



CENTRAL CHANNEL BREATH

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Breathe as if you are moving energy through your body, guided by the breath. Breathe from deep in the abdomen, extending it on the inhale and compressing it for the exhale. Breathe with your concentration from over the top of the head, down through a central channel of the body, to beneath the tip of the spine and into the earth.

The concentration must follow through each energy center in the core of the body without skipping any portion.

Inhale to the heart/core/abdomen and exhale to above or below the head or tip of the spine. Next, inhale from the same direction the previous exhale ended. This connects the energies resonating higher than the physical realm with the supportive energies from within the body and with earth itself, providing a channel, a bridge, for deeper integration of all of our resources.

More **fierce versions of this breath serve to pierce through dense tissues** with energy flow to create an opening of the system. Whereas slow deep intentional versions of the same breath will serve to integrate the subtle energies and relax an individual when under stress or with prolonged periods of mental concentration. The most important aspect is that you follow the breath with conscious concentration all the way up and down the system. * Again, integration happens with a slow and conscious breath.

Mula Bandha: *Root Lock.* Contract sphincter muscles, base of pelvic floor, and lift upward from within. Never release **Mula Bandha** during the inhale or the exhale. Contract these muscles while performing Central Channel Breath from over head and through the body to below the tip of spine.

This improves vitality, accesses second-chakra energy, and cultivates inner wisdom, “trusting the gut.” Use this when needing to settle into one’s inner knowing.

