

## *The Five Tsa Lung Exercises ~ Brief Instructions*

Through bringing the focus of the mind, the breath, and physical movement together, we open the chakras or energy centers in the body, clear the obstacles that obscure us from recognizing the pure and open space of being, and support our positive qualities to emerge.

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. These are 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 tensions in your body, inner dialogue or energetic disturbances, or thoughts and emotions. Simply allow or host your experience without judging or analyzing. Notice any sense of “me,” the one who is challenged.
4. Bring clear attention to the specific chakra you are working with.
5. Inhale gently and softly through your nostrils, guiding the breath through the pathway of the side channels to the junction and up through the central channel to the chakra being worked with. Hold your breath, the medicine of union, and focus at that chakra. Re-inhale. This ignites the medicine. As you hold your breath and your focus at the chakra, perform the appropriate *tsa lung* movement as described below.
6. At the end of the movement, exhale the breath through the nostrils while you guide the subtle *lung* to release through the chakra. Feel that the three poisons of aversion, attachment, and ignorance—the causes of disease—as well as external obstacles are expelled with the exhalation.
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 specific movement [after inhaling, holding, re-inhaling]**

#### ***Upward-moving lung ~ holding at throat chakra and releasing through the crown chakra***

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. Rest in the freshness and openness at the throat and crown chakras.

***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 side. Exhale while releasing the subtle *lung* out through your heart chakra. Rest in the freshness and openness at the 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. Rest in the freshness and openness at the 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. Rest in pervasive openness.

***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, [or if seated in a chair, simply holding the knees as they are]. 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. Rest in the freshness and openness at the secret chakra.

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