

# Chakra Breathing

## **About the exercise:**

Chakra breathing is designed raise your kundalini energy, to open you, and to balance your whole self. You will be working with Prana, the life force energy, that energizes your whole being that is an integral part of the breath. Using your breath and focus, you will raise the kundalini energy up through the spine, and, in the process awaken and balance your chakras, the energy centers situated in strategic locations throughout the body.

You may experience the Prana (or Chi) flowing, you may perceive warmth in the area of your focus, or a sense of the Chakra filling with energy. You may feel a rush of energy, or you may perceive something completely different, unique to you.

Many people experience a wonderful sense of well being, as though their body is more balanced. They may feel more energy when after doing this exercise. The more you practice, the better it can get. In fact, you are opening the spine to allow the kundalini energy to flow.

If, while doing this exercise you find yourself experiencing thoughts or visions that disturb you, relax and let them go. It's just old "stuff" coming to the surface to be released. Relax and let it go. If you have trouble letting it go use the vaporizing box technique.

## **Practice:**

Sit with a straight spine, either in cross legged position, or on the edge of a chair, so as not to pressure the perineum.

Tuck your chin in slightly. Inhale and exhale through the nose. Let your belly expand on the inhale and contract on the exhale. (or, if it's easier, inhale and exhale so you can hardly feel it). Your breath is even and consistent.

The tip of the tongue is on the upper palate, just behind the front teeth.

Breathe through each chakra, one at a time, 3 minutes per chakra (start with 1 minute, and work up gradually!) beginning with the first Chakra, at the perineum, and working up to the seventh chakra at the crown.

When you have finished with each chakra, focus on the area around you and energize this strongly again with your breath for about three minutes.

When you have finished, notice the smells and sounds in the room, then rub your hands together and wash your face with your hands up and down three times (you can also run your fingers through your hair). Then get up and go about your day.