

Want Superior Health? Try Energy Breathing

Many religious traditions, such as the Hindu, Taoist and Buddhist traditions, have had special breathing methods inherent in their practices; these are meant to put practitioners in line with the essence of their beings. Martial artists, too, have made use of these breathing techniques in order to perform astonishing athletic pursuits. Even if you're not one of these people, though, you can make use of them as well. By focusing on your breath, you can make your life work better in just about every way. When you breathe, you should do so without pausing between breaths. This allows the life energy to flow rather than stagnate. Keep your breath moving. This type of breathing connects you with the universal life force. It is also called "connected breathing" because it shows you not only how it is done with no breaks, but it also shows the benefits it provides you. It is in essence "yoga come" which means "Union." When you do this type of breathing, you are uniting your inhale and exhale in one smooth and uninterrupted stream. And it requires no special equipment, no special time. You can do it anywhere. It's even find to do it in front of the television while you recline in your favorite easy chair. Simply breathe. See your body, feel your body, then go within and know yourself to be pure energy. If you shift your consciousness, you can go there. Your imagination, too, is made up of true energy. If you combine your imagination with everything, you can go to the realm of energy.

Microcosmic breathing is a more advanced form of the aforementioned connected breathing. Microcosmic breathing energizes, heals, clears your mind, and balances you. It promotes long life, strength and spiritual development. It is simple and powerful. It is so simple that you can do it while you're reading this. Try it while you're finishing a book or task you always wanted to but never have quite had the time to do. Microcosmic breathing has amazing benefits, so its simplicity should not fool you. This is how you do it. Take a deep breath in, visualizing that you do so starting from your spine's base; go up your back, and "fill" all the way up to the top of your head with this breath. Then breathe out, reversing this path. First, start your "out" breath and feel it come down from the top of your head, down the front of your body, and all the way down to the bottom of the spine. Breathe in, breathe out. As you do so, direct this breath in that same circular route: in from the bottom of your spine to the top of your head, out from the top of your head to the bottom of your spine. If you like, you can even visualize it as an orbiting ball of energy. Do many of these microcosmic breaths in a row. You can continue doing microcosmic breathing for about 10 minutes. Or, you can count to 100 breaths and see how you feel after you have reached that number. Again, inhale and bring the energy all the way up your back, while when you exhale, you bring it down the front. With the exhale, you feel the energy undulating in your lower belly, which is the major energy center in your body. A further advanced form of microcosmic breathing is macrocosmic breathing. Here, you take full advantage of the transformative, magnetic, and life-affirming power of the earth. With macrocosmic breathing, take a deep breath and feel it comes from the center of the earth. Pull the energy up to the balls of your feet, go up the front of your legs, to the bottom of your spine, up your back, and all the way to the top of your head. Then breathe out from the top of your head, down the front of your body, all the way to the bottom of your spine. However, continue from there down the back of the legs and all the way through the soles of your feet. Push the air into the center of the earth and feel it go back there. With your exhale, let go of any negative feelings that might be bothering you and let them be absorbed into the earth. The earth can regenerate, re-empower, and renew. It can accept any kind of negative energy you have to give it and brings it back, transformed to the positive. All you need to do to affirm this for yourself is to look at the growth of nature in springtime. The macrocosmic breath's energy travels in a figure 8 pattern. For further visualization, when you reach the top of your head with this breath, visualize that the sun is shining down on you. When you breathe out, feel the warmth of the sun fill your whole body. If there is a problem anywhere in your body, said that trouble down to the earth through the soles of your feet, while you fill the area where the trouble was with more of the healing warmth from the Sun. Visualization along with this type of deep breathing can be powerful healing mechanisms. Fill with power as you breathe in and out. See the person you want to become and do the things you would like to do. Celebrate a goal you have in your life, and imagine that you have accomplished it. Feel the rush of endorphins and the excitement you feel at this realization. Put yourself in this type of ecstasy on a regular basis and see the changes that you bring. Along with the microcosmic and macrocosmic breath, there's one more type of breath that you are now ready for. Start with the macrocosmic breath. However, as you breathe in, feel yourself expanding, getting bigger, turning into a giant that has wings spreading out as you grow and grow. You grow so large that instead of fitting within the universe, you become larger than the universe itself. Your wings close as you breathe out and collect all the cosmic energy now swirling within your belly, at the center point, two inches below your belly button. Feel this dynamic power gathering as you breathe out. Push your belly out with power as you further exhale, rather than letting your belly contract. This is called "reverse breathing," and gives you even more supercharged energy. These types of breathing techniques are leading up to something called triple cosmic breathing. Triple cosmic breathing will open and balance all energy meridians, activate your DNA and your chakras, and open your higher brain centers. Triple cosmic breathing is as follows: the microcosmic breath, followed by the macrocosmic breath, followed by the made a cosmic breath. Aging and sickness is caused by acidosis. This acid buildup causes you to age and eventually die. When waste is built up in your body, this also causes acidosis. This type of deep breathing clears up the waste your body and alkalis bodily fluids for greater health. In fact, Nobel prize-winning physician Dr. Alexis Carrell said, "The cell is immortal. It is merely the fluid in which it floats which degenerates." And in fact, he proved it by keeping a chicken's heart lies and beating for 28 years simply by periodically refreshing the fluid it was held within. The heart only died when he stopped refreshing the fluid. You've also probably heard that people die of heart attacks when they're exercising. So, try not exercising, but do deep breathing instead. It will get you in better shape than simply exercising. In fact, three-year World Wrestling Title-holder Martin 'Farmer' Burns said, "Deep breathing alone has made many a weak man strong and many a sick man well." So, try deep breathing and let other athletes wear out their body with acidosis. On the other hand, you can get younger if you do triple cosmic breathing. So go ahead and try. Try the enlightened Qi Gong Master routine for vitality, which is as follows: The Enlightened Qi Gong Master Routine for Immortality: At 3 a.m. face northeast and do the triple cosmic breathing. At 6 a.m. face east and do the triple cosmic breathing. At 9 a.m. face southeast and do the triple cosmic breathing. At 12 p.m. face south and do the

triple cosmic breathing. At 3 p.m. face southwest and do the triple cosmic breathing. At 6 p.m. face west and do the triple cosmic breathing. At 9 p.m. face northwest and do the triple cosmic breathing. At 12 a.m. face north and do the triple cosmic breathing. In this way, you can gather force from yourself in the microcosmic breath, the earth and the sun in the macrocosmic breath, and will like you extend your power all the way to the cosmos and beyond in the main cosmic breath. If you make this a regular practice and don't worry about sleep, you'll find yourself so energetic that you won't need to sleep like you used to. Use the extra time to accomplish what you really want to in your life. However, if you so choose, you can also do just the triple cosmic breathing in the morning, at some point during the day, and then once again at night. This as well will give you benefits, and will help energize you so that you can live a more peaceful and energized life, alive and on purpose. You will be renewed and refreshed, vital, and alive, and filled with ecstasy.

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