



# TAO YOGIC BREATHING PRACTICE BOOK

Written by

***Minke de Vos***

Senior Universal Tao Instructor

Silent Ground 2009

Silent Ground, #12 – 1601 Comox St. Vancouver, BC, V6G 1P4 Canada 604-669-2505

[www.SilentGround.com](http://www.SilentGround.com) [minke@silentground.com](mailto:minke@silentground.com)

# Yogic Breathing

## Training in Full Body Breathing and Chi Cultivation

*Unique breath work unlocks the secrets of healing!*

### **Breathing holds the key to healing**

Breathing fuels and mobilizes the development and circulation of all the energies in the body. Thus, breathing is the key to healing and health on all levels. Controlling your breathing you can master your life force and your life. The lungs are flywheels for all energies in the body. The breath taps into unlimited resources of the universe: powers that connect us to our multi-dimensional being. Mastering the etheric flow of the breath links up body, soul and spirit.

**These highly original tools** have the power to awaken the giant within you, through synthesizing brainwave technology and time-tested yogic practices. It unleashes the power of evolution, Kundalini, to work in creative, mysterious and wonderful ways.

**Breathing generates the energy** to accelerate your growth, builds confidence and flexibility to adjust to life with ease. It makes you calm, centered and focused. Circular Breathing relaxes, cleanses and mobilizes chi circulation. Breath Retention builds internal energy, stability, concentration and empty force. Alternate Nostril Breathing balances Yin and Yang energy.

**Rhythmical Sound** has a long tradition for regulating and harmonizing the breath. Theta brainwave frequencies open doors to subtle realms and facilitate the transformation of our unconscious. Precise technology is based on sound esoteric principles. This safe, effective practice integrates the best of ancient wisdom and modern knowledge.

### **General Guidelines**

*Become aware of the rise and fall of the breath Breathe with your whole body from head to toes. Consciously connect with the energy of the universe. Smile. Circulate the energy in and around you. Gather the essences. Rest.*

**Rhythm** - The energy body thrives on rhythm, like a plant growing through the seasons. The soul's development is nourished by this energy. Rhythm is measure and measure is morality. Coherent rhythms of the breathing and the heart harmonize the body/mind.

Breathing rhythms can be made steady by using the CD or Light & Sound programs. Alternatives are listening to a clock ticking, a metronome or your heartbeat.

**Posture – Lying Down** - Generally it is best with the spine straight, sitting, lying flat or standing. When lying down, it is best to lengthen the neck without a cushion under the head or use a very thin one if needed. A thick cushion will throw the head out of alignment. To breathe into specific areas, one can lean the body to one side to stretch open the upper side. Lying down allows for deeper relaxation so the breathing can lengthen much more in this posture. It is quite advanced to keep alert as the body relaxes, without falling asleep.

Lift, lengthen and lower your head and lower back to open the spine along the floor.

**Sitting**- On a cushion that is folded in the back will create a downward slant, like a meditation bench. This helps to align the sacrum. When the chi pressure increases, it will “hold” up your back. Sitting freely reinforces the practice of pumping up or supporting the erect posture with breath pressure rather than muscular effort. Let the breath hold you up effortlessly. Vertical posture helps to align with heaven and earth. Breathing tends to be not as long when sitting up compared to lying down.

**Effect of Diet** - If your energy feels sluggish and the body has a lot of dense resistance; you may try experimenting with the quantity and quality of your diet.

**Breath Length** - Start at a comfortable, unstrained breath length. Gradually challenge yourself to extend your imagined limits by breathing into more and more places, filling, energizing, penetrating and relaxing them. Build internal balance with slow (Yin) and deep, full (Yang) breathing.

**When** - Best to practice deep breathing not directly after a meal. During the day, pause in the middle of your personal complexities and busy life and take a breath break, rather than a coffee or smoking break. In the mid-afternoon when energy levels drop, a power breath can recharge and centre you. Spend about 10 minutes when you arrive home to unwind and restore your energy.

In the morning, you might choose Breath Retention to warm up your focus or Circular Breathing to “get the balls rolling”. In the afternoon, you might choose Circular Breathing to relax or Breath Retention to “pack it in” and settle down.

