

While holding the breath at the chakra specified in each exercise, the positive quality of the prana is held as vessel holds nectar. Then, without exhaling, you inhale again, taking in a bit more pure air, and continue to hold the breath throughout the movement. This re-inhalation increases the heat and energy, which supports the spreading of the prana like nectar throughout the body. The main concentration of this spreading prana is at the chakra specified in each exercise. At the end of the movement, the exhalation descends the central channel and moves out through the side channels and nostrils. Think that this exhalation exhausts, expels, and clears the blocks and obstacles that would obscure your natural awareness. Imagine that the chakra itself opens and clears and supports the experience of open awareness at that chakra. At this point the breath returns to whatever breath is normal for you as you rest in open awareness.

NOTE: The instructions are to hold the breath throughout each exercise and exhale only at the end. However, if you feel you need more air before the movement is completed, do a short re-inhalation. If that is not enough air, repeat a movement only three instead of five times, building up your stamina over time until you are able to do five.

When performing the *tsa lung*, it is recommended that you repeat each exercise at least three times. These exercises can clear gross obstacles such as those that cause disease or strong negative emotions; clear or exhaust the momentum that drives obscuring thoughts; and can clear subtle obstacles that disturb your ability to recognize and rest in your own natural mind.

### **Abiding or resting with clear attention in what has become clearer**

At the end of the set of three exercises, bring clear attention to the chakra you have been working with and rest the mind there, allowing the physical and then energetic energies to settle. Rest your mind in what has become clearer; rest in open awareness as long as the experience remains fresh and uncontrived. This is the best medicine. Abide with your eyes open. However, if you find you become too distracted, you may close your eyes.

## **The Actual Practice**

### **Assume the five-point posture**

Sit cross-legged, with your spine straight, chest open, and your hands in equipoise position resting about four finger widths below your navel. (With your palms facing up, keep the fingers together and bring the left fingers to rest on the right fingers, thumbs brought to touch the base of the ring finger of the same hand.) The chin is brought in slightly allowing the back of the neck to lengthen. If you are seated in a chair, cross your legs comfortably at the ankles. Keep your spine upright, free of the support of the back of the chair. (All else is as described above.)

### **Reflect upon what is to be cleared**

Before each exercise, connect with stillness of your body, silence of your speech, and the spaciousness of your mind. Then bring to mind a situation or behavior in your life that is problematic or occupies or worries you. Without judging, feel how you experience this disturbance in your body, your breath, your mind. Look directly without analyzing. In this way you are selecting what is to be deleted or released with the exercise.