

The Five Tsa Lung Movements ~ Brief Instructions

The *tsa lung* movements work with breath retention and release, focus, movement, and awareness to clear physical, emotional, and conceptual blockages and obstacles so the practitioner can more easily recognize and rest (abide) in open awareness.

1. Assume a seated, upright posture (either on the floor or in a chair.)
2. Connect with the stillness of your body, the silence of your inner speech, and the spaciousness of your mind. This is referred to as the three doors to the inner refuge.
3. Bring to mind a challenge you face in your life or whatever you are experiencing at this moment. Draw your attention inward; notice any tension in your body, emotions, or any energetic disturbances. Become aware of any thinking. Simply allow or host your experience without judging or analyzing. Observe nakedly and directly.
4. Bring clear attention to the specific chakra you are working with.
5. Inhale, re-inhale, and hold your breath (gross *lung*) and your focus at the chakra while performing the appropriate *tsa lung* movements as described below.
6. Exhale the breath (gross *lung*) through the nostrils and guide the subtle *lung* to release through the chakra at the end of the movement.
7. Repeat each exercise for a total of 3 or 5 times. At the end of the set, bring clear, open attention to the space within the chakra and rest in the openness now available at that chakra. (If continuing, bring the focus to the next chakra and repeat Steps 2 - 7.)

The five winds (*lung*) and their respective locations and movements:

Upward-moving lung ~ throat and crown chakras

Rotate your head 5 times counterclockwise and 5 times clockwise. Exhale while guiding the subtle *lung* from your throat chakra up through the central channel and out through your crown chakra.

Life-force lung ~ heart chakra

Make a lasso motion with your right arm and then left arm, 5 times on each side. Open your chest by rotating your upper chest and shoulder in a circular motion 5 times on the right and then 5 times on the left sides. Exhale while releasing the subtle *lung* out through your heart chakra.

Fire-like lung ~ navel chakra

Pull up the muscles of the perineum and pelvic platform; press down with the diaphragm—the vase hold. Rotate your navel area 5 times counterclockwise then 5 times clockwise. Exhale while releasing the hold and guiding the subtle *lung* out through your navel chakra.

Pervasive lung ~ the central channel

Hold the focus in the central channel and allow the subtle *lung* to pervade throughout your whole body. Open your hands, raise your arms above your head, and clap your hands. Rub your hands together to generate heat and then massage your body. Open your chest with a gesture of stretching a bow 5 times on the right side and 5 on the left. Exhale while guiding the subtle *lung* to release through the whole body.

Downward-clearing lung ~ secret chakra

Cross your right leg in front of your left, bringing your knees up and holding them to form a stable base.* Pull up the muscles of the perineum and pelvic platform—the basket hold. Turn to your right knee and hold it; rotate your pelvis around the secret chakra 5 times counterclockwise. Turn and hold your left knee and rotate 5 times clockwise. Come to center and hold both knees; rotate 5 times counterclockwise. Exhale and release the hold while guiding the subtle *lung* to release downward through the secret chakra.

*If seated in a chair, simply cross the legs at the ankles, right over left.

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