB are amazing. I decided not to change my aerobic activity (15-30 min of walking in place per day) in order to

isolate the results due exclusively to the performance of the new breathing patterns. Here are some measures:

- Blood pressure (rest): 111/63 (other measures confirm this number, all are below 115/70).
- Pulse (rest): 50.
- Buteyko's test: +5 seconds (over the previous posted measures).
- SMCB test: +5 seconds.
- MVB test: +1 performance.

If we compare these numbers with the previous recorded ones 3 weeks before: BP(120/80), P(60), SMCB(20 s), we can observe a remarkable enhancement of the measured parameters. This enhancement is very important, because it is recorded in a fit and trained man (myself).

- BP (rest) has reduced from 120/80 (mean) to below 115/65 (mean).
- Pulse has reduced from 60 to 50 (mean)!
- The breathing capacity and performance have increased also remarkably.

It is incredible how such simple exercises can produce so remarkable benefits in a relatively short time. I encourage you to devote some minutes every day to the practice of these breathing techniques.

### **1.3. Controlled breath holding (CBH)**

Holding the breath can be a dangerous practice if it is done under stressing conditions without proper adaptation. But, it can also be a very powerful technique to enhance all body functions and muscular performance by means of progressive and careful training.

Rest comfortably (sitting or lying) and practice SMCB during 5 to 10 minutes trying to exhale as slowly as you can without suffocation. Relax completely.

In this relaxing phase you should be able to notice clearly your own heart beats and they probably would be remarkably slower than in normal activity. Now, at the end of each complete expiration of SMCB, try to hold your breath without any strain during 1 heart beat. The following inhalation should be relaxed and without any sign of suffocation. Do this during several breathings and observe how your body, as you achieve deeper relaxed states, needs less oxygen. When you feel this sensation, add one more heart beat to your breath

holding time in the same way as before.

Increase progressively the breath holding time in this way until you feel the very first signs of discomfort. In such moment reduce in one heart beat your holding time.

I don't recommend to use this technique under stressing actions or during a workout, except in very justified situations and with extreme care.

I think that the general maximal time of breath holding that should be used in MC is which lasts during the most relaxed expiration you can perform. Although a more prolonged time could be safe, it is better not to force the oxygen intake.

#### **1.4. Enhancement of the aerobic performance by means of MC breathing techniques**

The most useful technique to enhance your cardiovascular performance by means of MC is the Maxick's virtual breathing combined with SMCB.

This combination allows you also longer breath holding times that can be trained with the methods outlined in [section 1.3](#).

This techniques does not exclude, but complement very well, aerobic activities like walking or swimming. Specially appealing to a maxaldist is the combination of MVB + SMCB with walking in place or muscle controlled walking.

## **2. Deep concentration techniques**

### **2.1. Synchronized exhalation-contraction method (SECM)**

This method is the most advanced and productive of all, because it involves several techniques like instinctive training, SMCB, fine tune of muscle contraction and relaxation and improvement of aerobic and anaerobic capacity, to mention only a few.

The method is very simple in essence. Perform a combination of MVB + SMCB for a few minutes until your expiration times stabilize to your maximum. Then, perform the MC isolations you wish in an analytical form (with fine tune of contraction and relaxation and no shaking), building and holding the contraction exactly during the same time as you are exhaling, no more no less.

It is extremely important that you do not force yourself by any means. Your breathing should be completely relaxed and your controls perfectly performed. Suffocation must be avoided like the plague.

This type of training has a lot of benefits if you are able to notice the subtle signals that your body generate during the training.

- The expiration times are a clear sign of your present physical form. Trying to make them longer is absurd and can destroy your results. Do you remember the almost endless discussion about the optimal contraction times for strength and muscle development? Well, in a previous article I suggested the use of “instinctive training”, a technique pretty much used by the old strongmen and bodybuilders. Every day is different, some days you are plenty of pep and some others you are exhausted without any apparent cause. Obviously, you cannot (and you should not) train the same all days, but you should adjust your efforts to your energy reserves. However, it is very difficult in general to make such adjustment in terms of repetitions or holding times. The SECM allows your body to generate exactly the amount of work that it needs, because if you are tired, your own breathing muscles will not be able to keep long exhalation times and the contraction times will decrease accordingly.
- This type of training will permit you to work your body safely to its maximum at every age, because it is your own body which decides the amount of contraction that it needs.
- If properly performed, SECM avoids any chance of injury under normal circumstances, because you cannot force a contraction beyond its optimal time, regulated by your own breathing capacity.
- This type of MC performance develops your aerobic and anaerobic capacity to its maximum without strain. The isolating nature of the controls avoid any kind of dangerous blood overpressure. Besides, this is the most natural form of optimizing your oxygen consumption.
- SECM develops higher levels of muscle relax, thanks to the optimization of the  $O_2/CO_2$  ratio and the very precise synchronization of your muscle effort with your energy generation. This fine tune of your body energy resources develops progressively a sense of internal awareness and well being. In this form you can relax your muscles almost immediately by means of your breathing patterns in every situation. This is the first step in the training of some internal controls, like MC of the heart.
- SECM enhances very effectively some noticeable health parameters, like blood pressure, heart rate and the times of the breathing tests. As a com-

parison, the measure of these parameters immediately after a 5 normal breathing MC session (complete body) was: BP(129/88), P(78), ET (12 seconds)<sup>1</sup>, however, these same measures performed after the same workout by means of SECM give: BP(105/68), P(67) and ET(25 seconds). The benefits for your health produced by this method are unquestionable and almost amazing.

You can perform several repetitions of the same exercise with this technique to enhance its effects. About 5 repetitions without rest can be considered a very good reference. The SECM isolations used during several consecutive breathings are extremely well suited to develop increasing levels of concentration, muscle awareness and proper relax of the surrounding muscles.

## **2.2. High precision tension gauge by means of just under vibrating threshold contraction (VTC)**

This technique allows you a way to measure the subjective tension feeling very accurately, providing you a way to perform “progressive resistance” training with MC.

Perform a muscle isolation with fine tune of the contraction and increase the tension until you feel the first signs of vibration. In this moment, reduce a little the contraction trying to keep the same level of tension. Practice some times until you achieve a clear sensation of the shaking threshold.

You can use an oscillating sequence of contractions between vibrating and no vibrating phases to feel better the difference.

