

## Ten Tibetan Breaths

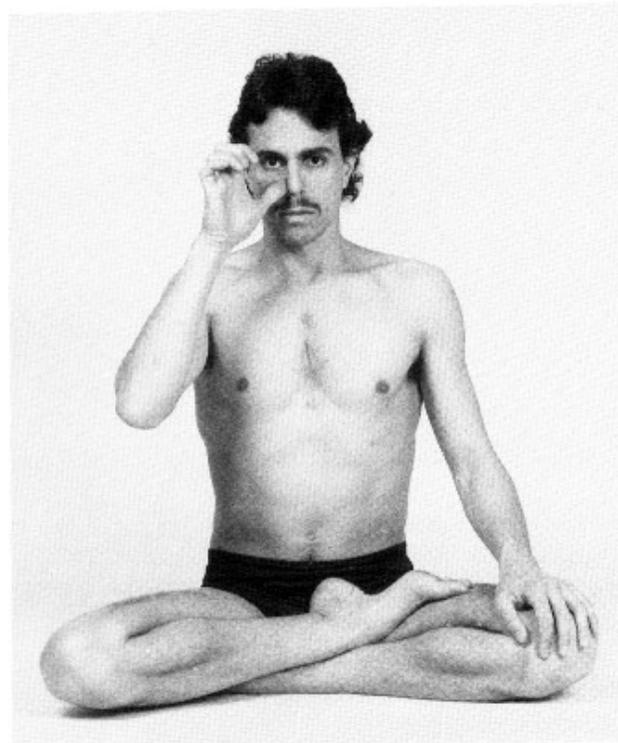
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In the early 1900s a geographer named Dingle became critically ill while completing a detailed topographical survey of China. Dingle developed a high fever, and lapsed into unconsciousness. Upon awakening from this state, he was surprised to discover that he had been taken to Tibet, and was in the care of a high Tibetan Lama who, Dingle realized, had been his spiritual master in a previous lifetime.

In addition to nursing Dingle back to health, the Lama taught him a system of powerful Tibetan breathing exercises. This powerful system of yoga transformed Dingle's life, and revolutionized his sense of purpose. After a brief nine months under the Lama's tutelage, Dingle returned to the United States, where he founded the Science Of Mentalphysics.

At its height, Mentalphysics was a huge organization boasting one hundred thousand students throughout the world. Currently the organization has its headquarters at a spectacular retreat center in the high desert of Yucca Valley, California. Designed and built by Frank Lloyd Wright, the Mentalphysics' facilities are ideal for study and meditation. The surrounding San Jacinto and San Gorgonio mountain ranges emanate waves of energy which blanket the entire high-desert plateau.

The following breaths are among those learned and taught by Dingle, whose "spiritual" name was Ding Le Mei. I have changed the names of the breaths, deleted some breaths altogether, and present them here in an order which I believe best maximizes their power.



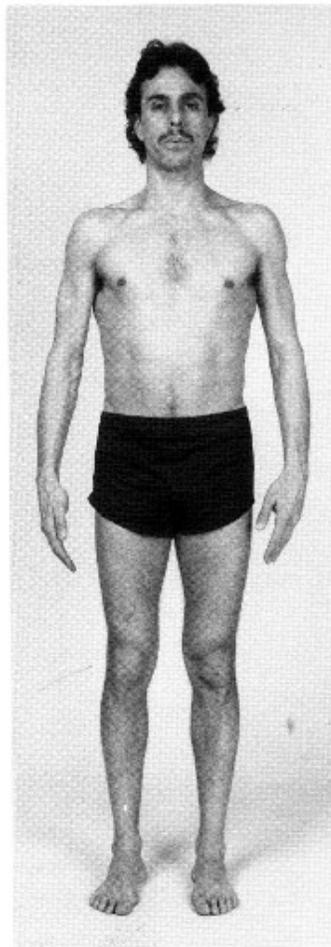
**The Balancing Breath:** Sit in a cross-legged position with the spine straight. Blocking your right nostril with your right thumb, inhale steadily through your left nostril to a count of four. Hold the breath to a count of sixteen. Then block off your left nostril with your left thumb, and exhale steadily through the right nostril to a count of eight. Now keep the left nostril blocked with your left thumb, and inhale steadily through the right nostril to a count of four. Perform this breath four times, twice inhaling through the left nostril, and twice inhaling through the right nostril.

