

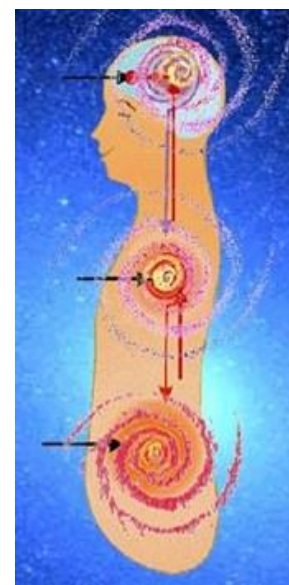


Written Descriptions for: Section 5, Lesson 3

Further Energy Centre Breathing and Awareness Techniques

(i) Three-Minds-Into-1-Mind Technique

- First, relax the body and nervous system with the ‘inner smile technique (see Section 2, Lesson 2), smiling down into the body.
- Then, when the body is calm, turn the Upper Mind into an observation mind, and observe inwardly. Stay with this for a few minutes, observing your inner state.
- Then, drop this “observing mind” down to the heart – the centre of the feeling mind. Observe what is happening there. Spend some time with that, observing what feelings there are within.
- Then, take this combined observation mind and feeling mind, down into the awareness mind at the lower *tan tien*. Combine the three minds into one mind at the lower *tan tien*, and both observe and feel your pure awareness.
- Stay with this for several minutes.



(ii) Walking with attention at the lower *tan tien*

1. Find a Comfortable Space

- Choose a quiet place where you can walk freely without distractions, such as a park, a garden, or a peaceful indoor area.
- Stand with your feet hip-width apart, knees slightly bent, and your spine naturally aligned.

2. Bring Awareness to Your Lower Tan Tien



- Place your hands gently over your lower *tan tien*.
- Begin by doing the “3 minds into 1” technique, as described in Exercise #1 above, in order to bring awareness to that centre.

3. Begin Walking with Awareness

- Start walking slowly and naturally, keeping your attention on the lower *tan tien*.
- Instead of leading with your eyes or head, allow the movement to originate from your lower *tan tien*.
- Feel as though this energy centre is gently pulling you forward, guiding your steps effortlessly.

4. Stay Present and Relaxed

- Let go of any tension in your body. Keep your shoulders relaxed and arms naturally swinging.
- Maintain steady, natural breathing, keeping your mind focused on the sensation of movement from your lower *tan tien*.
- If your attention drifts, gently bring it back to this energy centre, feeling its presence as the core of your motion.

5. Allow the *Tan Tien* to Guide Your Direction

- Rather than consciously choosing where to walk, let your lower *tan tien* “decide” the direction.
- Notice subtle shifts in energy or an intuitive pull in a certain direction—follow it without overthinking.
- Trust the process and observe how it feels to move from your energy centre rather than your mind.

6. Conclude the Practice

- After a few minutes, gradually slow your steps and come to a gentle stop.
- Stand still for a moment, close your eyes if comfortable, and notice how you feel.



- Take a deep breath, bringing gratitude to your practice and the connection with your lower *tan tien*.

(iii) Chakra Breathing

1. Find a Comfortable Seated Position

- Sit with your spine naturally upright, shoulders relaxed, and hands resting on your lap.
- Close your mouth and breathe gently in and out through your nose.
- Take a few deep breaths to settle into a state of calm awareness.

2. Begin at the Base Chakra (*Root – Perineum*)

- Bring your attention to the base chakra at the perineum.
- Hold your focus here for 3 to 5 breaths.

3. Move Upward Through Each Chakra

- Shift your awareness to the sacral chakra at the pubic bone. Hold your attention there for 3 to 5 breaths.
- Bring your focus to the solar plexus chakra, at the navel region. Hold for 3 to 5 breaths.
- Move your attention to the solar plexus (upper abdomen). Hold here for 3 to 5 breaths.
- Direct your awareness to the heart chakra, at the centre of the breastbone. Hold for 3 to 5 breaths.
- Bring your focus to the throat chakra and hold for 3 to 5 breaths.
- Shift your attention to the third eye chakra, at the midpoint between the eyebrows. Hold for 3 to 5 breaths.
- Finally, move your awareness to the crown chakra, at the top of the head. Hold for 3 to 5 breaths.

4. Reverse the Flow

- After reaching the crown chakra, begin to move back down through the chakras in reverse order.



- Spend 3 to 5 breaths at each chakra, gradually descending until your awareness returns to the base chakra at the perineum.

5. Complete the Practice

- Rest your awareness at the base chakra for a few breaths, feeling grounded and centred.
- When ready, take a deep inhale, gently exhale, and slowly open your eyes.

