

# Meditation and Breathing Exercises (Energy)

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## POT Belly Breath

- Set aside distractions
- Stretch
- Set intentions
- Three part breath

This is the first and most common breathing techniques to any esoteric practice in the world.

You do not need to sit with your legs crossed with the soles facing you from your thighs. This is nice if you have the body and the frame and flexibility. If your legs fall asleep, this does nothing good for your circulations and the focus on your breathing and meditation gets disrupted.

But you did need to sit. You need to sit upright. Posture is something that absolutely necessary for you to breath properly and to communicate with your body. It is definitely useful for communicating to the world that you care for yourself and you are in charge of yourself.

You need to sit comfortably. If you are on the ground you can put the soles of your feet together or stick one or both of your legs straight out. If you sit in a chair sit with both feet on the ground, your thighs level and your back free from the back of a chair or a wall. This may take some getting use to, to find the right chairs so that your legs are not dangling, or not feeling like you have to hunch forward otherwise falling backwards.

You need to sit straight up, from the top of your head, down through the center of your pelvis. Follow the back of your spine to the top of your head. This is where the plates of your skull come together. In yoga this is called the aperture of Brahma. If there was a string attached there and you were as straight as possible your spine should be straight down to your pelvis. There would be a line from the top of your through your torso to your perineum between your genitals and your anus.

The next step is to have your shoulders separate and back. Not so far back that you hurt your back or is uncomfortable. However, your chest is naturally able to be out and full of air.

You are to learn how to breathe from one muscle not over 400. The diaphragm is the one muscle that we breathe from birth. It is the most efficient muscle to breathe with. As people get older they have a tendency to breath from the chest. If you watch people, people who are emotional they breathe with their chest exclusively, and to try to get them to do anything else makes them exceptionally uncomfortable.

With your chest out and open you will breathe with maximum capacity. You then relax your abdominal walls; your posture will support you with a minimal effort.

To check how you breathe, you can put a hand on your stomach and the other on your chest. Practice until your chest stop moving.

The first breathing is to breathe in at a count of 4 and then out by 4.

Extend it to 6 then 8 maybe you can get to 16.

The breathing I want you to do is, breath in for a count of 4, hold your breath comfortably for a count of 4, then slowly breathe out for a count of 4.

Extend the count, the same way as before. If you find that you cannot comfortably hold your breath or breathe out for that count, bring the countdown.

What is this doing for you?

You are relaxing most of the fascia in your body. You are working fascia that will radiate a flow of electrical charges to and from the center of your body. Your organs will relax. The complex flow of energy that comes from chest breathing is not flooding your body, and we have emotions to counter react every wave of electromagnetic activity that this would cause. It is a dynamic that we have developed an emotional attachment. It is a cycle of emotional activity. When you breathe with your diaphragm you can break that cycle.

When you have emotional activity we tighten up parts of our body, and breathe differently. We do it without ever thinking about it.

### Body Awareness

When you breathe with the Pot Belly Breath, the goal is relaxation but awareness.

It is to develop the awareness of you and your body, and to know the difference between that and the rest of the world.

The second goal is to understand you yourself, without the body. This is not to say, killing oneself, or deny the body. However this is one of the first practices for Liberation or Moksha in Hindu or Buddhist to achieve nirvana and eventually, stay in the bliss of God being part of the supreme consciousness. But when or if you leave your body, you will know your body, and most importantly know what you are.

Each part of your body you can control how energy flows through it, temper it, store it, or discharge it. It is through the awareness of the subtle electromagnetic properties of the fascia, the organs, bones and muscles, that we can change the dynamics of these charges. Secondly, when you alter a charge and controlling it, with muscle tension you can align tissue, stop flows, and organize water molecules into a laminar stack. Such conditions are more than likely to organize hydrogen and other molecules to have dipolar moments that effect electro-weak effects.

First thing to learn is to relax your body. When you are comfortable with your potbelly breath and it becomes a natural process, relax each part of body.

Start from your toes and with each incremental breath, ascend up the body, foot, ankle, leg, knee, thighs, hips, lower abdomen, upper abdomen, back, upper back, torso, neck, fingers, palm, wrist, forearm, elbow shoulders, neck, jaw, ears, eye, and the crown of your head. At each in breath, take the sense of that part of the body up to the next part. At the hold breath, relax and detach. At the out breath be aware of that next part of the body. By the time you reach the crown of your head, it will be like a miniature self, sitting on or in the top of your head.

