

Bone Breathing is a two stage process:

First Stage – Inhale and Exhale through the Fingers

- At first one can use the mind and the eyes to visualize the respiration process through the fingers.
- Gradually feel the breath moving up the hands, arms to the skull, and then down the spinal column and legs.
- Notice the sensation as the breath moves through these areas.
- During inhalation, the breath feels cool and in exhalation it feels warm.
- Feel the inside of the bones and allow the breath to penetrate the bones by relaxing the muscles and tendons.



Fig. 2 Bone Breathing

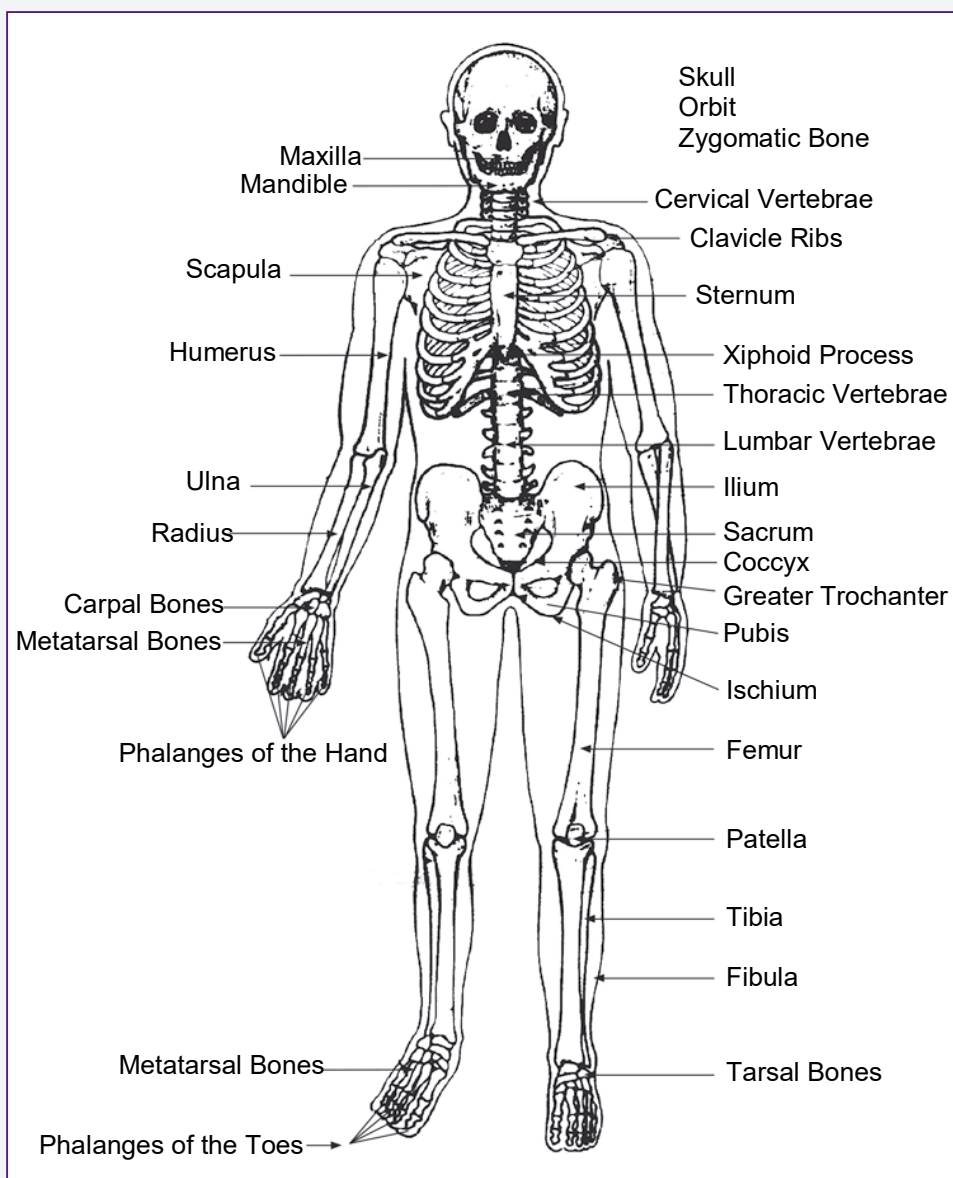


Fig. 3 Skeleton

Second Stage – Inhale and Exhale through the Toes

- By degrees inhale up through the legs into the thigh bones.
- After inhaling, hold the breath, but not so long as to experience discomfort.
- Then exhale down and out through the toes.
- In the next breath inhale all the way up to the hips and then exhale through the toes.
- Next breathe up to the Sacrum. At this point energy may rise up through the back and reach the head, overflowing into the entire nervous system.
- Finally, breathe up the legs and back, combining it with the fingers breath coming up the arms and shoulders, through C-7 into the head.
- Keep in mind that energy is inhaled and exhaled most effectively through the toes, fingertips, elbows, knees, sacrum, C-7, Door of Life, Shoulders, and the tip of the nose.

APPLICATIONS FOR CHI WEIGHT LIFTING

Strengthening the Fasciae Network

An upward counterforce is created by the internal organs and glands to resist the weight placed upon the genitals. This force is strengthened by the Chi released from the sexual centre as the internal system engages the fasciae to pull up against the weight.

The fasciae, therefore, contribute greatly to the distribution of energy. They also serve as the connection between the genitalia and the pelvic and urogenital diaphragms. When this connection is loose, the Chi Muscle and the diaphragms allow the organs to drop their weight onto the perineum, thereby reducing the Chi pressure. When the connection is kept strong, the organs and glands are held in place and the Chi pressure is maintained.

Chi Weight Lifting for Powerful Urogenital and Pelvic Diaphragms

The human body has many diaphragms holding the internal organs and glands in place, such as the thoracic, pelvic, and urogenital diaphragms. During Chi Weight Lifting these contribute greatly to the upward counterforce deployed against the downward pull of the weights anchored to the genitals. (Fig. 4)

The pelvic and urogenital diaphragms, considered the floor of the organs, and the Chi Muscle, are all strengthened by this practice which helps to prevent any loss of energy through them. Their increased strength also helps to alleviate the protruding abdomen caused by organs stacking up on the pelvic area.