

Core Breath – Throat

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Find the center of your throat. The center of your throat enters you into your wholeness. Just by being in the center of your throat, you have access to your whole internal being at once.

Inhaling through your nose, bring the breath down into the center of your throat, and your exhale is a release.

Initiate the breath in the center of your throat. Experience the quality of your voice emanating from your core.