

The Three Breaths Practice

Breath of Pleasure	Instructions
<ul style="list-style-type: none"> • This practice is bringing parts of your body and sexuality aliveness through the breath, focus and awareness. It is using the mystic depth of the yogic tradition to really activate specific parts of your sexual anatomy – super empowering! • You will also notice deep realizations and connections to the womb and cervix. 	<p>Step 1. Inhale through the nose deeply and exhale through the mouth in a relaxed way. This should be quick but not rapid, intense but not forced.</p> <p>Step 2. After 30 inhales and exhales: inhale through the nose and fill your entire body up; your pelvis expands, your belly, your solar plexus all the way up to your shoulders, and then hold that inhale.</p> <p>Step 3. Hold it as long as you can, just getting to that point of “Ok I need to breath NOW”, and as you are holding your breath you are going to focus on your womb.</p> <p>Step 4. Bring the energy, activation and oxygenation into your womb.</p> <p>Step 5. Then you are going to repeat this process and instead focus on your cervix.</p>
Breath of Life	Instructions
<ul style="list-style-type: none"> • This is a breath for experiencing full aliveness, and you find this practice in all sacred traditions. • It creates a river of sensation, connection and awakening inside the body • Useful for sensitizing, but also for alternating your state of consciousness into a more connected and flowing state in your mind and body 	<p>Step 1. Start from the cervix (when working with sexual energy and pleasure) and inhale up the front of the body to the top of your head, then exhale back down your spine back into the cervix.</p> <ul style="list-style-type: none"> ○ This is the yin direction – making you feel vulnerable, open, connected, intimate, flowing and watery. Use this direction to feel surrendered, at one with the flow of energy and intimate with body, which is good for people who feel shut down or disconnected. <p>Step 2. Then switch direction: start from your cervix but go up the back and down the front.</p>

	<ul style="list-style-type: none"> ○ When going in this direction, to help facilitate the energy to flow down, touch your tongue to the roof of your mouth. ○ This is the yang direction – making you feel fiery, fierce, safe, empowered, powerful and protected.
Breath of Intimacy	Instructions
<ul style="list-style-type: none"> ● This breath creates inner intimacy and connection, which creates outer intimacy and connection. ● A lot of the times when there has been a developmental trauma or development obstruction in the original essence, the sexuality will get disconnected from the heart. ● This can result in, for example: <ul style="list-style-type: none"> ○ You fuck people that aren't really good for you ○ You fall in love with people and then lose your sexual attraction to them ○ A big disconnection between the head and the sexuality, meaning the head disrupts or doesn't support the sexual pleasure, numbing out the sensation ○ A sexuality not connected to a person's wisdom, for example, sexual addiction, or making sexual choices that don't feel good ● Having an alignment between the sexuality, heart and wisdom will allow a sense of intimacy and let you meet people from a really special place. ● This breath practice is great for: <ul style="list-style-type: none"> ○ Healing inner conflict ○ Increasing and harmonising the ability to sexually desire people who are good for you ○ Being able to love people you have sex with 	<p>Step 1. Inhale from your sexual center, meaning your pelvis, cervix, womb, your vagina, up the back of your spine and into your heart, and then back down from your heart to your sexuality.</p> <p>Step 2. Then inhale from your sexuality up to your heart and continue up to your head, and allow your sexuality to influence your mind and how you operate in your life.</p> <p>Step 3. Complete the cycle by inhaling forward and down, from your mind, through your heart, into your sexuality.</p>

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| <ul style="list-style-type: none">○ Being able to make conscious choices on how you use your sexuality and heart○ Can be done in partnership work to bring partners together● This practice reconnects your sexuality to your heart and mind, so that your wisdom is infused with these parts and aspects of your body, and helps create a grounded centered reality. | |
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