

Expansion of the Life Force

Techniques to Activate the Subtle Body

We are comprised of energy frequencies that correspond to sound vibration and “light.” Ultimately, at the smallest measurable level, all physical matter is simply energy held in various forms. On a larger scale, the space between all particles comprising physical matter is every bit as significant to its uncompromised expression. To improve health and vitality in the physical body and in our lives, we must recreate and maintain “space” between the particles within the tissues. The breath allows us to do this.

Ancient Eastern traditions of breath work are known for producing specific results in the physical. Here, they are translated for our Western culture for purposes of opening to, integrating and expressing at the cellular level, the vibrational frequencies of healing and creativity.

The Central Channel Breath 1st & 7th

Breathe as if you are moving energy through your body, guided by the breath. Breathe from deep in the abdomen, extending it on the inhale and compressing it for the exhale. Breathe with your concentration from over the top of the head, down through a central channel of the body, to beneath the tip of the spine and into the earth.

The concentration must follow through each energy center in the core of the body without skipping any portion.

Inhale to the heart/core/abdomen and exhale to above or below the head or tip of the spine. Next, inhale from the same direction the previous exhale ended. This connects the energies resonating higher than the physical realm with the supportive energies from within the body and with earth itself, providing a channel, a bridge, for deeper integration of all of our resources.

More fierce versions of this breath serve to pierce through dense tissues with energy flow to create an opening of the system. Whereas slow deep intentional versions of the same breath will serve to integrate the subtle energies and relax an individual when under stress or with prolonged periods of mental concentration. The most important aspect is that you follow the breath with conscious concentration all the way up and down the system.

* Again, integration happens with a slow and conscious breath.

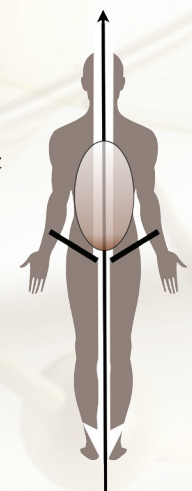
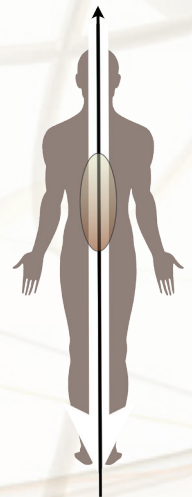
The Vessel Breath (Buddha Belly Breath) 2nd

This breath builds upon the Central Channel Breath techniques with additional concentration on the lower abdominal musculature. By contracting the muscles below the navel, deep in the pelvic bowl as we breathe, we generate an ability to conserve some of the energetic vital force within the body rather than simply moving the energies all the way through the system.

Mula Bandha: Root Lock. Contract sphincter muscles, base of pelvic floor, and lift upward from within. Never release *Mula Bandha* during the inhale or the exhale.

Contract these muscles while performing Central Channel Breath from over head and through the body to below the tip of spine. Connect with the Central Channel to complete.

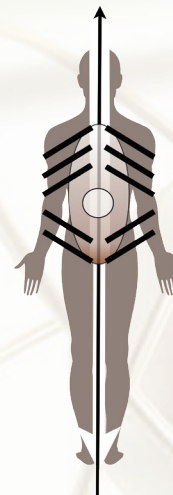
* This improves vitality, accesses second chakra energy, and cultivates inner wisdom, “trusting the gut.” Use this when needing to settle into one’s inner knowing.



Solar Plexus Breath 3rd

Add to the Central Channel Breath, and to the Vessel Breath, additional muscular contraction for more specific activation of the Solar Plexus and its related benefits.

While breathing through the Central Channel, and with *Mula Bandha* contracted, now contract the upper pectoralis (chest) muscles and draw the shoulder blades down and together. Squeeze the thoracic cavity muscles internally and “hold” the heart steady. Breathe only from above the naval and below the ribs, in the soft spot between (if hit here it would knock the wind out of you). Practice this alone and then add the Central Channel Breath simultaneously. For use when desiring to be more decisive, empowered and have stronger self esteem. Connect with the Central Channel to complete.



Baseball / Grapefruit: Inhale to make this specific site bigger to the size of a grapefruit.
Exhale to the size of a baseball.

