

## *Beauty Breath / Prana Breath*

*This is a Tantric exercise. Practicing will activate the channel that you initially imagine and then energetically travel. You intend the shape and direction of Flow. Watch yourself grow when you have attained this ability through practice! When a pair of adepts in this practice blend their energies,, ooo-la-la! Proof of great alchemic achievements, and of greater possibilities!*

### THE EXERCISE:

Let your focus grow soft.

Gently explore a scene or photo such as the one at right; or, close your eyes.

Begin the breath by drawing *prana* in through the *perineum*.

Your inhale continues to draw *prana* up ... the back of the spine.

Feel energy (*prana*) rising and cresting the top of the head, and then washing down the front of the body with the exhale .. descending towards the “gate of fire” -- the perineum.

In the perineum, during the pause before the next inhale, feel the sacred alchemy of the genitals engorging with blood. Draw this sexually charged energy up the spine. Feel the progress of its rising as you draw a full and expansive breath cresting the top of the skull and descending freely to its gathering place, and recharge! --enjoying the timeless deliciousness of **presence** in the most grateful zone, the place of sacred alchemy. Again draw charged energy up the spine, eventually cresting, and then falling freely, renewing... and repeat, and repeat... After a bit, as the quality of your focus wanes, stop and reflect upon the sensations that you felt within your body.

Journal about “energy” and how it feels as energy moves around your body. Life restorative? You Bet!

