

meditation

Circular Breathing

Circular breathing (also known as the microcosmic orbit in the Taoist tradition) is a classic practice. In this practice, you focus on the breath and send the breath down the front line of your body from the top of your head to the pelvic area and breathe up the back line from the pelvic area to the top of your head.

Basic Instructions

1. Sit in an upright position with your back straight but not rigid. Alternatively, you can lie on your back or side. Focus on any sensations just above your head and inhale your breath down the entire front of your body.
2. Exhale and release your breath up the spine to the top of your head.
3. Repeat this circle, or orbit, as many times as you choose. If your attention wanders, just gently bring it back to the breath and start the practice again.