In order to understand well the importance of developing maximal contraction without shaking, make the following experiment. Contract progressively your biceps while you are touching your triceps. Allow your biceps vibrate and note how your triceps contracts also forcibly. Reduce now the tension just under the vibrating threshold. Although your biceps should maintain similar levels of tension, your triceps will relax remarkably.

## **2.3. Over shaking extreme muscle contraction (OSMC)**

This is the quickest and a very powerful MC technique to produce muscular

---

<sup>1</sup> BP: blood pressure, P: pulse, ET: exhaling time.

development, but I must advise that it is a very advanced technique that should be used only after you have achieved a perfect mastery of all controls.

This technique can be dangerous in untrained individuals due to:

- It can produce terribly painful crampings. OSMC must be practised always with fine tune of muscle contraction, increasing the tension slowly and after a previous warm up of each muscle by means of analytic muscle controls performed with precise gauge of the just under vibrating threshold.
- It can be demanding to the nervous system. The contractions must be short and definite (no more than 10 s), ideally performed with synchronized contraction-exhalation method without any strain.
- OSMC is not always possible and depends a lot in our level of pure voluntary MC, the contracted muscle, its position and angle, the compensating antagonistic counter forces, even the hour of exercising throughout the day and our mental state.

The foundations of the OSMC technique are the empirical fact that you can minimize the muscle shaking if you surpass some contracting critical point in certain muscles.

After many months, even years, of daily MC practice, you can observe how your muscles are progressively more resistant to cramping (even without warm up, but I discourage such practice). The under vibrating threshold raises and the touching and feeling of contraction also changes. The muscles become more soft in relax and a lot more pliable and flexible during contraction.

This is a very important point, because many people think that a good muscle should be extremely hard and knotted. Far from truth. Precisely a good quality muscle is a muscle that can keep its pliability even during the most extreme contractions. Tromp van Diggelen mentioned this unusual quality of the Maxick's muscles, and he commented that they seemed like soft wet leather in touch.

When your muscles achieve such quality (Maxick wrote that about three years of MC practice is necessary to accomplish this), you can produce very definite and terribly forceful contractions in some muscles over the shaking point.

The key is to increase the tension very slowly until you achieve the shaking point of the muscle, now try to do a definite mental effort to "control the shaking" while you increase very slowly the contraction level even more. Suddenly you will discover a critical point in which you can sustain an extreme contraction without almost any shaking. Concentrate and visualize exclusively the worked

muscle, inducing so a maximal relaxation of the surroundings.

As you can see, this technique is very demanding to the nervous system, because you must direct a lot of nervous energy to the contracted muscle and to do a very exhausting effort to control the shaking, so that it must be used with care.

You can experiment that the effort to control the shaking is more challenging than the extreme force required to produce the contraction itself. Don't try to force such high tension more than the time of a relaxed exhalation.

I insist in the need to perform this technique with care, but having said that, I must confess that the rational use of OSMC + SECM is the most powerful and result producing MC technique in terms of muscular development.

The ability to control the shaking of an isolated muscle during maximal contractions represents perhaps the ultimate skill of MC performance and it is considered a clear proof of the achievement of the highest standards of muscular quality. Such ability is even rewarded in gymnastics, specially in the performance of extreme poses in the rings.

### **3. Progressive relaxation techniques**

#### **3.1. Beginner's technique (isometric induced relaxation against the bed)**

This is a very easy method, very suitable to beginners and people that do not want to learn MC. Although it is a simple method it produces remarkable results, even amazing for many people at first.

Lie comfortably face down on a soft surface, preferably a firm bed, with arms and legs stretched. In this position perform the following contractions pressing gently the indicated body part against the bed and holding the tension during 5 slow breathings.

1. Forehead.
2. Arms.
3. Chest.
4. Abdomen.
5. Legs.

Now, turn your body to lie face up and do the following contractions pressing

against the bed in the same way.

1. Head.
2. Arms.
3. Back.
4. Glutes.
5. Legs.

Finally, relax all your muscles and try to breathe as slowly as you comfortably can.

### **3.2. Post MC induced relaxation**

This is a far more advanced and much better relaxing technique. It uses two combined effects to reinforce the level of relaxation: voluntary MC relaxation (muscle isolation) and post contraction antagonistic induced relaxation (when you contract an agonistic muscle, the antagonistic one relax after the effort).

Perform a complete MC workout for the principal muscles of the body. After this you should be able to relax all your muscles almost to the point that you cannot stand erect.

### **3.3. Thermal induced relaxation**

One of the best natural methods to achieve good relaxing and self massaging results is the alternating use of warm and cold water, especially in the form of shower.

The use of thermal massage also have effects over the mass development and the increase of definition of the muscles. As a guide, warm water helps to develop mass and volume, cold water, however, increase muscle definition.

It is always convenient to take a shower after a hard workout, but you should wait until your body has recovered normal breathing and temperature to avoid any chance of shock. If you do not want to take a full shower, rub your whole body with a wet cold towel and dry yourself briskly.

To relax your body, keeping full of pep, take a moderately long warm shower sprinkling all the body generously from the extremities to the heart. The head must be made wet with very moderate warm water (body temperature), never

use excessively hot or cold water for the head, because it could produce a very dangerous shock and it is unhealthy.

Immediately after you are satisfied with your warm shower, sprinkle your body quickly (but generously) with cold (not ice cold) water during about 30 seconds. It is very important to begin the cold shower from the heart to the extremities to avoid the risk of a shock.

You can alternate also the warm and cold sprinkling in periods of 30 seconds or 1 minute several times (5-10 will be enough in general). Very important, always finish with the cold shower, never with the warm one, because the cold water helps to contract the muscles, conserving their energy and improving circulation, so that, although the first sensation could be a little unpleasant for untrained people, the relaxing effect derived from the involuntary contraction induced by cold water compensates largely the initial feeling.

Immediately after the last cold sprinkling, rub briskly, but carefully, all your body in a self massage fashion, from the extremities to the heart. Remember always that every massage must promote circulation from the muscle towards the heart.

Dress yourself quickly. Never allow yourself to get cold. Exercise always in warm places, but never skip a good daily walk in the open air.

### **3.4. SMCB induced relaxation**

Mental stress induces cardiovascular stress. The artificial increasing of heartbeats and oxygen intake without any compensating energy expenditure are the cause of many modern health problems.

