



Written Description for: Section 6, Lesson 2

# Breathing from the Centre of the Earth

## 1. Assume the Simple Stance

- Stand in the Simple Stance posture (described in Section 4, Lesson 1)
- Let your arms relax by your sides, shoulders soft, and body at ease.

## 2. Connect with the Ground Through Your Feet

- Bring your awareness to the soles of your feet, feeling their connection to the ground.
- Spend time here, fully sensing the pressure, temperature, and contact between your feet and the earth.
- Feel the downward force your body applies to the ground, and expand your awareness into that pressure. Try to feel the very limits of the pressure that you place on the ground/floor.

## 3. Begin the Breathwork

- Take your attention to 10 metres underneath the ground.
- Inhale: as you inhale, draw the breath upward from 10 metres under the ground and then up through the soles of your feet, up your legs, past your knees, hips, stomach all the way to the crown of your head, filling your entire body with earth's energy.
- Use your hands to gently guide this movement, lifting them as if directing the energy upward. The hands are symbols of where the energy is at any one moment in time.
- Exhale: Release the breath downward, guiding it from the crown of the head, through the body, down the legs, and out through the soles of your feet, and back to 10 metres under the ground.
- Use your hands to follow this downward flow, slowly lowering them as you exhale.
- Repeat for 3 breaths.

## 4. Go Deeper

- Then take your attention to 100 metres underneath the ground.
- Inhale: as you inhale, draw the breath upward from 100 metres under the ground and then up through the soles of your feet, up your legs, past your hips.



- Using your hands to guide the energy upward, all the way to the crown of the head, then turning your hands downwards, breathe out, guiding the breath back to 100 metres underneath the ground. All of this takes place within 1 breath.
- Repeat for 3 breaths.
- Keep going deeper – with 3 breaths at each depth: 1000 metres (1 kilometre), then 1000 kilometres, and then 6,371 kilometres... that's the average distance to the centre of the earth.

#### 5. Breathe at the Centre of the Earth

- With your attention now at the centre of the Earth, smile to that place, and then draw your breath up from the centre of the Earth, sensing the very special feeling that comes with this exercise.
- With your hands as a guide, draw the breath up through the soles of your feet, up past the knees, hips, stomach, shoulders – all the way to crown of the head.
- Then turn your hands the other way to guide the breath back down again, through the body, all the way back to the centre of the Earth.

#### 6. Continue for 9 Breath Cycles

- Maintain a slow, deep, and natural rhythm, allowing your body to synchronise with the breath.
- With each inhale, feel renewed energy and stability rising into your body.
- With each exhale, sense any tension, stress, or stagnant energy flowing downward and dissolving into the earth.

#### 7. Conclude the Practice

- After 9 breaths, allow your breath to return to a natural rhythm.
- Stand still for a few moments, sensing the rootedness, balance, and calm energy in your body.
- When ready, slowly bring your hands together at the lower belly, sealing the energy within.



[Image from Mantak Chia]