The Balancing Breath balances the solar/lunar, positive/negative forces of the body-mind. It creates a balance of Yin and Yang by activating equally Ida and Pingala, the energy channels which run, from the left and right nostrils respectively, over the head and alongside the spinal column. Ida is Yin, lunar, negative, and Pingala is Yang, solar, positive. The Balancing Breath creates harmony within the body-mind. This breath can be practiced up to four times daily—upon rising, at noon, at dusk, and prior to retiring at night.

**The Power Breath:** Stand straight with your arms by your sides. Inhale deeply and completely, filling yourself with the breath to maximum capacity. Hold the breath for half a minute.

Then exhale powerfully through the mouth with your lips like a pipe. As you exhale, draw your lower abdomen in tightly, squeezing the breath out. When you have completed the exhalation, inhale lightly, exhale, and relax for a moment. This breath can be performed up to seven times.

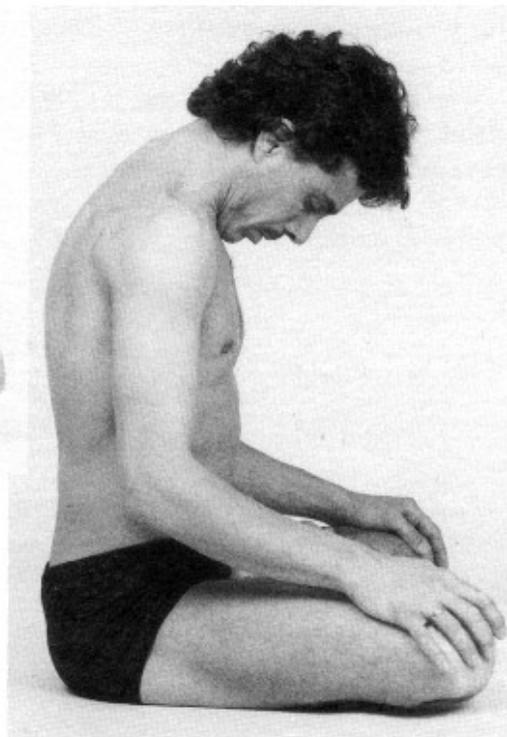
The Power Breath supercharges the body-mind. It saturates your entire system with prana, the energy of the breath. It develops mental clarity, purifies the blood, and builds strong, powerful lungs.



**The Super Brain Breath:** Sit cross-legged with your spine straight, or on a chair or stool with your spine straight. Place your hands on your thighs with the palms up. Your head is down, and your shoulders are relaxed. Inhaling through the nose, swing your head all the way back. The inhalation and motion are short and forceful. Then exhale quickly and forcefully through the teeth, swinging your head all the way forward, with your chin to your chest.

Repeat the breath and motion seven times, without pausing between breaths. When you have done this, take a long, deep breath and relax. This is the completion of one full round. This breath can be performed a maximum of seven rounds, or forty-nine breaths. Start practicing this breath for three rounds, or twenty-one breaths.