SMCB helps to relief, even to eliminate, such problems, returning the body to its optimum state of equilibrium. The performance of slow breathing increases the amount of carbon dioxide in the body. The relaxing effects of carbon dioxide are very profound and related with very complex biochemical reactions, for example, the maintenance of a correct blood pH<sup>2</sup>.

Besides, slow breathing forces the diaphragm and thorax muscles to keep a controlled contraction during inhalation and a relaxed exhalation. The biofeedback that relaxed exhalation produces over the mind is very remarkable. The signals of completely relaxed breathing advises the mind that there is no need for worry or anxiety. If you can breathe slowly and relaxed, obviously your mind

---

<sup>2</sup> The pH is the scientific way to measure accurately the acidity of a substance.

must interpret that you are not in a threat.

Training your body, you also train your mind. This is the very essence of Muscle Control, a endless beneficial feedback between mind and matter.

### 3.5. Voluntary relaxation techniques (VRT)

Although from a physiological point of view it is possible that all kinds of relaxation form a continuous of progressively deeper states, it is convenient for learning to sort the relaxing techniques in two types:

- *Increasing awareness relaxing techniques.* These techniques allow you to redistribute your body energy from muscles to the mind, increasing so its pure mental powers. This subject will be explained in further detail in [section 11.5](#). The use of the enhanced mental powers can be directed towards intellectual activities, better internal or external body sensing or to the exploration of deeper (or higher) states of consciousness.
- *Nervous system relaxing techniques.* The purpose of these techniques is the opposite, mainly to reduce the levels of stress of the nervous system and to allow the mind to “cut off” from the surrounding reality. This ability can be used also to relief fatigue, pain and insomnia.

In this section I am going to describe the nervous relaxing techniques. It is necessary to master the MC induced relaxation and SMCB relaxing techniques before attempting to learn the following method.

Lie comfortably on a firm bed in a warm (but not hot) and quiet room. Some kinds of music could help in first stages, but I recommend not to use them, because you could relate involuntarily the relaxing effects with the hearing of such music and such mental association would defeat the purpose and independence of the method.

Lie face up and put your hands interlaced and relaxed over your chest or best, extended without touching themselves mutually, over the abdomen very near the navel.

Begin to control your breathing, making it slower progressively, without any forcing or haste, because such attitude would defeat your achievements.

At some moment, generally when your breathing pace is under 10 breaths/min (about 5-10 min from beginning), you should notice a clear flow of energy in form of intense heat throughout your extremities, specially in the hands, touching palms with the abdomen. This heat, although can be subject-

ively very intense in some states, should be pleasant.

After you are conscious of this energy flow, you will feel your body as a kind of circuit whose point of junction is precisely the navel. Throughout the region around the navel the heat flow introduces from the fingers to the internal organs completing the cycle.

This natural flow of energy to the internal organs is very healthy and contributes to improve the circulation and to relax to involuntary muscle layers of such organs.

At this moment your SMCB should be almost instinctive and very slow (perhaps under 5 breaths/min). You should notice also how your awareness and senses begin to change. Generally you will have your eyes closed, but if you keep them open, you would observe a kind of “strange” visual transparency, alterations in the colours, image blurring or something similar. A similar sensation happens with sound, it seems to be more deep, diffuse, even oscillating in apparent synchrony with your heartbeats or breathing.

Keep your mind relaxed and focused in breathing. Now you should feel your muscles so relaxed that you would be unable to move them even with a lot of effort (of course, don't try to move yourself in this phase). The muscles in this state are extraordinarily soft, promoting so a better circulation throughout the whole body and an improved oxygenation.

The purpose of this relaxation technique is to train the body to eliminate all kind of stresses allowing it to achieve its lowest energy state. In this way, the body and the mind can recover their natural equilibrium.

Once you have achieved the relaxed state, you can use or modify it with different purposes, for example, to rest, to sleep better or to explore some new conscious states.

If you refuse to sleep, you will feel yourself like a baby inside a warm slow flow of water, very similar to a conscious return to your foetal original sensations.

## **4. Body energy transference techniques**

### **4.1. Sequential contraction**

One of the main purposes of MC is to enhance the circulation, but this im-

provement is a feedback effect due to the overpressure over the blood vessels produced by MC induced intramuscular tension. So it is important to keep the tension level under the shaking point of the muscle if we want a good blood exchange.

One of the best ways to direct the blood flow and energy to a muscle is to contract in a row all muscles that precede the desired one from the heart to such muscle.

For example, if we want to concentrate our energy in the fingertips, we should contract first the pectorals, shoulders, triceps, biceps, forearm muscles, hand muscles and finally the finger muscles in a definite and continuous sequence.

There are two methods, which can be combined, to accomplish this goal:

1. Soft continuous contraction (SCC).
2. Pulsating muscle control (PMC).

When soft continuous contraction is used, the muscles are kept contracted for 10 or more breathings with a low tension level (typically 30-50%). To adjust the tension level do this, contract the desired muscle very slowly just under the first signs of shaking appear and now reduce slowly the tension to the point you can feel the muscle warm, but pliable, not rigid. Breathe very slowly and softly, trying to focus all you body heat in the contracted muscle.

The pulsating muscle control (PMC) method is a variant of the ballistic muscle control (BMC) technique. In PMC we perform very quick (1 second or less), very controlled and soft contracting pulsations of the muscle that we want to feed. The pulsations are done with normal breathing (several pulsations per breathing cycle). Generally, pulsating times of about 10 breathings (30-60 seconds) are enough.

You can use soft continuous contraction of all the preceding muscles and PMC of the desired muscle for achieving an improved effect. Other combinations like a cyclic SCC + PMC for the same muscle are possible and very healthy.

These techniques can be used also very effectively for pre-relaxing certain stressed muscles, for rehabilitation, extremely safe warm up and soft pain relief.

#### **4.1.1. Muscle controlled self massage**

In this case, the sequence of contractions must be performed from the ex-

tremities to the heart, the same as any other massage technique. In this way you can obtain a perfect voluntary muscle massage and lymphatic drain.

In order to accomplish this purpose, you can use both SCC or PMC techniques. After any muscle controlled self massage session, if properly performed, you should feel absolutely relaxed and full of energy.

#### **4.1.2. Cyclic raising-lowering complete body control**

The key to a perfect circulation and mobilization of the internal fluids is to perform a two phase complete body MC session. In the first phase you begin to isolate the muscles from toes to head and in the second one, immediately done after the first, you control all your muscles from head to toes.