This takes some months of practice; with diligence this is relatively easy. Start now.

The part to still and quiet the mind is the harder part, but with simple things keep in mind, you can accomplish this.

Stray thoughts will come to the mind while you are in this state. They will be clear or fuzzy. Patanjali ( a great yogi master and writer) describes the wrong thoughts, as dreams, fantasies, and hallucinations. There are others. This is the great opportunity to organize your thoughts. The first part is discernment and judgment.

Judgment with each thought that comes to mind, order it. If the thought is your own, own it and tell yourself that you will think about it when you wish to. The thoughts that are not your own, say these are not mine, and dismiss them. The emotions and words of others that are not yours, rob them of the emotion, know where they come from and choose not to react to them. This is a great healing technique. You will have to process them eventually. But when you gain the strength of knowing yourself, and knowing that those processes and emotions don't belong to you, you can choose to emot differently and change those processes. If you noticed, this is a tool for untangling your mind from the clutter and abuse, which you have accepted from others over the years. Once you have done this, the memory and emotions of abuse, neglect and a myriad of other things have an ever-lessening affect.

The other thoughts that keep happening and which are persistent are your personal attachments. Here you must discern and discover why you have these attachments. Once you are aware of why they are in your life, you can place that thought by some label that you can manage it.

As you choose to process information this way, you choose to be aware, and to ask questions about what you perceive and why. As you tidy and order the how, the where and why you feel and think about things you become aware of yourself. And let them go, albeit temporarily. You relax deeper and further.

Impermanence, this concept is useful to detach yourself from many annoyances of the day, and things that we cling to. This concept helps you to think in a way that extends you far beyond your current lifetime. Consider this, as time goes on, work, cars, and houses will all go away. Even stone monuments many get worn away in time. Eventually all things will disappear. Even the earth will be a cinder when the sun becomes a red giant.

What is important in the now? Each breath nourishing the body, the slowing heart rate, the body and mind becomes harmonious. To come back to your daily or normal awareness, take in breaths thinking of positive or God energy, or an aspect of nature that made you feel happy complete and invigorated, breathing into your miniature self slowly expanding it back into your body. Use your potbelly breath, and then add after your four count out breath, an additional four count of holding your breath while your breath is out. When you do this imagine the energy being pushed and held to all parts of her body. As you are breathing out, imagine you are almost filling that miniature self with energy like filling a balloon filling your body. That additional four count breath focuses an awareness of holding your energy to all parts of your body.

The positive or the highest good that you can imagine will change as you grow. This is practice; to connect with what you remember is wholesome and good.

But I cannot quiet my mind it stays too busy.

This is where you can use your mind. There are other techniques.

Use the steady count usually for beginners starting with the number 4.

Counting is helpful 4 in, 4 hold, think of what you want to attain, (god, goddess, alignment with the elements, etc.) 4 out that which you attained and reached out to. Now imagine it being absorbed into the body, pushing bad stuff out. Then count 4 on the end of the out breath, watching how and if the energy is held, and what is moving.

You wait on the end of the out breath part until you manage the in breath, hold and out breath, repeat. Counting and focusing on energy like that (called bubble breath) and if on the expansion you are aware that you are expanding your sides, the kidney area and back, is called Bell breath.

This is where you use brain, and get it trained. And like anything else it takes practice. As thoughts do arise, judge them. First are they your thoughts, if they are echoes from people, the day etc., and not yours dismiss them. These are not my thoughts. The thoughts that arise that are yours categorize these thoughts are yours and when you will think about them.

Journal them, and pick one to focus one on after you sifted enough of them where you subconscious is ordering them. Categorize these thoughts, into pigeon holes or buckets. Give them a handle for you.

Emotions, same thing, are they your feelings or images or echoes from others or their influences. Not mine, ... good bye. What is that feeling from? The question, now is it a thought linked with a feeling. Categorize it, and or journal it.

Meditate on how you feel about it and pick a different feeling and think through from one feeling to another. This is training your mind not to be a prisoner to an emotion, and training your mind to switch to another emotion you have control over and have practiced thinking about it. This is useful for breaking emotional cycles in ones behavior and trains your mind to have control over the feelings and choose how you want to think about it.

This teaches you self control, mentally and emotionally. This teaches you to order your thinking. And once you are able to change your feelings and link them with positive thought processes, you are now ready to quiet your mind more.

