

Core Breath

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Find your head center. This is in the innermost core of your head. Just by being in your head center, you enter into your wholeness. You have access to your whole internal being at once.

Inhaling through your nose, bring your breath into your head center. Exhale through your nose. (The breath needs to be subtle or "fine" to move through your head to the center).

Now, initiate the breath from within your head center, so that your head center draws in the breath. (As if you have air in your head center that you can breathe.) The exhale is a release from within your head center. (Advanced instruction: There is a mental quality to the breath. It feels like your head center draws in a mixture of breath and mind, or that the mind is breathing inside your head center.) (This is an internal breath. It feels as if you are inhaling and exhaling within the subtle core of the body.)

By breathing within your head center, you can feel a resonance, a gentle vibration, throughout the whole subtle core of your body.

Find your heart center (in the center of your chest but deep in the subtle innermost core of the body). (You can leave your head center now, and you are just in your heart center.) The heart center enters you into your wholeness. It gives you access to your whole internal being at once.

Now initiate your breath within your heart center. (As if you have air within your heart center that you can breathe.) (Advanced instruction: There is a mental quality to the breath. It feels like your heart center draws in breath and mind at the same time or that the mind is breathing inside your heart center.) The exhale is a release from within your heart center. By breathing within your heart center, you can feel a resonance throughout the whole subtle core of your body.

Find your pelvic center, in the center of your pelvis, deep in the subtle innermost core of the body. The pelvic center enters you into your wholeness. Just by being in your pelvic center, you have access to your whole internal being.

Now initiate your breath within your pelvic center. (Advanced instruction: There is a mental quality to the breath. It feels like the pelvic center breathes in breath and mind at the same time, or that the mind is breathing inside the pelvic center.) By breathing within your pelvic center, you can feel a resonance throughout the whole subtle core of your body.

Now find your head center again. Find your head center and your heart center at the same time. Find all three centers at the same time.

Initiate the breath from within all three centers at the same time. The exhale is a release from within all three centers. (Make sure that you do not leave out your head center; keep your head center breathing and add in the other two as you can.) (Advanced instruction: There is a mental quality to the breath. It feels like all three centers are breathing breath and mind, or that the mind is breathing within all three centers.)

Open your eyes. Find your head center, your heart center and your pelvic center at the same time. (Each point feels like it is in the very center of all your experience.)

Continue to initiate the breath from within all three centers at the same time. (Advanced instruction: The mind is breathing within all three centers.) Feel that you are experiencing the room from the core of yourself as you do this. (You may also be able to feel that the core breath disentangles you from both yourself and the room, on both the inhale and exhale.)