The best technique to perform this cyclic control is the synchronized exhalation-contraction method or SCC, but you can use any other MC advanced technique instead if you want to develop strength or muscle mass also. This is the method I suggest for every advanced Maxalding student. The only shortcoming of this method is the large amount of time it deserves (more than 2 hours), if performed with 5 or more breathings per muscle to increase strength and muscle mass, due to the high number of different possible muscle isolations and poses (more than 100). So, in practice, the workouts may be splitted throughout the day for each body part in the following order:

1. Head, neck, shoulders and back.
2. Thorax, chest and abdomen.
3. Arms, hands, fingers.
4. Legs.

In order to promote only a better circulation and muscle toning, it is sufficient to perform 5 short PMC contractions (during 1 breathing) or 1 SECM isolation per muscle. In this way you can perform a complete body workout in less than 30 min.

#### **4.1.3. Assisted circulation**

Sometimes it is very difficult or impossible (due to an injury or atrophy) to control directly a muscle in order to apply some of the techniques outlined be-

fore. In this case we can promote a better circulation to the injured area pumping the blood flow to the surrounding muscles while the desired muscle is perfectly relaxed. This allows a permeated flow of blood to the injured muscle without any contraction. This effect can be increased by means of several techniques, including SCC and PMC of the surrounding muscles.

I suggest here a very effective technique, that must be used very progressively in order to avoid any painful parasitic contraction of the injured muscle. We can divide this technique in three phases:

1. SCC sequential contraction of all surrounding muscles in a cyclic way in order to direct the blood flow to the injured muscle and in order to produce a soft antagonistic induced relaxation of the same muscle.
2. Extremely soft and simultaneous PMC of the surrounding muscles during about 5 breathings.
3. One BMC of the surrounding muscles during 2-3 seconds (1 quick exhalation). The purpose of the "hard" ballistic contraction of the surrounding muscles is to inhibit the return of the blood flow (isometric tourniquet effect) from the injured muscle to improve its temperature and feeding. But this blood constraint must be short because a longer contraction would produce a quick energy and oxygen depletion inside the surrounding muscles, defeating our initial purpose. Besides, such sort contraction times allow a good control of the shaking. The only problem with this phase is the risk of a painful co-contraction (or antagonistic action) of the injured muscle. If you are not sure of controlling perfectly the BMC keeping the injured muscle relaxed, don't perform this last step or substitute it with a new soft SCC. The results are very good in any case.

#### **4.2. Focused relaxation**

The focused contraction techniques can be used also to induce a very deep localized relaxation of an isolated muscle. The best way to properly improve the relaxing ability of a muscle is a cyclic combination of SCC + hard BMC.

Perform a soft and very definite isolated control of the desired muscle during 10 slow controlled breathings. Without rest, do a hard (without strain) BMC contraction of the same muscle. You should observe that the hard BMC tend to involve a considerable amount of antagonistic action to keep the contracting muscle in its position (remember that such sudden tension should produce a muscle shortening and joint motion in stretched positions). Repeat the SCC

contraction without rest and eliminate the tension as slowly as you can, trying to feel the least muscle residual contraction until the end. With some practice you should be able to relax the same muscle voluntarily without the need of any previous contraction.

This is an enhancing mind-muscle link learning technique that will allow you to achieve deeper localized levels of relaxation. Focused relaxation must be used in combination with strong visualization of the energy flow throughout the body for best results.

The last and most important application of focused relaxation is focused mental relaxation by means of biofeedback from all the muscles in the body and extreme will power visualization from and to the mind. The final result is the ability to direct the largest possible amount of energy to perform a definite task.

## **5. Multiple and combined controls**

### **5.1. Maxick's full contraction test**

This test is very simple, but it is an excellent indicator of the level of coordinated voluntary contraction you have. Try to contract all body muscles (except the muscles of the face if you prefer) simultaneously or in a sequence, keeping the contraction of all of them for a complete exhalation. Do not allow your muscles shake and do not force yourself.

The muscles that are more poorly contracted are those which need a more careful and dedicated training.

### **5.2. Static poses**

The purpose of static poses is a better visualization of the muscles of the body, aiming beauty and symmetry. Unfortunately, many people think that MC reduces to this. Static poses should not be confused with MC isolations, because its purpose is the coordinate contraction of several muscle groups.

The possible combinations of muscle groups in order to produce a static pose are almost endless. I suggest the coordinate contraction of large muscle groups (the "muscle armor") or the simultaneous performance of very difficult voluntary isolations (for example, a simultaneous abdominal central isolation and pectoral

contraction with stretched arms in a crucifix pose).

### 5.3. Posture reinforcement and virtual training

This technique allows you to reinforce specific muscles in the positions that you must hold in certain exercises. This technique was profusely used by almost all old strongmen, because it permits the development of extreme levels of strength without the risks involved in heavy weights. Generally dumbbells of about 10 kg weight were used to feel the necessary muscles. The key is to feel the contraction of exactly the muscles you need to perform some exercise or strength test and to mentally increase the contraction to the desired extent over the worked muscles, relaxing the others (to keep energy and avoiding muscle interferences).

### 5.4. Muscle dancing

This is probably the most funny and spectacular form of MC, although it is not intended for muscle or strength development.

The best technique to learn muscle dancing is PMC after a solid SMC (static) foundation. Using PMC the muscles are almost automatically ready for quick contractions while you can easily keep the surrounding muscles relaxed.

## 6. Dynamic muscle control

Dynamic muscle control (DMC) is usually confused with “visualized resistance” methods in which antagonistic braking tension is used. Certainly is very difficult to perform an isolated moving muscle control, especially in stretched positions (where antagonistic tension is necessary to keep the muscle position fixed without motion in SMC).

Old time strongmen used to lift relatively light weights or to perform body-weight exercises (even gymnastics and hand balancing) to train the muscles in motion. Maxalding is not an exception to this rule, but remember, as Maxick stated, that all external resistance exercises in motion are only mere means to train the body in specific skills, the real strength developer must be the internal contraction generated by mental concentration during the movement.

The key to learn proper DMC is to do an external resistance exercise (for example, some push ups) trying to keep all muscles as relaxed as possible, so relaxed that the actual performance of the exercise would be difficult. Study carefully the precise muscles you need to contract to produce the desired movement.