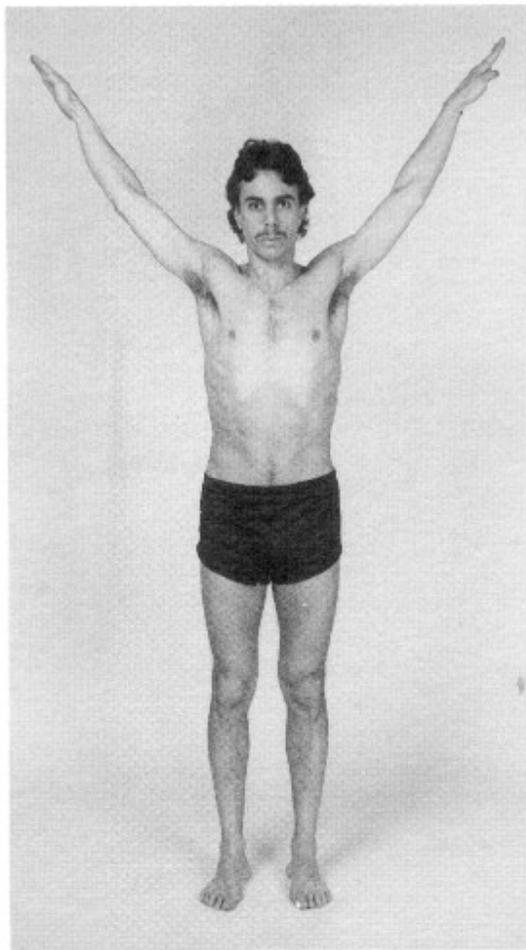
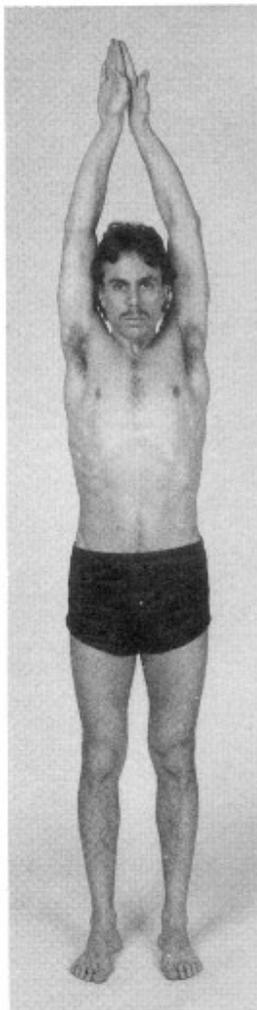
The Super Brain Breath charges the brain with energy, increases blood flow to the base of the brain, and increases the flow of *cerebrospinal fluid* (CSF). This breath is reputed to enhance memory, because of its stimulation of the *medulla*, which is at the base of the brain, and which is the center of memory function.



