

## [Connecting the Breath with the Energy System](#)

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Sit upright with your eyes closed. Find the centers of your nostrils (not too close to your upper lip or the tip of your nose, but right in the center of each nostril). Bring the breath in and out through the centers of your nostrils.

Still breathing through the centers of your nostrils, bring your breath in more deeply. Each time you inhale, let the breath connect with your energy system – you will feel a gentle vibration throughout your whole body. As you exhale, remain connected to your energy system – (try not to move forward with your exhale). Practice for several minutes.

Open your eyes and continue to practice connecting the breath to your energy system, so that the whole internal space of the body breathes at once.