Rest a pair of minutes and repeat the same exercise, but now try to contract voluntarily and powerfully (without strain or shaking) the involved muscles, keeping the rest relaxed as previously.

With a lot of practice you will be able to reproduce the same level of contraction and relaxation without the need of an external resistance feeling, although some level of bodyweight resistance from time to time is good to keep equilibrium, balance and bone reinforcement.

## **7. Aerobic muscle control**

Certainly you can achieve aerobic levels of muscle work with MC, especially if DMC is used. Here you have some suggestions to perform safe and productive AMC (aerobic muscle control).

1. If you use SMC, do long contractions (over the 30 breathings each) on large muscle groups (upper body, legs, even the entire body), but never surpass the 30-50% effort level, because such long contraction with higher tensions would produce a lot of nervous drain. A very good pose for practising AMC is the position you would sustain in a pull up hold in the middle position.
2. You can perform also a large number (50-100) of PMC pulses with every muscle of certain areas of the body. This technique is most suitable for arms and legs, because the core muscles have in general a slower response (they work better with definite hard BMC).
3. The best technique to achieve quickly and aerobic effect is obviously DMC, especially muscle controlled exercises like "walking in place", described and illustrated in the previous article.

## **8. Increasing ballistic muscle control**

This technique is based in a pure MC performance of the bodyweight exer-

cises in little steps throughout the entire range of motion, but without external resistance.

You must adopt the position corresponding to one exercise and then you perform the MC of all muscles implied in such exercise from the most contracted position to its most stretched one. The contraction must be done ballistically (contraction during one explosive expiration and relax during the inspiration) and continuously along the complete range of motion every 2 or 3 cm interval.

This technique is complementary to the DMC of the same muscle groups and they should be combined in a cyclic or ladder form for improved results.

## 9. Combined bodyweight exercises

There are a lot of excellent literature about bodyweight exercises, so that I am not going to do here a detailed description of such subject. I want only to suggest the performance of certain very effective combined exercises which do not demand any dangerous leverage position, but they permit a fairly good progression and strength development.

The key exercise of these combinations will be the front bridge (exercise PP of Maxalding). The front bridge is one of the most complete exercises, because it involves almost every muscle in the body and demands a great amount of strength and control<sup>3</sup>.

Here you have some examples:

- *The Saldo burpee.* This exercise works all the body very effectively and produces a remarkable aerobic and anaerobic enhancement in a short time. The progression should be careful to avoid any strain, especially in the back muscles. Inhale in the raising actions and exhale in the descending ones. The Saldo burpee has the following phases (all positions should be performed with MC contraction):
  1. Toe raising.
  2. Descending squat.
  3. Stretch the legs backwards as far as your body achieve a push up posture.
  4. Perform 1 push up.
  5. Slide your feet as far as you can (be careful) to the point your body is

---

<sup>3</sup> Thanks to Raymond Brennan for naming some exercises.

almost parallel to the floor (exercise PP).

6. Return to a push up posture and do 1 push up.
  7. Open your arms very slowly to both sides as far as you achieve a crucifix position (descending motion of exercise ZZ, but don't slide, it can be dangerous if you lose control, your fingers should point to the sides perpendicularly to the trunk line).
  8. Raise your body explosively (but without any straining) to a push up position (exercise ZZ).
  9. Perform one more push up.
  10. Contract your legs forward to achieve the lower posture of a squat.
  11. Do a raising squat.
  12. End with a new toe raising.
  13. Repeat ad lib., although more than 5 repetitions are not necessary for developing great strength and balance.
- *The Strongmax bridge.* This exercise is far safer and more effective than the classical wrestler's bridge. It combines in a cyclic form the Maxalding half bridge (exercise AA) with the Strongfort bridge. The sensation would be similar to floating over a wave. Do this exercise always over a soft surface like a firm bed and as slowly as you can. Performance steps:
    1. Do the raising phase of the half bridge (inhale). Your arms should point backwards.
    2. Lower your body stretching all your muscles (exhale). Your arms should rest over your hips.
    3. Raise your body resting only on your shoulders and heels (inhale).
    4. Lower your body contracting especially the back muscles (exhale).
    5. Repeat ad lib.
  - *Floor virtual swimming.* This exercise can be very demanding on some upper body joints if excessively done, so don't overdo it. In fact, floor virtual swimming is the best replacement of pull ups (without the risks of handstand push ups) I have found without any appliance within the Maxalding philosophy.
    1. The first movements of virtual swimming are the same as the Saldo Burpee, but once you have achieve the first push up position, go dir-

ectly to a front bridge position without a previous push up motion.

2. Now, go directly from the lowest position of the front bridge (PP) to the lowest position of the front crucifix (ZZ) slowly in little steps opening progressively and circularly your arms to both sides. This is the hardest part of the exercise.
  3. Perform the ZZ exercise explosively (but carefully) to return to a push up position.
  4. Repeat the sequence doing new cyclic front bridge + front crucifix movements. A very few repetitions of this exercise are usually necessary, because it is very complete and demanding.
- *Floor pull ups.* An alternative way to work the upper body trying to simulate a pulling action without apparatus is the floor pull up, based again in the extremely useful front bridge (PP). Perform a front bridge but in this case you should allow a little higher distance from the floor (about 30 cm) in order to be able to do a definite forward pulling action. In this exercise, contrary to the previous ones, you should not allow your body to raise to a upper push up position, but you must keep constant the 30 cm distance from the floor, this is the key of the remarkable resistance you can produce, even greater than in a normal pull up raise. Return to the front bridge position and repeat ad lib., but don't overdo it. You can vary the amount of tension in different areas of the upper body varying the aperture angle of the arms. The hands should be firmly secured on the floor, but the feet must be able to slip over the surface to perform correctly this exercise. The floor pull up can also simulate the movement involved in the "tiger bend" (FLB exercise of Maxalding) very powerfully, but horizontally instead of vertically.
  - *The Saldo squat.* Monte Saldo observed that the legs of russian dancers exhibited an incredible development and strength. He attributed such development to the quick sequence of one leg squat movements involved in russian dances. Unfortunately, one leg squat is an exercise that depends a lot on the leverage properties of the individual. Extremely strong people are unable to accomplish this feat due to a lack of the correct bone and joint body ratio. The Saldo squat is a variation of the Maxalding squat that allows one leg motions, but with constant support of the other leg to keep leverage. However, the additional support is carefully designed to allow a powerful one leg action, so, if properly done, this exercise can be almost as effective as the one leg squat.
    1. Do a tilted Maxalding squat (exercise X), but with the other leg

stretched to its side, so that in the lowest position, one leg is fully flexed and the other is fully stretched to the opposite side.

