



Written Description for: Section 6, Lesson 3

# Sky Breathing

1. Assume the 'Simple Stance'
  - Stand in the Simple Stance as described in Section 4, Lesson 1.
  - Relax your shoulders and let your arms relax by your sides.
  - Keep your breath soft, steady, and natural.
2. Inhale – Expanding to the Universe
  - As you inhale, begin to slowly lift your arms up above your head, as if reaching towards the sky.
  - Imagine your arms and hands becoming very long, so that they reach to the very edge of the universe.
  - Sense the vastness, the stillness, and the limitless energy surrounding you.
3. Scoop the Universal Energy
  - As you inhale, visualise gathering cosmic energy into your hands, as if gently scooping all the starlight, and all the space in between the stars, into your hands.
4. Exhale – Bringing Energy Downward
  - As you exhale, begin to lower your hands slowly in a collecting motion, guiding the energy downward through the crown of your head.
  - Feel the energy flowing through your head, neck, shoulders, chest, and abdomen, down through the hips, knees, and legs, until it reaches just below your feet, grounding into the earth.
5. Repeat the Flow
  - Continue this cycle, inhaling to gather universal energy, exhaling to bring it down through the body.
  - Perform as many rounds as feels natural and comfortable, maintaining a smooth, relaxed rhythm.



[Image from Mantak Chia]