

## **Studying Material for 1999 Special Summer Training:**

### **Breathing Exercises.**

Every living creature is sustained by breath. Breathing plays an utmost part in all life activities, thus when there is no more breath the life ends. All living creatures may sustain their own lives for some period of time without food or water but never without breath. The breath absorbs oxygen into our system and eliminates carbonic acid gas. During inhalation oxygen is first taken into the lung cells, and then circulates through the blood. Through this ceaseless activity and formation of cells within the various functions of the body the impure waste is eliminated. In other words the breath burns the waste matter or impure matter produced along with the processes of digestion, absorption and excretion which is known as metabolism.

As a logical consequence of this process, carbonic acid gas is produced within the system. If this gas remains within the system it may endanger the life. Therefore it has to be sent to the lungs through the veins in order to be eliminated through exhalation. This is the physical foundation of breathing.

However the work of the breath goes beyond absorption of oxygen and elimination of carbonic acid gas from the system. The absorption of breath is also essential to maintain the life force known as Ki. Ki is not only vital to sustain the order of the system but also to stimulate the cultivation, realization and manifestation of human potential including the spiritual domain of human activity.

### **Important Conditions for Conducting Breathing Exercises:**

1. There must be total relaxation, apart from contracting a certain part of the body, specifically designated within each exercises, or as instructed.
2. Use the power of the imagination, concentrate your mind to discharge impurities from the system when you exhale, and take in and fill with fresh life force (Ki) with the inhale.
3. Choose a clean environment when carrying out breathing exercises, for example in the early morning, at the beach, in the forest etc.
4. Stop and sit down immediately if you experience a sparkling in your eyes, dizziness or a headache.
5. Choose a safe environment where you have enough space in case you should faint. (The phenomena mentioned in point 4 is the first possible sign of fainting which is caused by conducting the exercises wrongly).
6. Anyone who has high blood pressure, heart disease, lung problems or similar weaknesses are advised to carry out these exercises moderately and with caution until one feels safe and comfortable doing them.

## **Breathing Exercises:**

### **1. Whole Breath (The breath of Self- Unification)**

Exhale and inhale quietly and with as long a breath as possible, repeat three to five times. You can do this exercise anytime of the day wherever you are, but choose a clean environment.

Performing the breath of Self-Unification:

- a. Shut or close your anus tightly.
- b. At the same time drop the tension from your shoulders.
- c. Lightly expand the abdomen.

### **2. The Cleansing Breath.**

The objective of this exercise is to clean the lungs. It is advisable to combine this exercise with breathing exercise number I, both before and after every breathing exercise.

Performing the Cleansing Breath:

- a. Start with a whole breath, following the conditions of the Self-Unification breath steps a. b and c.
- b. Stop and hold the breath for a while.
- c. Start to exhale making a whistling sound continuously until all the air is expelled from the lungs. Don't inhale at all while you are doing this.
- d. After you have cleared all the air from your lungs, make a kiai of 'wuou' or 'wu'.

### **3. The Nerve Revitalizing Breath.**

The objective of this exercise is to vitalize the nervous system through stimulating the solar plexus which is the storage of the life force, and to activate the nervous system.

Conditions of performing the breath:

- a. Begin with the conditions of breathing exercise number 1, the Self-Unification breath. b. After completing the above, and after the exhale raise both arms forward horizontally with your fists gently tightened, (arms must be completely relaxed.)
- c. Start to inhale and as you do pull both the fists to your shoulders bending the arms. As soon as the fists reach the shoulders start contracting the arms and fists to the point at which they start to shake.
- d. Hold the breath, keep the arms and fists contracted and open your fingers one by one strongly and rhythmically, starting with the little fingers.
- e. Raise both arms high above the head and project the arms making a large circle downward with a strong exhalation.
- f. Finish with the Cleansing Breath.

#### **4. The Vocal Breath.**

The objective of this exercise is to stimulate vocal power and ability.

Conditions of performing the breath:

- a. Begin with a complete breath.
- b. Do the Self-Unification breath steps a, b and c.
- c. Expand the abdomen and cry out with the sound 'V'
- d. Carryout the breath of Self-Unification steps a, b and e, exhale the rest of the breath.
- e. Finish with the Cleansing Breath.