## The Aura Builder

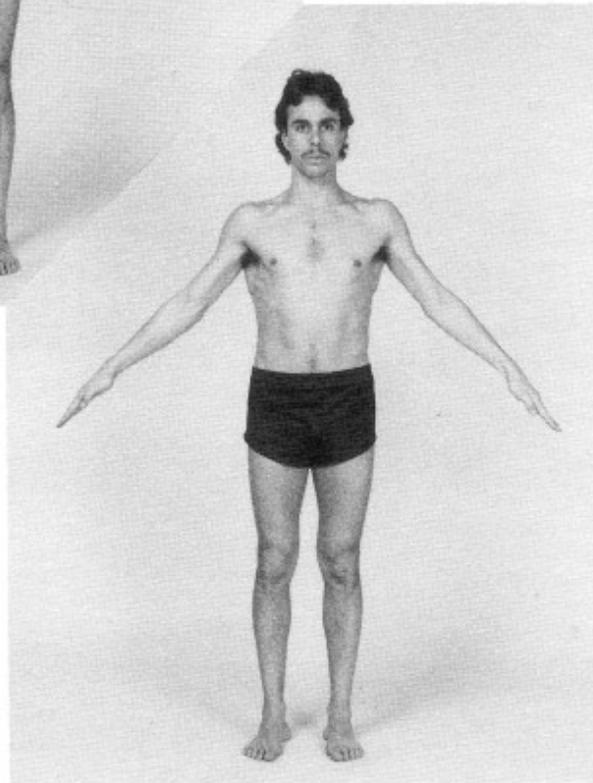
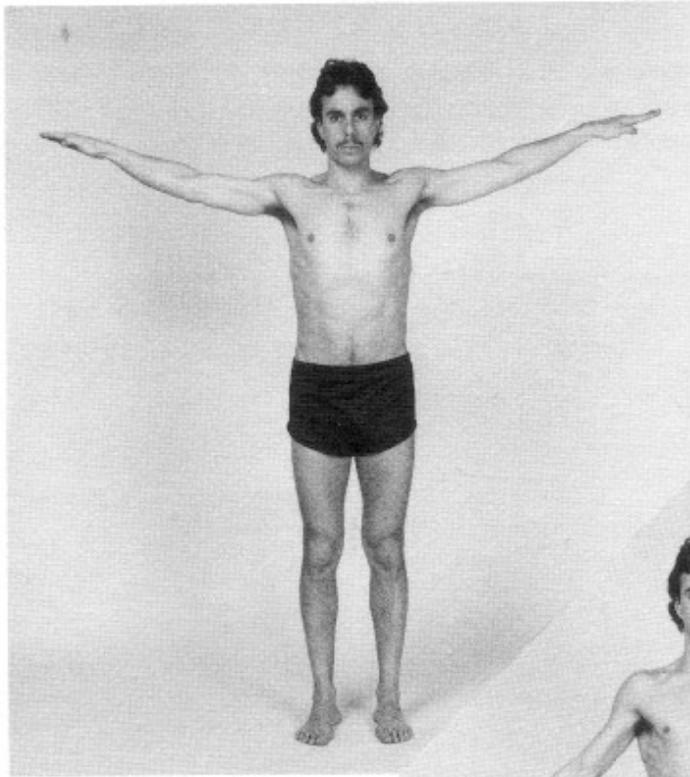
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Stand perfectly straight with your arms by your sides. As you inhale deeply through your nose, raise your arms straight out to the sides and then up above your head, placing the backs of your hands together. Your arms should be stretched up as high as possible. Hold the breath for several seconds. With your lips like a pipe, exhale a quarter of the breath through the mouth, and lower the arms to a 120-degree angle. Exhale another quarter of the breath, as you lower the arms to a 90-degree angle. Exhale another quarter of the breath as you lower the arms to a 45-degree angle. Exhale the last quarter of the breath as you lower the arms to your sides.



This breath can be performed a maximum of seven times. Start out practicing this breath just three times.

The Aura Builder expands and strengthens the aura, which is the energy field which surrounds and emanates from you. The aura acts as a protective and healing membrane. As the aura becomes brighter and stronger, it filters out psychic static and "vibratory pollution." At the same time, you become more keenly aware of the space around you, and more sensitive to subtle changes in your environment. A healthy, vibrant aura is an extension of a healthy, vibrant body-mind.



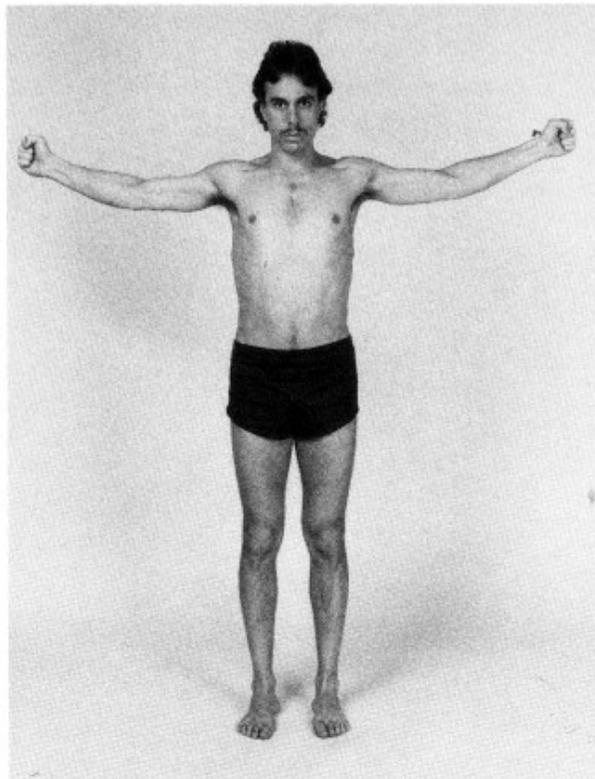
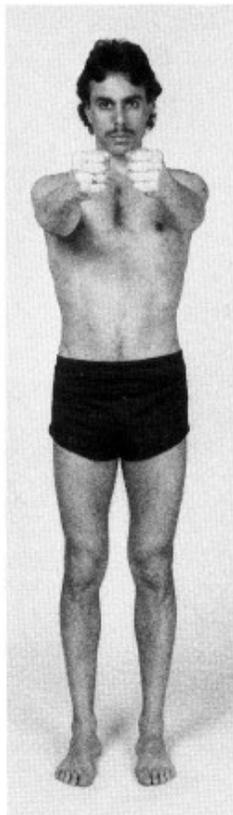
## The Invincible Breath

