

Whole Body Breath

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The following exercise is in two parts. The first part is a preparation for experiencing the whole body breathing. If you can easily bring your breath into your whole body, you can skip the first part and just practice the second part of the exercise.

A - Sit upright. Inhabit your whole body.

Experience your breath coming into your nostrils on your inhale, and passing out of your nostrils on your exhale.

Now bring your breath in through your nostrils, down your neck and into your lungs on your inhale, and let your breath release out through your nostrils on your exhale. Practice this until it feels relatively smooth and easy to feel the movement of your breath coming in and out of your lungs.

Bring your breath in through your nostrils, down your neck, into your lungs, and then into your whole body on your inhale. Let your breath release through your nostrils on your exhale. Do this calmly, just filling as much of your body with your breath as you can easily. Practice until you feel that you can bring your breath everywhere in your body on your inhale, and exhale through your nostrils. Do not move with your breath. Remain stable within your body, and feel the breath move through you. The inhale is a filling, and the exhale is an emptying.

It can make you feel lightheaded to suddenly have more oxygen than you are used to. So just practice each step two or three times at a sitting.

B- Sit or stand upright. Inhabit your whole body.

Find the center of your head. Just by being in the center of your head, it enters you into the whole internal space of your body. Initiate your inhale within the center of your head, and release your breath from within the center of your head on your exhale.

Find the center of your head and your heart center at the same time. If you can, add in the pelvic center as well. Just by being in these core points, it enters you into the whole internal space of your

body. Initiate your inhale from within all three points—the center of your head, your heart center, and your pelvic center. Your exhale is a release from within all three points.

The breath within the core of your body has a subtle, slightly buzzy vibratory quality. Now let yourself experience this same subtle core breath within your feet. It feels as if the internal space of your feet can inhale and exhale. Each time you inhale, it evokes this slightly buzzy feeling within your feet. And then experience this same core breath inhaling and exhaling within your feet and hands at the same time. Let yourself experience the core breath in your legs. And then in your legs and arms at the same time. Experience it in your pelvis, then in your mid-section, then in your chest, and then in your whole torso. Experience the same vibratory core breath in your neck and head. This is not an expansion of the breath outward from the core. It is an initiating of the core breath everywhere within the internal space of your body.

Let yourself experience the subtle vibration of the core breath within your whole body simultaneously. The whole internal space of your body is filled with this subtle, buzzy breath. It feels as if the space within your body is “carbonated” with this subtle breath. Although you will still experience your breath move in and out of your nose, it feels as if both your inhale and your exhale occur within your whole body.

Now attune to the stillness of fundamental consciousness pervading your body and environment. Let yourself experience that the stillness pervades your breathing body, without interfering with your breath. The breath occurs everywhere in your body without changing the pervasive stillness.