2. Try to move your stretched leg, without flexing it, to the front with a circular movement, keeping the other leg flexed and fixed in its lowest posture.
3. Now, raise your body with the effort of the flexed leg, keeping the heel of the stretched leg (don't flex it along the entire exercise performance) in touch with the floor.
4. Interchange both legs and repeat ad lib.
5. This exercise can be very difficult if you lower your body as much you can. If you experience some knee problems, you can lower your body only to the point you notice the most intense quadriceps contraction.

Combining these exercises you can achieve very brief, intense and effective workouts that hit practically every muscle in the body.

## 10. Muscle control competitions

### 10.1. Static MC

The purpose of MC competitions is to encourage the performance of new and more challenging isolations, to promote a healthy way of life and to develop the Maxalding philosophy of body-mind reinforcement, interchanging freely our limited knowledge. Maxalding competitions should not be considered by any means a way to show superiority to other Maxalding students. Every Maxaldist is in continuous development, because the achievement of a perfect mental and body control is impossible in this life. Remember always this, *there are not Muscle Control masters, only more or less advanced students*<sup>4</sup>, because who consider themselves Maxalding masters, have failed miserably in the most important MC premise, the endless search of perfection.

The SMC stage of a Maxalding competition should focus in the following points:

- Effective isolation of the desired muscle.
- Pure mental control of the muscle (lack of supporting action, like hand

---

<sup>4</sup> I modestly think that even Maxick, who developed and practised MC throughout his entire life would agree with this statement.

pressure, etc.).

- Performance of the control in difficult positions (rotated and stretched joint postures).
- Degree of contraction without muscle shaking.
- Relaxation of the surrounding muscles.
- Antagonistic inhibition.
- Muscle definition.
- Ability to isolate the tendon action pulled from the controlled muscle.

### **10.2. Ballistic MC**

BMC should focus in the following aspects:

- Effective isolation of the pulsing muscle.
- Speed of performance.
- Degree of contraction without antagonistic response.
- Relaxation of the surrounding muscles.

### **10.3. Dynamic MC**

DMC performance should be judged with this conditions in mind:

- Homogeneous control of the desired muscle or muscle group along its entire range of motion.
- Lack of muscle shaking.
- Inhibition of any interference effects from the surrounding muscles.
- Correct performance with varying degrees of tension and speed of motion.

### **10.4. Combined controls**

Combined controls should help to the coordinated development of different, not antagonistic, muscle groups and to produce beautiful and harmonic poses of natural and healthy muscles.

## **10.5. Muscle dancing**

The performance of muscle dancing ranges from simple coordinated PMC (pulsating muscle control) exercises to real synchronized muscle pulsations with music.

Perhaps, muscle dancing could be studied and progressively developed throughout a careful sequence of specially designed exercises, like gymnastics or classical dance. Unfortunately, my skills in this regard are so negligible that I am not qualified at all to progress further in this interesting subject. However, I think that a serious muscle dancing exercise design would be of great benefit to the body-mind coordination development of children.

## **10.6. Combined competition**

This should involve a combination of the most prominent control skills of SMC, BMC, DMC and PMC in a unified way.

# **11. Internal muscle control**

## **11.1. Heart control**

This is one of the most important and hardest pure mental control one may try. It is documented that Maxick developed this ability and used it until the very end to predict its own death with amazing precision.

Obviously a pure mental control of the heart is limited (fortunately!) by the fact that the pulse is regulated by automatic and involuntary processes. Generally, the main use of heart control is complete relaxation in combination with the other, previously studied, relaxing techniques, although some “accelerating methods” can be useful in certain situations.

The first step in the performance of heart control is the mastery of heart induced relaxation by means of SCMB and post MC induced relaxation plus thermal induced relaxation.

In first stages it is very convenient to rest comfortably on the bed with perfect silence to achieve a correct temperature (warm but not hot) and self breathing and pulse consciousness.

We can achieve progressively higher levels of heart relaxation in this sequence:

1. Interlace your fingers over your chest and rest your hands softly over the heart area. This will allow a slight temperature raise in this area which will produce a thermal induced relaxation.
2. Begin a sequence of increasing longer, but completely relaxed, SMCB.
3. When you feel that you have achieved a reasonable level of relaxation and your pulse begin to drop, perform 1 perfect MVB and follow with SMCB until you recover the previous relaxing state. The MVB produces an internal (but safe) overpressure that demands a heart overwork, like an indirect MC heart contraction. In this way we are able to produce a subsequent post MC induced relaxation of the cardiac muscle.
4. Repeat (3) until you feel that your need of oxygen decreases and you are more conscious of your pulse beats.
5. Forget to focus on your breathing pace and focus in the pulse rate. Visualize your heart and how the energy should flow to it, concentrate your mind in the heat you should notice in your hands and fingers and how it flows inside the body through the heart, relaxing it.
6. Imagine your heart muscle and try to feel it as you feel any other controlled muscle. Now, apply the same relaxation effort to it. Believe it or not, with practice and proper concentration, it works! The heart reduces its pulse and begins to be responsive to our mental orders within the safety margin demanded by our involuntary mechanisms. I have been able to achieve statistically significant reductions of 10 or more beats per minute with regards to my rest pulse with these techniques.
7. In extreme advanced phases of heart control, some individuals, like experienced yogis and some free divers, can reduce amazingly their metabolic, breathing and pulsing rates.
8. After you master the resting control method you can adapt it to any other situation, focusing your mind first in reducing your breathing rate and afterwards your pulse. Even, with a lot of practice, you can achieve a reasonable direct control of the heart by visualization means without the previous SMCB phase.

There are some safe pulse accelerating techniques in case you need to perform some sudden effort from a relaxed state. These techniques are convenient to adapt the body systems to achieve a quick peak performance. In extreme situations, you should focus all your energy resources in the muscles that have

to accomplish the task while you try to achieve a good visualization of your internal state to keep a good balance between relaxation and awareness. In fact, the body usually cares itself of properly accelerating the heart in stressing situations, so the problem is to relax it in order to keep energy and mental focus. But, you have here some ways to pre-accelerate the heart.

