



INITIATION IN ENERGETIC BREATHING



*“Love should be your interior core of breathing.
It should be as natural as breathing.”*

~OSHO

WHAT IS AN ENERGETIC CONNECTIVE BREATHING?

Connective breathing¹ is the act of respiration performed without intervals between the inhaling and exhaling of air. Mainly these exercises are designed to address emotional and psychological blockages, facilitating the access and the healing.

FIRST EXERCISE

Try twenty connected breaths, performing first fourth short breaths followed by a deep one

¹ Adapted from Kundalini Yoga and the teaching of Chism

(this step is done by breathing from the nose exclusively).

Repeat now four more times. The repetition of this first exercise twice a day will guarantee in one year, the conquering of the complete awareness of breathing.

SECOND EXERCISE

Try again the twenty connected breaths, now placing your tongue behind your back teeth, and keeping your lips closed. Breathe through your nose. This particular breathing exercise is very efficient on the dispersion of rage, hostility, and it is the right cure for people with night terror, i.e, people that tend to grind their teeth at night.

THIRD EXERCISE

Start again with the twenty connective breathing. This time you will repeat

The same procedure of exercise number one, but instead of breathing by the nose, you will breathe through the mouth only

This breathing pattern brings to the surface repressed feelings that need to be released to be healed.



followed by one deep one. Repeat at least twice this exercise.

This energetic activation will greatly help you to get unstuck in daily tasks and also facilitate you to get out of stagnated situations.

ENERGETIC CONNECTIVE BREATHING MEDITATION

Sit on the edge of a chair.

On the inward breath feel the bottoms of your feet expand and pull from the earth, as if they vacuum, the energy of the earth and feel it collect at the base of your spine. Right at the tailbone. This happens fast.

As you exhale, allow the collected energy to flow to the next chakra up.

So you breath energy in, it collects, you exhale and the first collection moves up to the second chakra displaced by the second collection see? The third collection brings the first collection up to the third and so forth.

Do this until the first collection reaches the throat. Then stop. And go back to the first chakra and do it over again. Not to be done more than nine times.

Use long slow deep breaths, inhales and exhales. Be consistent and you will begin to move issues. You may feel the effects of issues coming to the fore so realize this and use this as a way of charting, for yourself, the issues that come up for balancing. Old hurts and aggressions or present ones.

Balance them with forgiveness towards those who are part of the particular equation and for yourself as you are part of it as well.

FOURTH EXERCISE

Once more start this procedure through the twenty connective breathing. With your mouth wide open, breathe through your nostrils, and let the air be exhale by your mouth. This is a powerful breathing to expel negative thoughts, feelings, emotions and energies out of your energetic system of body and mind.

FIFTH EXERCISE

Doing Connective breathing without a noise. Start again with the same twenty energetic breathing, but in this round you will try to do this exercise breathing in and out as softly as you can, in a way that you will not make any noise, while the air comes in and gets out through your nose.

This is an ideal breathing to start a meditation, and to enhance your perception in how the energies are influencing each one of your energy centers.

SIXTH EXERCISE

Start with your twenty connected breathing. Perform 9 cycles of short nostril breathing,