**Circulate Energy** in the channels one at a time, then simultaneously. You can watch the currents, like trains going by from any station, e.g. the Grand Central Station at the navel centre. Become aware of the flows in the back and front simultaneously. Blow into the channels, like wind in a tunnel.

**Beginner's Mind** - Keep the breathing fresh and non-mechanical. Dissolve stray thoughts in the breath-stream.

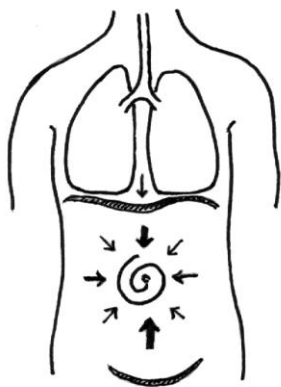
**Self-Cultivation** - When the breath breathes itself, add other meditative gestures, e.g. Fusion of the Five Elements and Kan & Li. Become aware that you are aware. Rest in the Empty Witness in which everything comes and goes.

**Smile** - Remind your self to smile into the body. The Inner Smile switches on the relaxation response and transforms stress into vitality. Transform disturbing emotions so they are not amplified by the increase in energy. Grow and empower the virtues. Smile serenely to maintain a balanced, harmonious state.

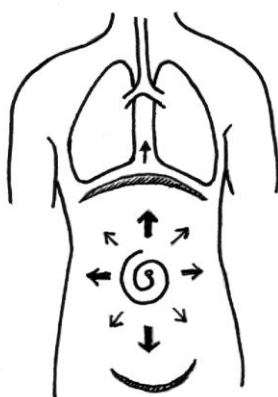
**Rest** at the end of a session to absorb the learning and collect the energy.

## Conscious Breathing

*The Breath is the Flywheel of the Body*



*Chi streams in*



*Chi spreads out*

**Breathing generates the energy** to accelerate your growth. It builds confidence and flexibility to adjust to life with ease. It makes you calm, centered and focused.

### **Diaphragm, the Muscle of the Spirit**

The diaphragm responds to all mental, emotional and physical activities.

It is the biggest muscle in the body, hinged at the solar plexus and flapping down on the kidneys at the back. With each breath it massages the kidneys and vital organs.

### **Full Body Breathing**

*Fill the body with the breath of life.*

*Oxygen is a cup that carries chi into the body.*

Become aware of your breathing. What moves when you breathe? How much of your belly and chest moves? What is your regular pattern? Are you breathing more in your belly, chest or the solar plexus area?

### **Whole Body Breathing - Full Vase Breath**

Touch the tip of the lungs (of your partner) to make the breathe to come all the way up and then push the in to make sure its going down.

If you can breathe the breath up to the top of the chest then you can not be depressed.

**Full Vase Breathing** - It fills from below upwards like filling water into a vase. Full lung capacity will show up as an expansion of the groin, belly and tips of the lungs.

**Whole Body** - Put both hands at the navel, feeling the rise and fall of the belly. This is how a baby breathes. Continue with the full vase breath, filling from below upwards, widening through the back, up to the crown. Take another breath in from the crown and mid eyebrow, and exhale, down the length of the body, refreshing every cell in the body.

**Balloon Breathing** - Allow the breath to fill out the whole body like blowing up a balloon or pumping your self up like a "Michelin Tire Man". These tires of breath pressure will hold you up so you use less muscular effort. Become aware of the expansion/ contraction in the "Chi Ball" on all four sides. Feel how everything moves as you breathe, the back, spine, head and limbs. Squeeze your floating ribs as you exhale and push out your hands from inside as you inhale. Blow down inside as you exhale so you do not loose your "Core Pressure" and deflate your chi tires or "Chi Belt".

**Ocean Breathing** - Allow the arms to be lifted by the inhalation and fall on the out wave. Gently rock onto the toes as you inhale and heels as you exhale. The chi grounds through the feet. Feel the abundance of chi, like a vast ocean within your lower abdomen. Let your skin breathe. Become one with the inner and outer Ocean of Chi. Build to a crescendo and calm down to stillness. Feel the waving energy continue.

### Spinal Cord Breathing

Inhale: Arching the spine backwards, arms stretching back. Opening wide the face, shoulders, hands, hips, knees, and toes.

Exhale: Curling forward, arms in front of chest, navel pulls to the spine, relaxing.

