

## Core Breath

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Sit with your back straight. Close your eyes.

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

Inhaling through your nose, bring the breath into your head center. Your exhale is a release (the breath goes wherever it goes).

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. (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 your head.)

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 core of the body, deeper back than the midline of your 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 the heart center initiates (draws in) the breath. (As if you have air within the heart center that you can breathe.) (It feels like the heart center draws in breath and mind at the same time or that the mind is breathing inside the heart center). The exhale is a release from within the 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 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 the pelvic center initiates (draws in) 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 the 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. Just by being in these three centers, you have access to the whole internal space of your body. (*Some students will only be able to find and breathe within two 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. (It feels like all three centers are breathing breath and mind, or

that the mind is breathing within all three centers.) By breathing within all three centers, you will feel a gentle vibration within the whole internal space of your body.

Open your eyes. Find your head center, your heart center and your pelvic center at the same time. Continue to initiate the breath from within all three centers at the same time. (The mind is breathing within all three centers.) You will feel a gentle vibration within your whole body. Feel that you are experiencing the room from the innermost core of yourself. This may be a deeper perspective; we usually experience our environment from the surface of ourselves. (The core breath disentangles you from the content of experience, on both the inhale and the exhale.)