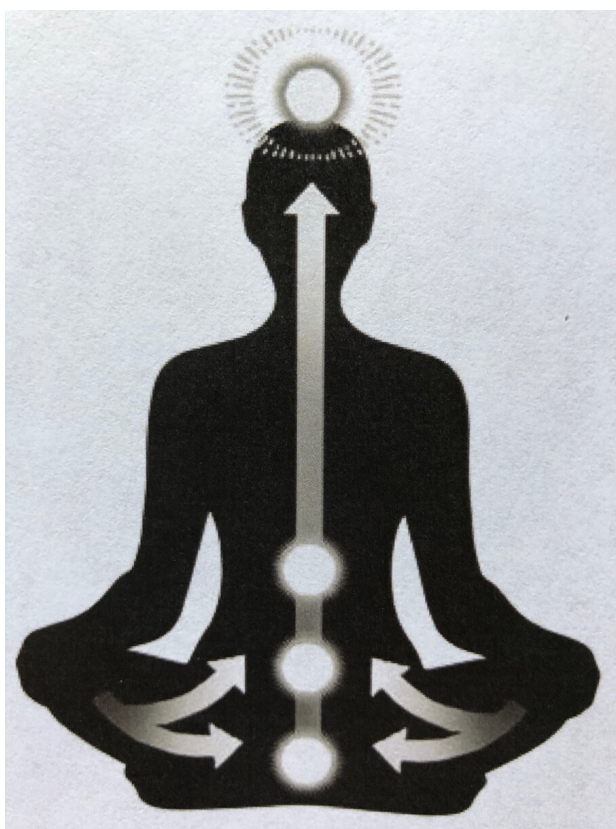


Soul Sanctuary

UPWARD BREATHING

Stillness and meditation is not a destination you must try to get to by force, it is a state you access. You just have to become prepared, and let a different state of consciousness arise within you. The upright breathing practice allows this to happen naturally. Through consistent effort and daily practice, you will start to live in this heightened state of consciousness more and more of the time. As this happens, your life becomes blessed with grace and synchronicity. You remain fully present and able to respond with creative action in each and every moment. This is the place of miracles and infinite possibilities.



Upward Breathing - Draw energy upwards activate stillness

The purpose of this breath is to pull the latent stored energy of the lower power center back up to the brain. This breath combines a steady inhalation as you contract your intrinsic muscles (pelvic floor, abdomen, chest) at the same time. Meanwhile, follow your breath all the way to the top of your head. When your awareness reaches this center, hold your breath and further squeeze those intrinsic muscles again, focussing awareness at the top of your head.

Practice 3 cycles of 12 breaths.

Squeeze at the top on the 12th breath.

Pause briefly after the 12th outbreath.

After the 3rd cycle of 12, rest in stillness.

This is the state from which you can effortlessly journey, or enjoy undirected deep meditation.

From a physiological perspective, as you push your energy up into the brain, it activates latent systems that cause the pineal gland (the gland that's responsible for the transcendental experience) to become electrically stimulated. This electrical current allows the pineal gland to pick up frequencies beyond the senses. The pineal gland then transduces the frequencies into profound imageries. As we practice, the brain can go into heightened brainwave states of gamma.

Breathing upwards through the core of the body gives you the tangible experience of your multidimensional reality (body-mind-spirit), and swiftly shifts you out of survival and reactivity mode and into a perspective based in a sense of higher purpose instead.