This takes practices and may take months or a year or so.

Diaphragm breathing if you link this self control to diaphragm breathing, all you have to do is to choose to breath that way, and the control is turned on.

As you develop this control you can work on quieting your mind, and what you may not realize also your emotions. The diaphragm breathing will stroke your vagus nerve and moderate your bodily activities and slow them down. Especially when you, your mind, conscious and subconscious knows that you will deal with the thoughts and feelings as they arise, you can put them in that deal with later box, and you will. You will find that you will be quieting your mind, emotion and your body.

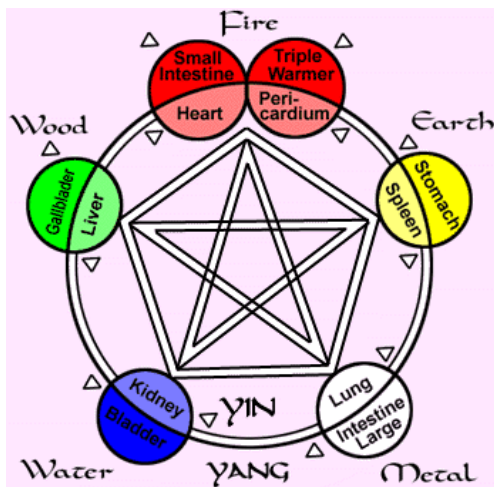
Now you can still use your mind, now that it has a subconscious and feeling connection. You just built it. Each breath, focus on one inch of your body from your toes to your heart, your fingers to your heart, and your heart to the top of your head.

Feel how they feel, feel also what is you and not you, breath in you breath out what is not you. Feel the feeling of each part of you as it connects the next inch. Feel the changes as it flows through your body. Feel the rythm that flows through your body.

Pay attention to what is you.

All you have to do is have one diaphragm breath, or even if you practice the holds on the full or empty breath, you can feel what is not you. That is an energetic reading. It is a passive reading, and you can pay attention to what is you and the reaction to what is not you. Knowing your body is the baseline, and following what is not you and where that energy is from, develops your psychic ability.

As you can see, your mind will always be active, busy but in a new constructive trained manner.



## Reverse belly breathing or Dragon Breath

Sit straight  
Start inhale, contract lower belly, push energy up spine  
Lengthen and straighten spine  
At top of inhalation, raise energy up neck and into head.  
On exhale, move energy down front  
At bottom of exhale, collect energy in abdomen.

## Reverse abdominal breath.

Dragon, Triple Burner, Hora, micro-cosmic breathing, of various names are essentially the same technique with different names. If anyone is to practice magic of any kind, this absolutely for your health, your sanity, control of magic and body along with spiritual awareness.

We start with a Mulabandha lock, this is where you clinch your Perineum and tilt your pelvis up this breath starts with your lower abdomen out and your upper abdomen in.

You start your in breath by tucking your lower abdomen and imagine the energy going up the outside of your spine up your back filling in your upper abdomen and then expanding your lungs to which point the energy reaches to the top of your head. You tilt your head slightly back. Then you reverse the process exhaling with your lungs first bringing the energy down through the front of your face, slowly, and as you empty your upper abdomen. The energy is going down through the front of your body back down to your perineum. And then you stick out your lower abdomen, bringing the energy up into your Dan Tien. The Dan tien is a space and an inch or two below the navel centered in your lower abdominal cavity. This is where you store your yin energy. As you practice this breathing energy will be coming in through your hands and feet and head and migrating to these central vessels. These central vessels are called the governing Meridian and the conception Meridian. As you cycled this energy it becomes homogenized it gets attuned to your body. This process is repeated until the area gets warm, or until you are fatigued from the breathing exercise. This breathing exercise exercises, the organs. It squeezes the toxins and sometimes it is difficult to get a full breath. What is important is the focus of the energy during what is called the microcosmic cycle up the middle of the back, up to the top of the head down through one's front of their face and down the front of their thorax and abdomen. At the last of the out breath stick the lower abdomen out.

Store the energy by exchanging your lower abdomen with you're the middle of the stomach. Tuck in the lower abdomen and extend your middle abdomen out moving the energy up to and behind just below your navel. You are sucking the energy up into your lower abdomen, the Dan Tian.