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Stand up straight with your feet several inches apart. Your arms are together, straight out in front of you, with the hands in fists. Take a full, deep breath through the nose, and hold it. Holding the breath, swing your arms straight back as far as they will go, and then swing them forward again. Repeat this three times. When you have done that, exhale through the mouth, with your lips like a pipe. Then bring your arms to your sides and rest for a moment. That completes one full breath.

This breath can be performed a maximum of seven times. Start out practicing it just three times.

This is known as the Invincible Breath because it stimulates the thymus gland, which lies in the center of the chest. The thymus is responsible for immunity to disease. Regular practice of this breath develops the immune system, and builds resistance to disease.

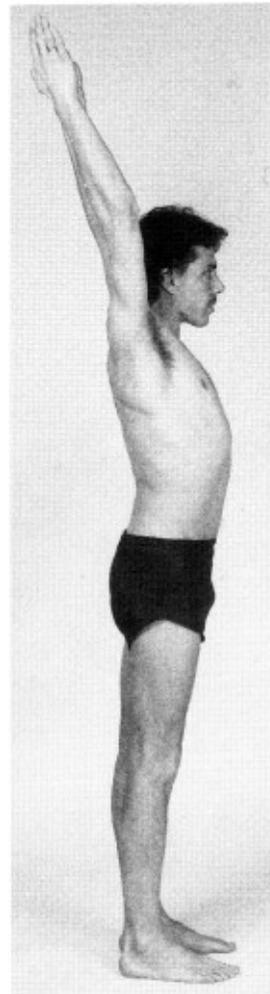
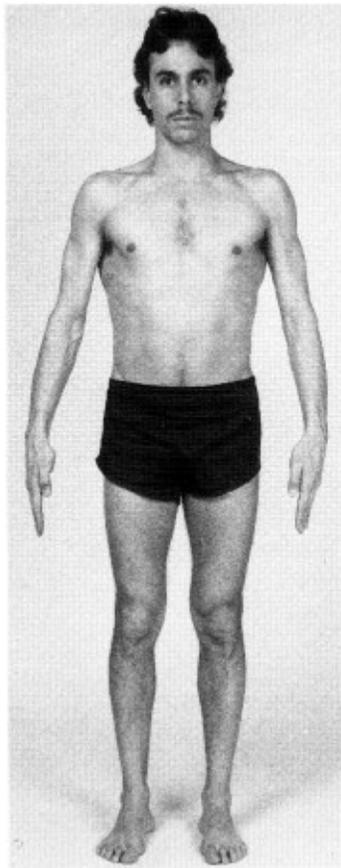


## The Vibrational Breath

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Stand straight, with your arms by your sides, and your feet several inches apart. Inhale fully and deeply through the nose, and hold the breath. Holding the breath, swing your arms up in a complete circle, three times. After completing the third swing, bring your arms back to your sides and exhale forcefully through the mouth. This completes one breath. This breath is performed for a maximum of seven times. Start out practicing this three times.

The Vibrational Breath attunes your senses to vibrations around you. It is also valuable for the heart and lungs.



## The Sun in the Heart

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Sit either in full lotus position, or in a comfortable cross-legged position with your spine straight. Your arms are extended straight out in front of you, with your hands clenched in fists. In this position, exhale fully through the mouth.

