

“The Breath” Instructions

Beginning Practice Steps

1. Lift up your perineum, your pelvic floor - Same muscles used for intercourse and elimination. (Kegels for women and for men it is best described by lifting your flaccid penis with your muscles) - Do not hold your breath and squeeze those muscles and hold for 5 seconds. Do this 3 times or so to gain conscious control over the muscles.
2. Now, contract the same muscles in the perineum and at the same time contract the muscles in your lower abdomen. Pull your lower abdomen up and in locking down your first 2 energy centers. Hold for 5 seconds and repeat 3-5 times. Remember to keep breathing as you are practicing this.
3. Next step is to add your upper abdomen. Contract your perineum, lower abdomen, and then upper abdomen and hold for 5 seconds. You are now tightening your entire core. Hold all of those muscles for 5 seconds. Repeat 3-5 times.
4. Changing it up a bit. Take your finger and place it at the top of your head, and work your nail in to the center of your scalp so you will remember where that point is once your finger is removed. Remember, where you focus your attention is where you focus your energy.
5. Put your hands back on your lap and without contracting the muscles yet, take one slow, steady breath through your nose. Follow your breath from your perineum, through your lower abdomen, upper abdomen, the center of your chest, through your throat, to the top of your head (where fingernail was). At the top of your head hold your breath and keep your attention right on the top of your head and let your energy follow your awareness. Repeat this a few times. Now it's time to put it all together.

“The Breath” Exercise

With your next breath, inhale through your nose, pull those muscles up and in at the exact same time. Start by locking the muscles of your perineum, engaging the muscles of your lower abdomen and upper abdomen. And as you squeeze those muscles in each center - with the intention of pulling all of the stored energy in the lower body into the brain - follow your breath through each of those center 3 centers. As you squeeze those muscles and lock those first 3 centers down, pull your breath up through your chest (4th center), then through your throat (fifth center), then through your brain (the sixth center). Pull it all the way to the top of your head, keep your attention there, and hold your breath as you keep squeezing your core muscles. Hold for about 10 seconds and relax as you exhale. Then repeat 3-5 times.

*This exercise is guided in the audio files.

Science behind it - cerebral fluid travels through the spine carrying new proteins and information to the brain and this process usually takes about 12 hours, only happening 2x a day. With this exercise you are actually forcing that fluid to travel more quickly. Thus, giving more proteins to the brain while creating more neural networks.