

## The five exercises

1. The **upward-moving *tsa lung* exercise** opens the throat, forehead, and crown chakras. Inhale through the side channels and imagine that pure air enters and fills the central channel up to the throat chakra. Hold the breath, concentrating the focus at that chakra. Re-inhale and continue to hold and maintain the focus. Feel that the subtle breath spreads upward internally, nurturing all the sense organs located in the head. Bring to mind the obstacles you seek to clear or exhaust. Slowly start rotating the head five times counterclockwise. Feel that the subtle *lung* is moving upward through your head in a spiral movement. Then reverse directions and rotate the head five times clockwise, continuing the same feeling of the nectar spreading upward in a spiral movement, as if washing and cleansing all that it touches. At the end of the movement, exhale the air. Imagine that the breath descends the central channel and obstacles leaves the body through the nostrils via the side channels. Your attention is directed upward as you exhale, as you imagine that the obstacles carried by the subtle lung are expelled through the crown chakra. Repeat the exercise for a total of three times. With each repetition, the exhalation releases and clears obstacles. After the third repetition, rest your mind in open awareness feeling the throat, forehead, and crown chakras open and clear. With your eyes open, rest in open awareness as long as the experience remains fresh and uncontrived.

2. The **life-force *tsa lung* exercise** opens the heart chakra. Inhale through the nostrils following the pathway of the side channels, imagining that the breath enters the central channel at the junction and rises up to the heart. Hold the air at the chest level, concentrating at the heart chakra. Re-inhale, holding and maintaining the focus at the heart chakra while feeling the *lung* spread internally through your chest, nurturing the area of your heart. You might feel or sense the obstacles you are seeking to exhaust and clear. Extend your right arm straight out from your body and rotate the arm five times overhead in a counterclockwise direction, making a motion like a lasso. Feel that the vital air is expanding your chest and your life force is being strengthened. Then rotate the left arm five times clockwise with the same lasso motion. Still maintaining the breath retention and the focus, place your hands on the sides of your hips and rotate the upper torso five times towards the right and then five times towards the left. At the end, exhale the breath imagining that it descends through the central channel and ascends through the side channels, releasing through the nostrils. Feel that obstacles are released and exhausted with the exhalation. Imagine the heart chakra opening and releasing as well. Repeat this exercise a total of three times. At the end, with eyes open, rest in open awareness with your focus supported by the opening at the heart chakra. Remain for as long as the experience is fresh and uncontrived.

3. The **fire-like *tsa lung* exercise** opens the navel chakra. Inhale the pure air through nostrils following the pathway of the side channels and bring the *lung*, or prana, to the junction where it enters the central channel and moves up to the navel. Hold the air with the vase retention (Tibetan: *bar lung*, Sanskrit: *kumbhaka*). Vase retention refers to the act of pulling up the muscles of the anus, perineum, and pelvic platform, creating a basket, while the diaphragm pushes down to create a lid. Take care not to hold with too much pressure or tension. Concentrate your mind at the navel chakra within the "vase." Re-inhale, maintaining the focus and the vase retention. Feel that the lung spreads, filling the vase and nurturing the navel area. Rotate the abdomen five times counterclockwise, maintaining the concentration and the vase retention as well as bringing to mind of any obstacles you are clearing. Then rotate five times in a clockwise direction. At the end of the movement, the