Sometimes when the energy comes down through one's face, you feel it split up and go around one's lips. Sometimes you feel the energy going through your nasal cavity to your soft palate and through your tongue. Through these exercises it is important to keep your tongue to the roof of your mouth.

You can augment this exercise by pausing the inhalations and exhalations at each surface chakra point. When halted to circulate the energy at that point, 3, 7 or nine times left then right. And proceed to the next point. Of course this depends on your skill at meditation and self control of your breathing. This is for advanced practitioners. This process does two things. First this would collect astral energy. Second, it helps it to adjust and harmonize this energy to yourself and to your body. Why this is important is because the yin energy for you to be healthy must be attuned to you. How many energy workers from magical practitioners have you noticed that has suffered some sort of major medical malady? The conditions seems to be chronic persistent, and ultimately draining of the life force. This is because in many magical practitioners follow wrote and revealed procedures and processes as they were taught. One ends up using their energy and has not learned how to cultivate it or maintain it. Nor are they able to understand their bodies, spiritual and internal spiritual processes. The absolute importance of meditating to the point of where you have a calm mind is crucial. This is so that your energy is not attached to frustrations or connections with things external to you that cause you grief, problems or any negativity. If you cycle your energy, and homogenize your energy with this negativity, you are binding it to yourself. This is not what you want to do. This is why it is so crucial to meditate properly before the sessions.

So where does this energy come from? We come in contact with it all the time we have a natural flux of energy going in and going out. Do what you can studying the various traditions and learn about how this energy flows in through the day and cycles through the day. What is important is learning to have conscious control over this. This is why people go to mountains or other sources of nature to have access to clean and natural energy not cluttered or polluted from people.

There are several other techniques for energy breathing. These are called Bell breathing, and five point breathing.

There are two types of Bell breathing the first is Tibetan Bell Breathing. Tibetan bell breathing starts with breathing out reaching with your senses attaching to energy. And as you breathe in collect that energy to yourself.

Daoist Bell breathing starts breathing in, yet reaching out and connecting with energy. Then as you breathe out, you focus that energy inward. There are two places to focus this energy. The first place is you Dan Tien. The second place as the energy is coming into your body. You push it into your bones and into your skin and into your organs.

The important thing about this type of energy collection is to be aware of the energy that you are bringing in. It is very important to be aware of the environment and energy as it relates to your physical body and be sure that the energy goes into the organs that it is harmonious with it. So this takes some traditional studying.

The five points breathing technique. You learn to breathe in through your hands and feet in the top of your head. This where it is also useful to know the acupuncture meridians, the energy type and the organs to which these meridians are connected to from your feet, hands and head. Ideally, you breathe in your hands feet and head and out your hands feet and head. This technique requires to the think of your whole body as a means for breathing energy. For example, when you breathe with your arms, gently reach out and grab the energy. And as you pull your hands in feel the energy coming in the same thing with your feet as you lower your pelvis and bend your knees, as you rise feel the energy coming in as you breathe in. And when you breathe out as you settle in a horse stance.

This is a useful technique also to all allow negativity to drain out as if you are your breathing it out. You can let go of negativity and have it seep out the palm of your hands and the bottom of your feet. They're several authors that a good magician should become acquainted with the first is Mantak Chia and the second is Jwing-Ming Yang. The first understands and teaches iron shirt Kung Fu and internal alchemy using the microcosmic breath. Mantak Chia also teaches stretches, and other internal breathing techniques to clear strengthen and inform the body of all the energy paths. Dr. Yang has probably the best by far books on Qi Gong. He also teaches Yang style tai chi. This ties in Daoist breathing, along with martial arts of tai chi.

## Emotional balancing exercise

One round of breathing you do the following:

Breathe out from your bladder into your kidneys  
Breathe into your liver from your kidneys,  
Breathe out from your liver into your heart,  
Breathe into your spleen from your heart,  
Breathe out from your spleen into your lungs,  
Breathe into your kidneys from your lungs,  
Breathe out from your kidneys into your liver,  
Breathe into your heart from your liver,  
Breathe out from your heart into your spleen,  
Breathe into your lungs from your spleen,  
Breathe out from your spleen into your kidneys,  
Breath out to your bladder from your kidneys.

Repeat 6 more times

Pull and store energy from the bladder into the Dan Tien.

You compress and expand each organ. This squeezes toxins out and encourages a healthy flow of energy from one organ to the next in the constructive cycle.