

Pranic Tube breathing:

Pranic tube breathing: the pranic tube runs from the perineum up to the top of the head. Breathing this way **causes balance to be restored.**

To make this more effective, imagine that the tube is lined with a crystalline substance. Guide clients in breathing in from the heavens and sighing it out into the heart. As the sigh is released into the heart, the heart begins to open- as a lotus flower.

Breath in from the earth's core, sigh it out into the heart. Take at least 3 breaths each this way, then breathe in simultaneously from the heavens and the earth.

The Pranic Tube