#### **5. Retained Breath.**

The objective of this breathing exercise is to improve the lung muscles, capacity and breathing power.

Performing the breath:

- a. Begin by taking a complete breath and move into the Self-Unification Breath steps a, b and c.
- b. Hold the breath for as long as you feel comfortable.
- c. Carryout Self-Unification Breath steps a, b and c, squeezing out the breath from the abdomen with the sound of 'wu'.
- d. Finish with the Cleansing Breath.

#### **6. Lung Cell Stimulation Breath.**

The objective of this breath is to stimulate the lung cells and thus to improve the capacity of the lungs.

Performing the breath:

- a. Take a complete breath and move into the Self-Unification Breath steps b and c.
- b. On an inhale raise both hands with fingers touching your chest above the breast bone.
- c. Carryout Self-Unification Breath steps a, b and c.
- d. As you hold the breath hit both the lungs with your fingers rapidly and rhythmically about ten times.
- e. Raise both arms high above the head with the arms and fingers contracted and with an exhale project both arms to your sides all the way down to the legs.
- f. Finish with the Cleansing Breath.

## **7. Rib Stretching Breath.**

The ribs play an important part in breathing and it is important to maintain flexibility and to maximize their capacity as they are largely formed by cartilage.

Performing the breath:

- a. Take a complete breath and move into the Self-Unification Breath steps a, b and c.
- b. Begin to inhale, at the same time bring the hands behind the body in a circle above the buttocks turning all the fingers forwards and then slide them towards the navel and upwards as far as they will go.
- c. Bring both arms forwards and to the upper chest above the breast bone and join both palms together (Gassho).
- d. While exhaling bring both arms down below the navel whilst maintaining Gassho. Then let the arms drop to the side.
- e. Finish with the Cleansing Breath.

## **8. Chest Expansion Breath.**

The objective of this breath is to open up the chest which tends to become contracted from daily work or habitual posture that is the result of certain life styles.

Performing the breath:

- a. Take a complete breath and move into Self-Unification steps a, b and c.
- b. Begin to inhale and at the same time raise both arms forward level with the chest with the fingers closed.
- c. Pull both shoulder blades towards each other without bending the arms.
- d. Do Self-Unification Breath steps a, b and c and hold the breath. e. Open both arms forcefully to both sides leveling them straight out from the shoulders. At the same time lift your heels from the floor. Repeat this three or four times, (reduce the number if you feel uncomfortable).
- f. Bring the arms back to position d. and drop the arms down to your sides on an exhalation.
- g. Finish with the Cleansing Breath.

## **9. Vibration of Nerve Center Breath. (Moving Breath).**

The objective of this breathing exercise is to stimulate the central nervous system.

Performing the breath:

- a. Take a complete breath and move into Self-Unification breath steps a, b and c.
- b. Raise the heels from the floor as you inhale.
- c. Drop the heels as you exhale. Repeat a. and b. four or five times.
- d. Do the Cleansing Breath.

## **10. Walking Breath. (The origin of Kinhin).**

The objective of this breathing exercise is to integrate the exercise into your walk which could be practiced during the day and will thus vitalize your daily activities. This breath is also advisable to do after you have been sitting for a lengthy amount of time studying, reading books and so forth.

Performing the breath:

- a. Draw your chin in, pull your shoulders up so the tops of your shoulders are level with your ears and open up your chest.
- b. Perform Self-Unification Breath steps a, b and c.
- c. Integrate the whole breath into your walk. Take the first five steps on the inhale counting silently, and the next five steps on the exhale.
- d. Gradually develop it up to eight then ten steps on both the inhale and the exhale with intervals of holding the breath for one to three steps.

## **11. Stimulation of Blood Circulation Breath.**

The objective of this breathing practice is to stimulate the blood circulation and thus activate the whole system. It helps to send fresh blood to the body's extremities through the artery system and brings blood back to the lungs and to the heart through the veins.

Performing the breath:

- a. Take a complete breath and perform Self-Unification breath steps a, b and c.
- b. Open the legs wide.
- c. On the inhale bend the upper portion of the body forward contracting both arms tightening both fists as you bring both knees together as if you are lifting a heavy object.
- d. Reverse the motion by bringing your posture back to the position in b. as you continue to exhale and release the tension from the arms.
- e. Finish with the Cleansing Breath.

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