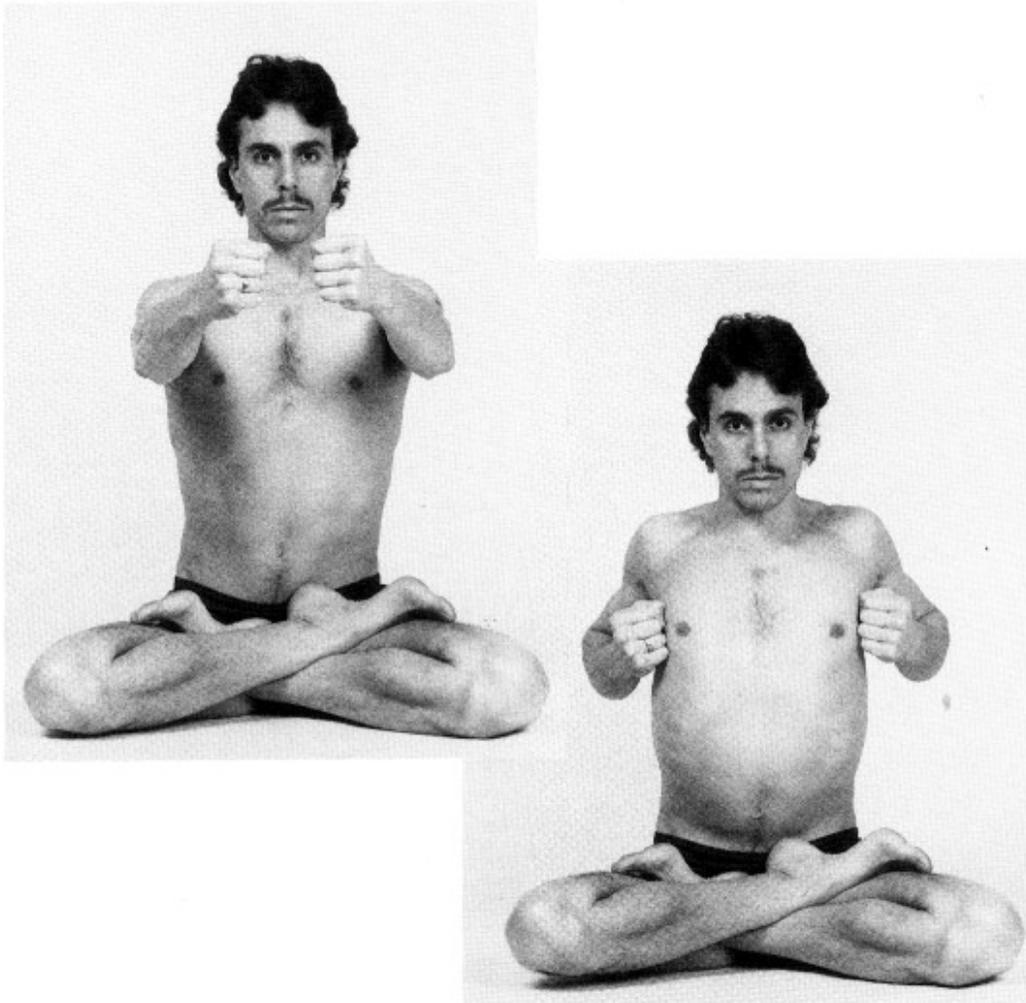
Inhale slowly and deeply through the nose. As you do, pull your fists toward you. Visualize that you are drawing the sun into the center of your chest.

When you have completed the inhalation, your fists will be tucked close to your armpits. Hold the breath as long as you can comfortably, and continue to visualize the sun burning in the center of your chest. Holding this position, exhale fully through the mouth.

Relax your hands on your knees for a moment. This completes one full breath.

This breath is performed for a maximum of seven times. Start out practicing it three times.

The Sun In The Heart purifies the heart chakra, which is the center of love and compassion. This also acts on the thymus gland to enhance immunity to disease.



