“Circulating the Chi”

Sit cross-legged on the floor, up on your sit-bones. Don’t slouch. Close your eyes.

The tip of the tongue is always up on the roof of the mouth. This is where the “circuit” of energy changes.

Starting at point “C”, pull your breath up the spine as if you were breathing up a ladder – vertebrae by vertebrae – stacking them on top of each other while breathing inward.

(At the beginning, your lungs will not have a large capacity to breath in, so move the energy up your spine relatively fast at the beginning, moving slower as you are able to take deeper, slower breaths.)

Pulling the breath upward over the top of your head to come to rest in your mouth at the tip of the tongue. This is the end of the inhale.

Exhale your breath from the tip of the tongue point down your chin, down your chest, your abdomen and down to the groin at point “B”, arriving back at point “C”.

Begin again and perform this exercise as many times as you wish. You may also practice relaxing your muscles as you inhale and exhale.