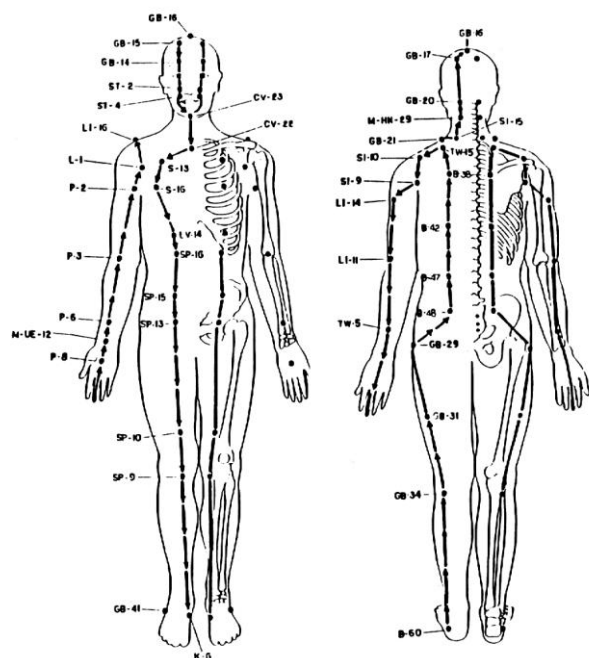
### Benefits

- Connects your mind and body
- Roots your spirit into the body
- Calms and centres the emotions
- Releases stress
- Relieves pain
- Boosts immune system
- Prevents stagnation and disease
- Detoxifies the body
- Mobilizes the life force
- Gives flow, strength, dynamic and ease to movement
- Supports posture from inside
- Makes you feel good!

## Empty Force Breathing

**Empty Force** - Exhale out fully, emptying the air out of the body, and then hold the breath out. The organs are drawn up into the rib cage 'dome'. This sucks up sexual energy to rejuvenate the body and charge the mind. On the inhale, the belly pops open as the Dome expands back down, like a flowering in the Tan Tien. This sucks in air directly into the intestines, which absorb oxygen into the blood. The digestive track has the same kind of cells for absorbing oxygen as the lungs. This gives quick access of oxygen to the lower body.

Those who have problems with their heart or uncontrolled high blood pressure should practice carefully.



Yin Side

Yang Side

### Great Bridge/ Regulator Channel

**Turbo Lift** - Bend over with back straight, hands on Wind Gates in groin. Pack a chi ball in the Sexual Palace and thrust it up with the pelvic pump, adrenal pump and cranial pump. Exhale 3 times using SSS sound to empty three Tan Tiens. Pause at the end of the exhalation. Inhale without inhaling. Feel the suction, which draws up the sexual energy. Roll "water wheels" in testicles or ovaries and the eyes.

Let the inhale pop you back into the upright, as the belly expands, like a hydraulic lift.

Feel the head rush as the chi rises into the brain.

*The more you empty, the more you can fill.*

**Roll a Chi Ball** - While holding out the exhalation, suck up a "chi ball" the back and push it down the front in the mini orbit inside. This massages the internal organs. Scoop up energy.

**Empty Force Power Lock** - In the Horse Stance, make a fist at the groin, armpits open, chest soft. Start with Genital Breathing. Pack a chi ball in the Sexual Palace. Squeeze the muscle pumps against the bones. Thrust up the sexual energy by exhaling to the pumps on the spine. Feel like a geyser is pushing up from below. Make the sound "SSS" to shoot the force up the spine to the Crystal Palace: sacrum, T11, C7, C1, crown.

Look in and up to the crown; press your tongue in the Heavenly Pool - soft palate. Inhale without inhaling, creating a vacuum suction. Roll "water wheels" in the testicles or ovaries and the eyes. Use a scooping motion, "back - up", 9 or 18 times to pump up energy to the head.

Pop open the inhalation as the lower Tan Tien expands like a flower. The intense pressure drops to the cauldron. Feel the rebound force as a head rush.

**Pillar of Light** - Use the same method as the Empty Force Power Lock, but draw up the core channel, connecting the 3 Tan Tiens in a pillar of light to the upper and lower universe. Make the sound "EEE" at each Tan Tien. This is the sound of "YI", mind- eye - heart power, or conscious mind intent.