## Initiate's Breath

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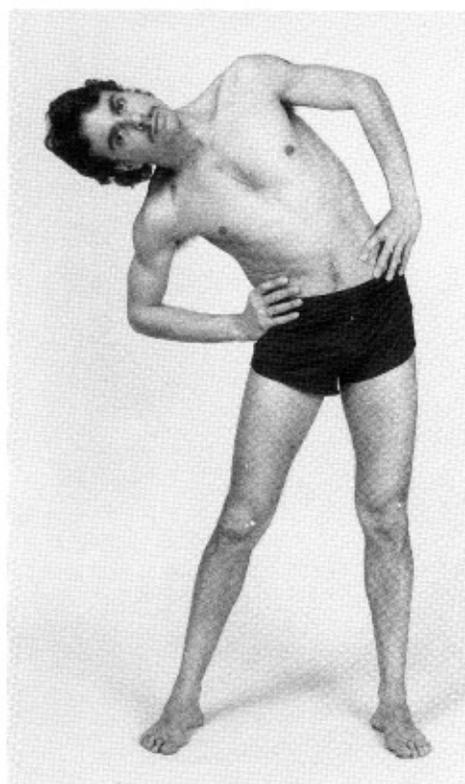
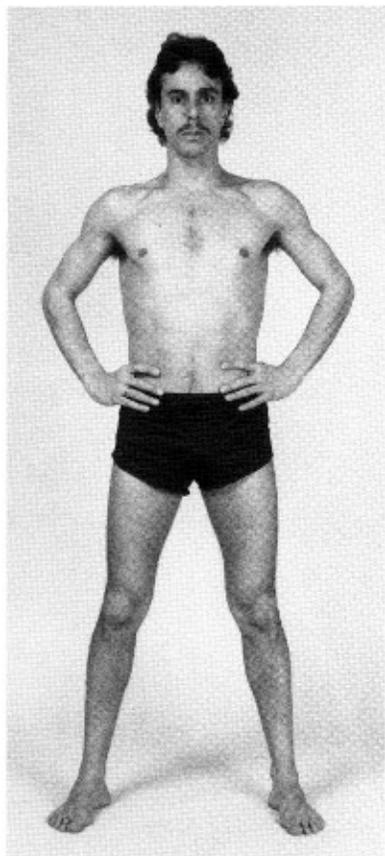
Stand straight with your feet about shoulder's width apart, and your hands on your hips. In this position, take a long, full, deep breath through the nose, and hold it.

Holding the breath, bend as far to the right as you can, and then to the left. Repeat this three times without a break.

Then come up straight, and exhale forcefully through the mouth. This completes one full breath.

This breath is performed a maximum of seven times. Start out practicing this breath three times.

The Initiate's Breath stimulates lower spinal energy, and concentrates the force of the Kundalini Shakti at the base of the spine. This is one of the most powerful of all breaths. It is very useful for breaking up blockages in the human energy system.



