

Depth-Wise Breath

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For advanced students who can easily bring the breath down through the body: Each time you pass the breath through the core of your head on the inhale and the exhale, there is a resonance down through the whole body. This is like plucking the top of a cello string: the vibration will resonate down through the whole string. You can direct your breath through your head so as to “vibrate” any part of your torso.

Inhabit your pelvis. Feel that you are inside your pelvis. Attune to the quality of your gender, if you identify with a gender, and your sexuality inside your pelvis, (not an idea but a feeling, what your gender or sexuality feel like to you). On your inhale, bring your breath straight back through your head, and on your exhale, let go and release your breath; let it go wherever it goes. Do this inhale and exhale in such a way that you can feel the movement of your breath inside your pelvis, passing through the qualities of gender and sexuality.

Feel that you are inside your mid-section, between your ribs and your pelvis, including the solar plexus area under the ribs. Attune to the quality of your power, your personal strength, inside your mid-section. Continue to breathe depth wise through your head, feeling the movement of your breath inside your mid-section, passing through the quality of power.

Feel that you are inside your chest. Attune to the quality of your love inside your chest (let your love rest in your chest). Continue to breathe depth wise through your head, feeling the movement of your breath inside your chest, passing through the quality of love.

Feel that you are inside your neck. Attune to the quality of your voice, your potential to speak, inside your neck. Continue to breathe depth wise through your head, feeling the movement of your breath inside your neck, passing through the quality of your voice.

Now feel that you are inside your whole brain. Attune to the quality of your understanding, inside your whole brain. Bring your breath straight back through your head, feeling the movement of your

breath inside your brain, passing through the quality of understanding. The exhale is a release, let the breath go wherever it goes.

Inhabit your whole body. Experience that the whole internal space of your body is breathing.