- Perform several MVB in a row without rest, but keep good breathing form, don't allow any suffocation sign.
- Do a quick sequence of PMC of large muscle groups, ideally the whole body, and end it with a powerful full ballistic MC contraction.
- Contract softly every body muscle from head to toes simultaneously during about 10 breathings and then do 5 powerful BMC full body contractions without rest.

## **11.2. Control of the digestive organs**

The control of the digestive organs is achieved by means of proper self massage of the intestines by means of MC of the abdominal wall. In this way we can mobilize the internal fluids and improve the digestive functions.

We can distinguish several levels of digestive control:

1. Beginner: Drink a (not large) glass of warm water and perform a sequence of 5 abdominal vacuums with proper breathing between each of them. Rest during 20-30 normal breathings and drink now a glass of cold (not ice cold) water and repeat the same vacuum action.
2. Intermediate: Drink a glass of warm water and perform a sequence of consecutive lateral isolations from side to side (left – central – right) in both directions. Rest during 20-30 breathings and repeat after drinking a little glass of cold water.
3. Advanced: Drink a glass of warm water and perform a sequence of pure voluntary controls of each isolated section of the rectus abdominis from top to bottom and from side to side and in reverse order. Rest and repeat the same operation after drinking a glass of cold water.

### 11.3. Maxalding internal cleansing techniques

In his book *MAXALDING*, Monte Saldo suggested the possibility of using MC as a very effective internal cleansing method. This ability is based in a combination of proper oxygenation by means of full tidal SMCB, improved circulation and internal fluid mobilization by means of digestive control and additional pure water supply. These techniques are convenient to general health improvement and, especially, in cases of slight contamination due to poor quality food or drink, smoke, ...

In beginner and intermediate stages it will be sufficient to perform some digestive control and to drink regularly a glass of cold water at least every 1/2 hour.

In more advanced phases you should perform cyclic digestive controls every 30 min with additional water drinking (with care and without strain) and PMC of the isolated sections of the abdominal wall. Finish always with a central abdominal downwards MC control sequence in order to eliminate the waste products. The abdominal MC controls should be done with SMCB to improve body oxygenation, so if you need to hold your breath to keep the vacuum, don't try this advanced method.

In any case, try to flush your internal systems by means of soft thermal shocks (warm and cold), finishing always with the cold one, while you relax your muscles and focus your breathing, energy and mental visualization in the recovery of your internal balance and in the production of new healthy tissue.

### 11.4. Control of some internal functions

The final aim of internal control would be the regulation of our own metabolism. Though this could sound like science-fiction stuff<sup>5</sup>, in fact, the simple voluntary regulation of our breathing (by means of SMCB, for example) produces a series of chemical effects, that, indirectly at first and more directly after years of patient practice, can be used to regulate our own internal functions to some extent.

The most simple mechanism of metabolic regulation is by means of the control of the amount of CO<sub>2</sub> in our blood. A greater proportion of carbon dioxide induces relaxation and changes the blood pH with some deep effects over other

---

5 In fact, there are continuous references to this ability in the the Frank Herbert's science-fiction masterpiece *DUNE*. Thanks to my friend Tak for noticing such interesting reference.

body functions. The amount of carbon dioxide can be increased by means of careful CBH use, as explained before in [section 1.3](#).

Besides, analytical ultra precise MC techniques could be used to press some internal lymphatic vessels and even endocrine glands to enhance or induce their secretion, acting so voluntarily over the hormonal balance of the body. Ultra precise MC could be studied also as a means of self induced acupuncture.

Unfortunately, these extremely interesting points are very poorly studied. Perhaps, I will be able in a future to explore them in further detail.

### **11.5. Mental reinforcement induced by muscle control awareness**

MC develops to the extreme the mind-body connection by means of a biofeedback process that reinforces the mental strength as much the muscular one.

Besides, the relaxing abilities involved in the learning of MC permit a wiser use of our own energetic resources. We can use the energy saved by means of relaxation to improve our mental awareness in both daily and critical situations. In this sense, proper visualization and concentration are fundamental.

Here are some suggestions to improve our mental performance by means of MC practice.

- Practise MC using the *oscillating contraction and concentration technique* (or oscillating muscle control, OMC, for brevity). This is a very mental productive mean between the SMC and BMC methods. Isolate a muscle very slowly, feeling how the increasing tension demands more mental energy. Try to tune your contraction very precisely by pure mental awareness only while you are inhaling (use synchronized SMCB). Raise your tension level above the shaking point (apply the OSMC technique) and stabilize the contraction just at the beginning of the exhalation. Exhale very slowly, decreasing the tension in the same amount, but don't eliminate it completely, try to distinguish the lowest level of contraction you can achieve without relax. Repeat 3-5 times without rest. This method can be very neural demanding, use it carefully.
- Use precise focused relaxation (PFR) to develop the mind-body link from the other perspective. Perform a slow full body contraction and try to relax only one muscle while you keep the other contracted. This is a very difficult technique.

- Combined MC, sequential contraction and muscle dancing can be used very effectively to develop coordination skills.
- Quite amazingly, the mind acts like a “muscle” whose function is to think (among other very important things) and can be developed applying analogous techniques. So you can (and should) use Mind Control the same as MC (fortunately, both terms have the same initials). Visualize all your senses, thoughts and feelings and apply reflective control over all of them. Train your own thoughts the same as you contract your muscles. Use an energy loop for this, imagine that you have to “contract” (force or work) your own mind, redirect your neural energy to your upper cerebral functions. Analyse all your involuntary actions (breathing, pulse, digestion, sleep, pleasures, pains, ...) and study how they affect your deepest being. Be confident in yourself and try to make them voluntary. Maxick mentioned how he achieved such control level by means of the devoted practice of MC.

### 11.5.1. Internal sensing

Internal sensing is best developed in deep relaxation states. I recommend the use of some of the voluntary relaxation techniques to achieve a good level of general relaxation.

Try to visualize clearly the energy flows in your body in such state and how the slightest variation can affect them. Focus your attention progressively in your breathing, your pulse, your mind (trying to liberate it from any spurious thoughts) and finally concentrate in your own self reflectiveness, exploring your deepest being. Dive into the core of your existence, discovering its limitations, but also its infinite projection, which will allow you to surpass such shortcomings. This process is known as *introspection*.

After a successful introspection you should feel plenty of mental power and with a profound sense of peace and well being.

