

*Ageless Wisdom for a
Modern World*



ANCIENT TURTLE



BREATHING TECHNIQUE



Giant turtles are known to live for hundreds of years. They commonly submerge themselves in the water and hold their breath for more than five minutes at a time.

China is a nation that traditionally has revered their elderly and their accumulated wisdom. Consequently, the Taoists were greatly concerned with promoting longevity and became renowned for their longevity practices.



An essential component of their most successful longevity techniques is called "the turtle breathing," which is an eight-minute breath. One conscious aspect of Taoist

breathing is aiming to generate five- to eight-minute breaths. This practice is unsurpassed in its ability to transform and maintain the vitality of youth as the body and mind age.

Breathing techniques can mainly be understood as ancient practices to develop our internal abilities and discipline our being to receive the proper training to advance on our spiritual path.

Breathing is also a way to change the vibration of our physical and extra-physical bodies.

A majority of people use chest breathing and it is known that in this modality, the breathing can be easily affected and can become restrained or blocked.

Our "normal" way of breathing is essentially one of the first affected by stress and emotions. This is a very *uneconomical* way of breathing as it uses more muscle power than the deeper and more relaxed ways of breathing, such as abdominal breathing. People that use chest breathing take more breaths per minute and, as a consequence, receive less oxygen and get rid of fewer waste products.

In this exercise, Turtle Breathing, we will prepare to activate all the energy centers of our body for a healthier and prolonged life.

It is an excruciatingly slow deep breath, easy to learn but hard to master. The stage of Turtle Breathing is considered to have been achieved when your breathing cycle has slowed down to no more than 3 breaths per minute.

This exercise can help release tension in the neck and the spine. It also induces sweating and enhances metabolism.

First, sit up straight in the posture for Sitting Zen. Put your hands naturally on your knees.

With your eyes closed, activate your Soul Star. You may activate your Soul Star by repeating the Soul Mantra three times.

*I AM the Soul,
I AM the Monad,
I AM Light Divine.
I AM Love,
I AM Will,
I AM Fixed Design.*



Close your eyes and take a deep breath. First, inhale and get ready, then exhale to start the first cycle.



Figure 1 - moving the neck up and down.

When you exhale, bend the head down, as in Figure 1. Remember to let your chin touch your chest first while bending down to allow the back of your neck stretch. We bend down with one vertebrae at a time and finally the spine is curled, see Figure 2.

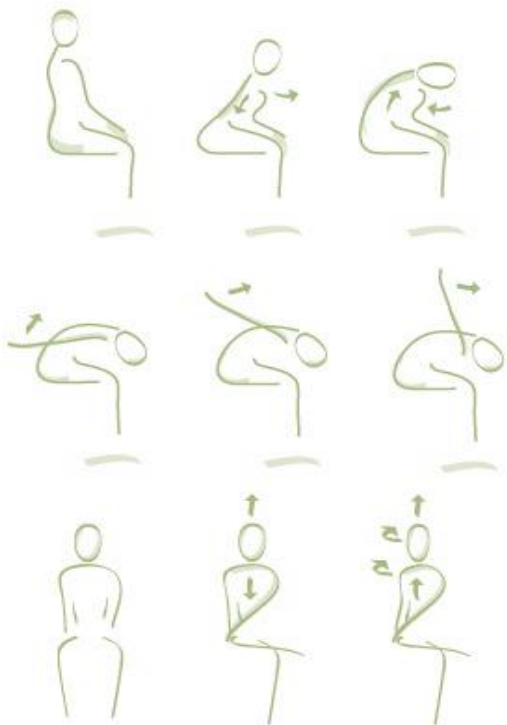


Figure 2

Then inhale while slowly sitting back up to position with straight spine. When you

go up, pull your spine forward and stack your spine during inhalation.

This whole set forms one cycle. Slow down and prolong your breathing as much as possible.

You should not hear any heavy breathing. Adjust to your own pace while performing it.

Do not hold your breath. If your breathing is not in sync with the movement, take a break to adjust your breathing. Do not rush through each cycle, and do not hunch your back. Completion of 10 continuous cycles indicates good breath control.

As an added bonus, we also add more life energy, Qi, to our system by using the Turtle Breathing.

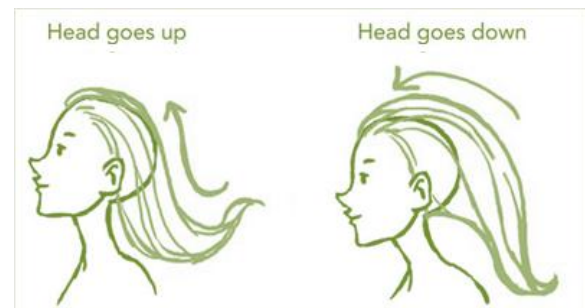


Figure 3

If you are a Reiki practitioner, it is easy to combine this with the use of Reiki. Use your imagination/intuition or follow our suggestions. If you have not yet started your journey on the Path of Reiki, then you can still benefit from this exercise as it is a pure Chi Gong exercise.



How to do it:

- You can either stand or lie down. We suggest you stand. If you stand, position your feet fairly close together
- Relax and free your mind from all thoughts. This is easier said than done, but don't worry about it!
- Be happy!
- Rub your hands together briskly (if you have taken Reiki)

Next, add the Reiki symbols in each hand at this stage. Place one palm (the left for men and the right for women) on your "Qihai", or Hara point, located about 2 fingers below your navel.

- Place the other palm on top of the first one.
- Open your mouth slightly
- Press gently and smoothly inward on your abdomen with your palms. Breathe out during a count to six.
- Hold for a count of two
- Release smoothly and breathe in under a count to six.
- Hold for a count of two. (This whole process of pressing, holding, releasing, holding is called a breathing unit.)
- Repeat this whole process until you have done ten whole breathing units.
- Drop your arms to your sides and close your eyes if not already closed.
- Let go of everything and enjoy the state of "nothingness" for about five minutes, or the time that feels right for you.

- When ready rub your hands together and "wash" your face with them. Open your eyes and walk a few steps.

Here are a few tips for you: to do this correctly, you breathe out on pressing and breathe in on releasing. In the beginning, try and forget about the breathing: it usually takes care of itself.

Concentrate on the pressing and releasing. Practice once in the morning and once in the evening for a couple of weeks and see how you feel the energy shifting inside your energy fields.

As you go along you can add more breathing units to your exercise. If you feel stressed, upset or tired this is a very good and quick exercise to revitalize yourself.

There is a second and third stage of this exercise where you visualize bad energy leaving you when pressing and good energy entering when releasing.

There are some methods that help in the development of this ability and the further stages of breathing, but it can also be achieved by just practicing Taoist breathing and gradually lengthening and deepening the breathing cycle over a long period of time.