

TAOIST BREATHING Maggie Dubris

These notes go along with the Taoist breathing track.

- Helps balance body. Uses the full capacity of your lungs, calms your mind.
- You can always practice it.
- The goal is eventually to always be able to breathe this way.
- The key points are to breathe smoothly and slowly, using your entire lung.
 - Lie down, close eyes (easiest to do lying down with eyes closed at first).
 - Breathe through your nose.
 - Tune in to your breath. Become aware of the breath going in and out the tips of your nose, your nostrils etc.

As you breathe, first notice if the breath is smooth—do you hold your breath at any point? Do you stop breathing between breaths? Does your breath go in and out evenly, or seem to rush at points. Smooth it out, as best you can.

- Put hands on lower stomach, (called dantian), keep breastbone still.
- Breathe into your hands as they lay on your belly.
- Try and make expansion even and smooth, right & left sides move evenly.
- Do this by holding back on the side that's moving more, rather than forcing the side that's not moving as much.
- Then move hands to focus on:
 - Middle stomach
 - Top of stomach above navel
 - Sides of stomach below ribs
 - Ribs—front, side, back

It's as if every part is moving away from the center, which is called your central channel.

- Now try and slow your breath a little, inhale and exhale evenly.
- Be aware of everything (chest, back, stomach) moving evenly.
- You are aiming to have each breath last about 20-30 seconds, without straining.