### 11.5.2. Enhancement of external sensing

In relaxing states you can decide to focus your concentration on the external sensations instead the internal ones. The key is to employ the neural energy usually used to contract the muscles for improving our vision, hearing ability and skin sensibility among others. In very relaxed states you do not need al-

most any contracting energy, so if you force your mind to keep itself alert, you should notice a relative improvement in your sensing abilities.

### **11.5.3. The integration of the holistic and analytic visions**

The Western mentality is analytical and the Eastern one is holistic in general. Both ways of thinking are necessary and must be integrated in a complete vision of our own life.

The MC learning process is extremely analytical, because it develops higher and higher degrees of muscular isolation, almost the opposite of many usual meditation practices. This method is by far the most scientific and long term productive, but it would be useless if you are unable to combine all the isolated aspects into a unified vision of yourself and your connections with the external world. This philosophic view of exercise states a very clear difference between Maxalding and bodybuilding. Maxalding pursues the final perfect union of body and mind into a superior level of personal perfection.

## **12. Mind body connection**

### **12.1. The development of Will Power**

Will Power could be defined as the ability to do what must be done, instead what we want to do in a certain moment. MC tries to teach your muscles to act correctly in every situation, without interferences. Your mind should dominate your body in every moment by means of MC, the same as you should dominate always your own mind by means of Will Power.

In fact, all important things are done by means of Will Power. Even the power of our reasoning and science are based ultimately in our confidence in the intelligibility of the Universe and in our belief that we can act over the world, changing it and making it a better place to life, if we want.

### **12.2. The achievement of self control**

Self control is the last step in the study of Maxalding. For Maxick, self control implied the lack of any bare need except the essential feeding of the body sys-

tems, even in this regard it is known that Maxick ate less food than the average person. Self control and Will Power are intimately related, reinforcing themselves with each new voluntary action.

Self control is developed in the same way as MC. Try to isolate the fundamental aspects of each action, distinguishing the important facts from those that interfere with your main aim and avoiding any “antagonistic” desire that could be opposite to the achievement of your main aim. “Antagonistic” action is avoided by means of voluntary “mental relaxation”. Every time you think that some necessary effort is unaffordable, analyse the causes, try to relax them and control the situation focusing all your energy in one definite (isolated) action each moment. It is very remarkable that Monte Saldo finished the Second Part of his MAXALDING book with a FINAL WORD about worrying and its terrible consequences.

The main aim of every maxaldist should be always perfection. Every maxaldist must be a friendly and helpful person, because the study of MC should reveal you all sort of self limitations, difficulties and shortcomings. The knowledge of our own weaknesses is the first step towards surpassing them, turning them with patient practice in your best allies when a difficult situation arises.

### **12.3. The self control – freedom relationship**

Just before passing away, Maxick donated us a deep thought that reveals the connection between the achievement of true self control and real freedom. True freedom is concerned with the lack of any internal contradiction and the best way to develop this internal well being is self control. MC is difficult because many muscles seem to be insensitive to our orders at first. The same occurs with all our voluntary actions, a lot of times the difficulties seem to surpass our abilities and powers. In such cases we feel overwhelmed and trapped. Self control help us to isolate the effect from the cause, opening so new possibilities to solve the problem. Separating the cause from its negative effect over our mind, we will feel ourselves much more free and capable.

Life is too short to waste our time trying to struggle with our own contradictions, instead of trying to make things a bit easier using our energies for performing really important things.

#### **12.4. The science of self control and individual spirituality**

Self control is a lifelong discipline that can be developed and studied in an analytical, then scientific, way. The enhancement of our internal freedom allows a happier and richer spiritual life. Because, when self control allows a perfect coordination between mind and action, the soul – body dichotomy disappears.

Unfortunately, the influence of some biased and very restricted visions of present science tries to eliminate the extremely important spiritual aspects of the human being. This artificial separation produces two very harmful extremes.

In first place, there are people who negate the need, even the existence, of our spiritual nature in the name of “science”, turning so science in a kind of modern, (falsely) verifiable “religion”. This point of view is absurd and absolutely sterile for both the human perfection and the science development.

As a desperate reaction to the previous point of view, some people try to justify their beliefs turning certain difficult scientific theories in a mixture of mystical misconceptions.

I feel completely amazed (and very angry too) when I read all sort of absurd statements that pretend to use Quantum Mechanics as its last resource of validity, even in the field of Physical Culture. Most people, when they hear about “Quantum Mechanics” think immediately about some kind of esoteric knowledge, very poorly understood, which can validate any following reasoning. Fortunately, I can assure you that we know a lot about Quantum Mechanics, because it is a very good established theory with almost a century in existence. Similar things are suggested from another scientific branches, like Biochemistry, when we must read such reductionist absurdities as that all our feelings, like love, friendship, altruism, faith, ..., are the result of mere chemical reactions.

It is a pity to see how people is easily ready to believe such pseudoscientific lies, and find so hard to face the eternal and really important questions clearly stated by the Philosophy and Religion from the beginning of our civilization.

Maxalding is unique in this regard, because it represents a clear equilibrium point in the development and self study of our *mind – body – external world* relationship. The serious maxaldist will be able to apply this hard learned balance to all aspects of his or her life, from internal freedom and spirituality to the effective realization of daily practical duties.

## 13. Acknowledgements

These articles about the Principles of Maxalding and Muscle Control would not be possible without the unselfish help of a lot of good friends. First of all, I want to express my deepest gratitude to Roger Fillary, Gil Waldron and Ron Tyrrell for making the Maxalding and Sandowplus websites freely available for all of us, for their invaluable support, wise comments and endless encouragement.

The naming of all Maxalding forum members who had contributed with their invaluable ideas and comments to the writing of these articles would be almost impossible. It is a real privilege for me to share with them our Maxalding knowledge and devotion.

I want also to thank my family their understanding and a lot of funny jokes about my “strange poses” and the extreme concentration expression of my face (they thought that I was in some kind of dangerous trance at first) when I practise Muscle Control.

Finally I wish to remember here the memory of the founders of Maxalding, Maxick, Monte and Court Saldo. They deserve our eternal gratitude for researching, creating and developing the deepest and most perfect Physical Culture system of all times. I hope that these modest articles will contribute to keep alive their marvellous discoveries with admiration for their achievements, fidelity to their ideas and respect for their model lives.