## The Immortal Breath

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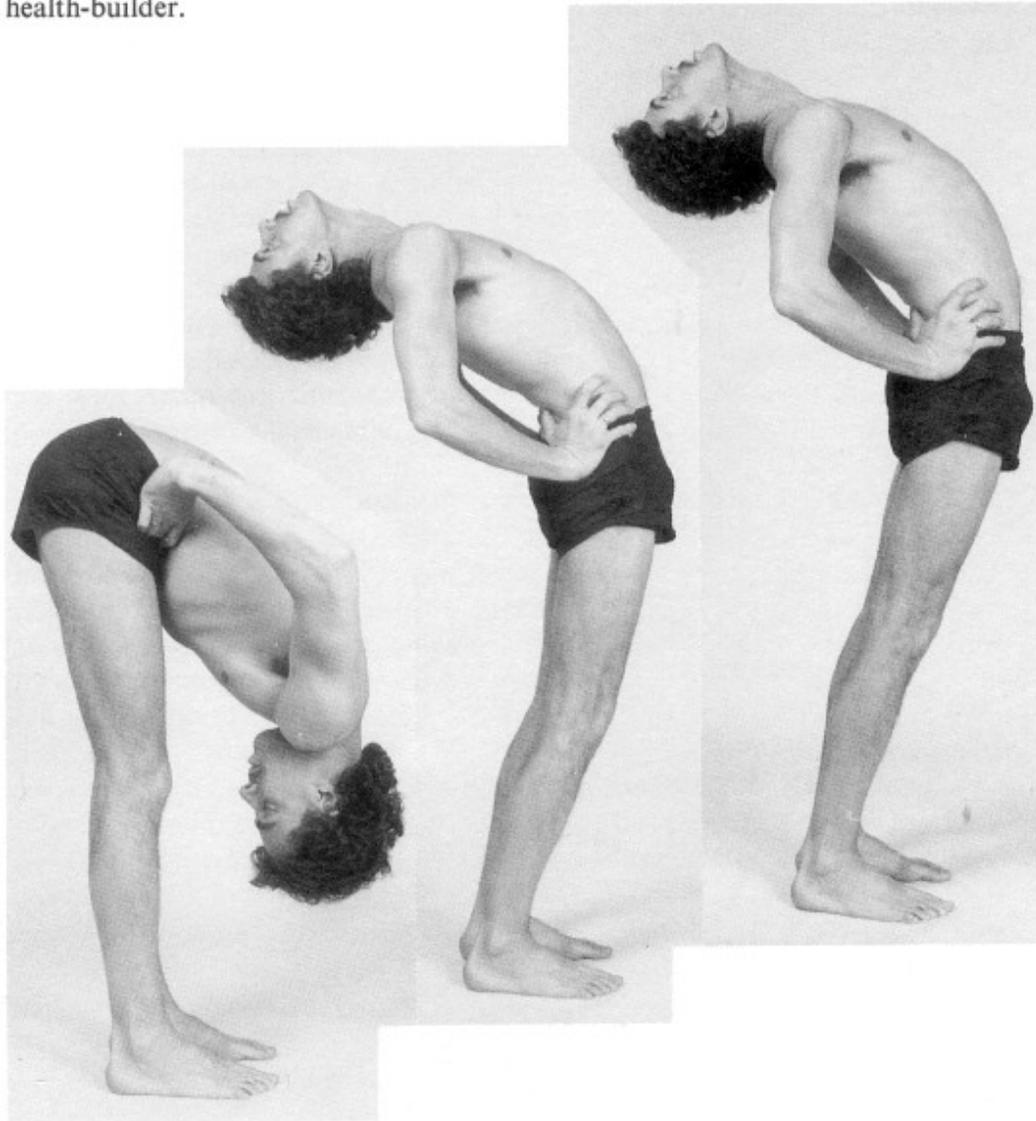
Stand straight with your feet several inches apart, and your hands on your hips. In this position, take a full, deep breath through the nose. Holding the breath, tuck your chin into your chest, and then swing your head up and back. Repeat this three times, while holding the breath.

As you forcefully exhale through the mouth, bend as far forward as you can, and then as far back as possible. Repeat this three times.

Then come up straight, and inhale through your nose. Follow this with one normal breath. This completes one full round of the Immortal Breath.

The Immortal Breath is performed a maximum of seven times. Start out practicing this breath three times.

The Immortal Breath activates all the chakras, and stimulates the flow of Kundalini Shakti. This breath supercharges the entire glandular system, and is a superb health-builder.



## The Shakti Breath

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Sit either in full lotus position, or on the knees sitting back on the heels, or in a chair. Your spine should be very straight. Your hands are behind your head with your fingers interlocking, and your elbows straight out to the sides. In this position, inhale fully and deeply through the nose, and hold the breath.

Holding the breath, bend forward (bend from the hips), as far as you can. Hold this position to a count of seven.

Come up to the first position, and exhale through the mouth, with your lips like a pipe. This completes one full breath.

The Shakti Breath is performed for a maximum of seven times. Start out practicing this breath three times.

The Shakti Breath works directly on raising Kundalini energy up the spine. This particular method is very powerful, and is an excellent breath to practice prior to meditation.

