

Exercises for Mental and Physical Well-being

Medical Chi Gong

Organ	Sound	Color	Emotion Out	Emotion In
Liver	sshu	blue/green	anger	kindness
Heart	kha	red/pink	excitement	calm
Spleen	wu	yellow/orange	over worry	trust/openness
Lungs	tss	silver/white	grief	dignity
kidneys	shuah	indigo	fear	wisdom

(while doing kidneys, put hands on kidneys and vibrate them.)

The Five Pranic Breaths - from Yoga and Ayurveda by David Frawley

1. Prana Breath- energizes the head. With a deep inhalation, draw energy from above into higher head and brain centers in the third eye. Take a series of sustained inhalations (energy) from sky and space. Bring it through the head and senses into the third eye. Hold energy in the third eye as a ball of light and exhale through the third eye, spreading energy in all the senses. (can do with alternate nostril breathing.) Imagine prana coming in throughout eyes, ears, mind opening and purifying the channels; invigorating the entire brain and mind. Visualize prana like a revolving golden wheel with spokes turning in head. Visualize sets of lightening currents that emerge through sensory openings of head and mouth.

Good for sinus allergies, cold, headaches nervous exhaustion and brain fog.

2. Udana or Ascending Breath

Breathe in the mouth, this breath is allied with thought, sound, mantra, upward movement of will. To increase: take a deep great breath with mouth, draw energy into throat chakra, hold it. Exhale, chant OM loudly. feel energy rise and expand like a ball of light from OM and encompass entire universe. Experience throat as center of cosmic sound. Deep blue lotus or lotus-like pillar in the region of the throat and neck. Hold energy up and allow it to ascend.

Guards against sore throat, improves vitality and strength.

3. Vyana or Expanding Breath

Breathe in the heart and expand outward. Open lung and heart region, expand to body and outside world. Take deep breath while standing, extending arms as widely as possible. Fill heart and lungs with energy. Keep arms wide during retention. Visualize energy expanding from heart through bloodstream to entire body and limbs, out through hands and feet to universe. Brings arms in on exhalation, retiring all energy to its source

in the heart. Visualize a revolving orange wheel.

Good for lungs, asthma, heart disease, arthritis, stress.

4. Samana - Centering Breath

Increase: visualize from the universe and its galaxies and planets, stars, spiraling into your body from the distant horizon. Breathe deeply, bringing the breath down into the navel during inhalation, feeding the digestive fire. Hold breath firmly at navel, let digestive fire blaze up. On exhalation, let breath extend outward from the navel providing nourishment to all bodily tissues and all layers of mind and heart. Visualize

samana spiral of multi-colored energy turning inward into navel and growing ever more small, concentrated and luminous, providing stability and centeredness.

Treats all digestive system diseases, balances body and mind.

Apana or Descending Breath

Take a deep breath, draw energy down to the base of the spine, feel body like a large and stable mountain. Hold energy there. Exhale. Ground energy downward through your feet into the earth, allowing physical or mental toxins to be released into the ground. Visualize apana as downward facing dark blue triangle in region of lower abdomen, from which energy moves downward in lightening flashes and grounds itself into the center of the earth below, where there dwells a special fire of strength and resistance.

Treats all reproductive diseases, urinary and excretory systems, constipation, diarrhea, menstrual problems, sexual debilities. Strengthens the immune system.

Note for FPMT students: If you have received a Tantric Empowerment such as Guhyasamaja or Cittamani Tara, these exercises can be expanded to include a visualization of the Five Dhyani Buddhas at their appropriate places. As you breathe in, you can imagine the color and wisdom of Buddha growing and glowing inside you and contemplate its meaning. As you exhale, imagine the corresponding element becoming balanced and purified while the delusion and the aggregate (as in five aggregates of the transitory collection) is transformed into the corresponding wisdom. After several breaths of this, totally relax into the experience of the wisdom of that Buddha. Make it real. This can be very powerful, especially when done after the above prana exercises.