

Core Breath with Subtle Circuitry

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Sit upright in a chair with your feet on the floor. Close your eyes. Feel that you are inside your feet. Feel that you are inside your whole body. Find the centers of the soles of your heels. Balance your awareness of these two points. Find the centers of the soles of your heels in a way that produces an automatic resonance in your hip sockets. You may also feel a resonance in the centers of your knees as you do this.

Find your shoulder sockets. Balance your awareness of the space inside your shoulder sockets. Find your shoulder sockets in a way that automatically produces a resonance in the centers of your palms. You may also feel a resonance in the centers of your elbows as you do this.

Find the center of your head. Just by being in the center of your head, it “touches” or gently stimulates all of the points in the arms and legs. Initiate the breath from within the center of your head, feeling a resonance through your whole core, and in the whole circuitry of points in your arms and legs.

Find your heart center. Just by being in your heart center, it “touches” all of the points in your arms and legs. Initiate the breath from within your heart center, feeling a resonance through your whole core, and in the whole circuitry of points in your arms and legs.

Find your pelvic center. Just by being in your pelvic center, it “touches” all of the points in your arms and legs. Initiate the breath from within your pelvic center, feeling the resonance through your whole core, and in the whole circuitry of points in your arms and legs.

Now find the center of your head. Find the center of your head and your heart center at the same time. Find the center of your head, your heart center, and your pelvic center at the same time. By being in these three points, it “touches” the points in your arms and legs. Initiate the breath from within all three centers, feeling the resonance throughout the whole circuitry.

Open your eyes. Continue to breathe from within all three points, feeling the resonance in the whole circuitry.