

exhalation moves down through the central channel and out the side channels through both nostrils. Feel that the obstacles are releasing through your breath and dissolving into space. Feel the opening and release at the navel chakra. Repeat the exercise for a total of three times. With eyes open, rest in open awareness with your focus hosted by the navel chakra. Rest as long as the experience remains fresh and uncontrived.

4. The focus of the **pervasive *tsa lung* exercise** begins at the junction of the three channels, moves throughout the central channel, pervades the entire body, and then spreads beyond the bounds of the body. Inhale pure air through the side channels to the junction, bringing the lung into the central channel and holding the focus and breath there. Imagine the lung begins to spread throughout the entire body. Re-inhale, imagining or feeling the vital breath spreading, and particularly pervading those places where the energy seems blocked. As you feel the spread of the vital breath throughout your body, raise your hands above your head. Clap them together sharply above the top of your head and rub your hands together, generating a sense of heat and energy. Continuing to hold the breath, massage your whole body, particularly those areas where you experience any injuries or blockages. Feel these areas come alive, as if every cell of your body were vibrating with vital breath. Still holding the breath, perform a movement similar to shooting an arrow, opening the upper torso. Do this five times to the right and then five to the left. At the end, as you exhale, *lung* descends the central channel and the obstacles are expelled through the nostrils via the side channels. Experience release through all the pores of your body. Let your breath return to normal, and then repeat the exercise for a total of three times. At the conclusion, rest in open awareness with eyes open. Your focus is pervasive. Rest as long as the experience remains fresh and uncontrived.

5. The **downward-clearing *tsa lung* exercise** opens the secret chakra. With the right leg in front of the left and the hands holding the knees, inhale through nostrils and follow the pathway of the side channels, bringing the lung, or prana, to the junction. At the base of the central channel is the secret chakra. Create the "basket hold" by pulling up on the muscles of the anus, perineum, and pelvic floor. Concentrate the attention and the vital breath at the secret chakra supported by this basket hold. Re-inhale and continue to maintain the focus and hold while letting the lung spread, feeling that you are nurturing this area. Bring to mind and particular blockages you are clearing. Hold your right knee with both hands and turn towards it. Rotate your lower abdomen five times counterclockwise. Next, hold the left leg at the knee and turn towards it. Rotate in a clockwise direction five times. Hold both knees and rotate the abdomen five times counterclockwise. Throughout the movement, the breath is held, you are pulling up on the muscles that create the basket hold, and the focus is maintained at the secret chakra as you work to exhaust and clear obstacles. At the end, exhale through the nostrils as the obstacles which are carried on the prana move through the side channels and out with the breath to dissolve into space. Imagine that the secret chakra releases and opens and that subtle energy moves in a downward direction through the secret chakra. Repeat the exercise a total of three times. After your final repetition, bring clear attention to the secret chakra, experiencing any changes at the level of the body, energy, and mind. With eyes open, rest with clear attention in what has been cleared.

Now feel the openness in each chakra and allow this sense of openness at the chakras to expand pervasively. Abide without planning the future, dwelling on the past, or changing the present. Let everything be as it is.

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