



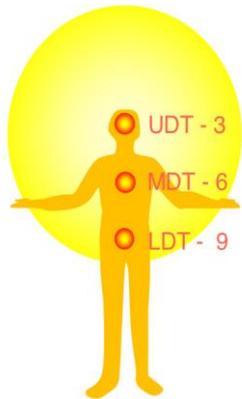
3-6-9 Breath

We are processing all day long. Imagine discovering an operating system that is compatible with all of your functions ---- It's called QI GONG!!

We circulate Qi (vital energy) throughout the meridians (energy pathways) in our bodies. There are three Dan Tien that we use in the 3-6-9 Breath Method. The Dan Tien are energetic centers in the body that the meridians pass through to restore and re-energize their Qi.

Here's a metaphor: The Dan Tien are like hard drives. Each hard drive has many files. As long as each Dan Tien is full of Qi, these files work correctly. The 3-6-9 Breath Method "restores" and "cleans" the files so that the computer's operating system can function properly. In humans, the Dan Tien restores and re-energizes us as we go through our day relaxed and focused.

Here's a Simple Method for 3-6-9 Breath:



1. Sit in a position that allows the ground to support the soles of your feet. Take a good dose of Vitamin G ---- Grounding!
2. Bring awareness to the Lower Dan Tien. Take a few real belly breaths to ground.
3. Bring the mind's awareness to the Upper Dan Tien (UDT = 3rd Eye Center). Take 3 (three) full inhales/exhales into the mind – clearing and opening.
4. At the end of the 3rd Exhale, send the breath to the Middle Dan Tien (MDT = Heart Center). Take 6 (six) breaths into the heart – clearing and opening.
5. At the end of the 6th inhale, send the breath to the lower Dan Tien (LDT = Belly Below the Navel). Take 9 (nine) breaths into the belly – clearing and opening. Take another two minutes to rest in the Lower Dan Tien

Slowly allow your inner mind to rise and meet your outer mind.

Enjoy your response to this energetic tune up!