**This breath is for personal power and anchoring esteem.*

Thousand Tiny Straws Breath (The Breath of Manifestation and Liberation)

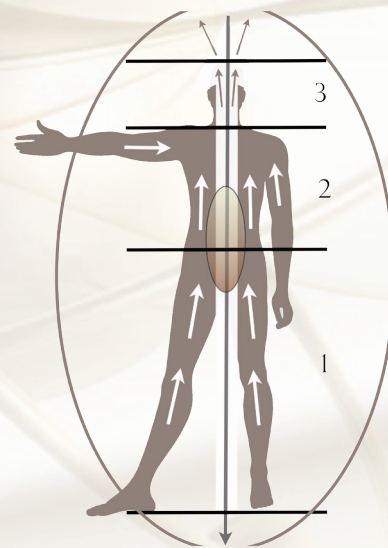
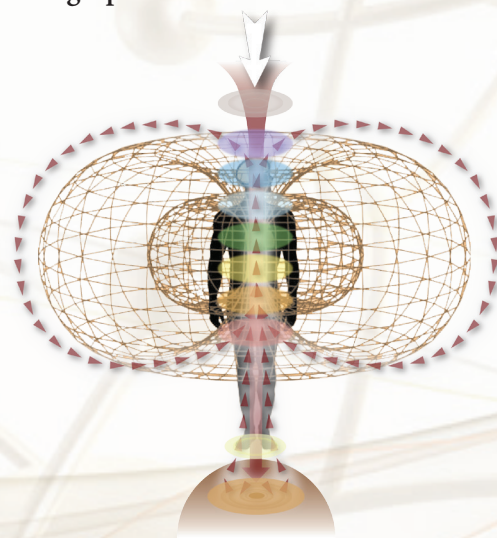
The Body is separated into three sections:

1. From the feet to the top of the hips.
2. From the top of the hips to the arms and shoulders.
3. From above the shoulders to the top of the head.

Contracting every muscle in each of the three areas, one at a time, and breathing as if to draw a very thick milk shake upward through a thousand tiny straws while creating constriction within the body, draw the breath with great intensity.

Between each section, do not release the area of contraction below. Rather, pull the *Prana* or vital force, ever upward and out the top of the head. This technique is best instructed live or via video demonstration (*Body Awake™ III*). Its complexity must be practiced regularly and once mastered, will deliver the primary resource for removing interference in the *prana's* subtle energy flow.

Use this for encouraging the outward expression of your inherent gifts and abilities. After drawing the breath upward and out the top of the head, and sensing it fall out around the entire body. It is equally important to develop the ability to sense the ever replenishing, in-pouring quality of the electromagnetic energy flowing into the body through the crown chakra.



** Use this for integration of manifesting into the physical realm and simultaneously setting oneself free into the great awakening to our capacities beyond our physical limitations. This breath along with many others will be developed more fully in Energy Codes® Levels II and III. It is presented here for purposes of your practice until Level II.*

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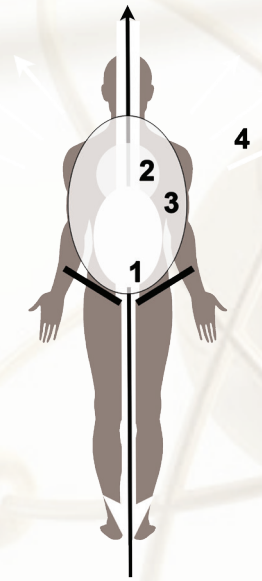


Heart Coherence Breath 4th

Begin with the Vessel Breath, and continue to fill the belly until the heart space fills and the chest cavity lifts upward; filling the upper lobes of the lungs last. Empty the lungs on the exhale, drop the chest and upper lung area first and then continue to empty the chest until the belly/abdomen begins to empty as well. Ultimately, end with the navel pulled inward, and upward, and toward the spine on the full exhale.

** This breath is used for accessing the energies associated with conflict resolution and unconditional Love, Joy and Peace.*

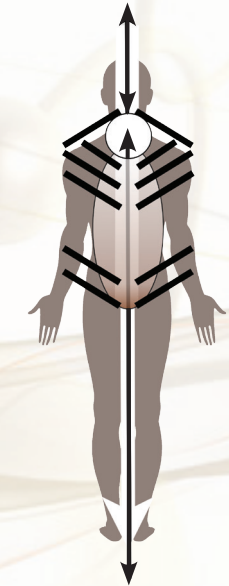
1. Lower Abdomen 2. Upper Chest 3. Fill All 4. Expand Beyond



Manifesting Breath 5th

With *Mula Bandha* in place, also contract upper portion of Solar Plexus breath: pectoralis, and shoulder blades down. Fill the abdomen and heart space and then lock down the jaw lock. Retract the chin toward the back of the neck. Allow a connection with the breath through the heart space and the throat chakra. Connect with the Central Channel to complete.

** Use this breath when having trouble getting what you “know” to actually manifest, or to get it set in motion; to speak your truth and also “hear” what needs to be heard to move forward.*



Visionary Breath (Inner Vision Breath) 6th

As if breathing through the center of the brain, breathe front to back rather than envisioning the breath from overhead to under foot like in the Central Channel Breath. The entire body beneath this area is engaged or contracted. *Mula Bandha* is activated. Connect with the Central Channel to complete.

** Use this for eliciting activity in the high brain centers, accurately perceiving what is, cultivating inner awareness, harnessing the ability to read the subtle energy language of the body.*

