



Sushumna Breathing: Opening the Inner Flute

Purpose:

To access and expand life force energy to create higher states of awareness and energy. To amplify, direct, and expand energy and pleasurable sensations throughout the entire body. To learn to maintain and enhance high states of energetic arousal with a relaxed body, peaceful mind, and open heart.

The sushumna (also known as the Inner Flute or Hollow Bamboo) is an energetic pathway that connects your body's energy centers (chakras) to create a free flow of energy through your entire body. Observe your inner experience, using visualization and your own intuition to guide you to where energy is present.

Benefits:

- Energy becomes subtle, refined, meditative, and exquisite.
- Channels energy through each energy center, and distributes it throughout the body.
- These exercises tone muscles, oxygenate the brain, revitalize the endocrine system, expand the capacity for pleasurable sensations, and celebrate an alive vital body.

3 Keys to Enhancing Life Force Energy:

1. Breath
2. Movement
3. Sound

Also... visualization and creativity.

Guidelines:

Sit comfortably on a cushion with legs tucked back or folded, your spine vertical, your belly relaxed, and eyes closed. These practices can also be done sitting on a chair or lying down.

Practice 1: The Mula Bandha Contractions

Exercising the PC muscle (pubococcygeus muscle, also known as *mula bandha* in Sanskrit) is an important practice in learning to contain and channel life force energy. The mula bandha contractions exercises, done often through the day, will strengthen the PC muscle and give it more tone and vitality.

- **Pulsing:** Tighten and relax in quick, short pulsations. Do 20-30 repetitions, two or three times.
- **Pumping:** Inhale and contract the mula bandha, hold for several seconds, then exhale and fully relax the muscle. Do 10-20 repetitions, two or three times.

Practice 2: Sushumna Breathing

Sushumna breathing Breathing amplifies energy and pleasurable sensations and distributes it, bringing aliveness, awareness, and pleasure throughout the body.

1. Pucker your lips like sucking through a large straw. Inhale gently and deeply through the mouth. Then relax your lips, and let the air flow out.
2. Combine the breathing with the mula bandha contractions:
 - Inhale, and contract the mula bandha.
 - Exhale, and relax the mula bandha.
 - Observe the sensations as they spread through the body.
3. Sushumna breathing breathing:
 - Inhale, and imagine you are sucking air into your body through the root center, and visualize the air flowing up through the sushumna.
 - Exhale, and visualize the air flowing back down the sushumna and out through the root.
 - Use the sweep of one or both hands, if helpful, to guide the direction of the breath and energy up the sushumna and back down.
4. Enhance pleasurable sensations through your breathing and mula bandha contractions.

Practice 3: Pelvic Rocking

Pelvic rocking loosens the muscular attachments of the hips and pelvis. Combined with the mula bandha contractions and sushumna breathing, this is a helpful way to transform root energy into refined energy, and distribute it through the energy centers and to the whole body.

1. Slowly and rhythmically rotate the pelvis back and forth, while keeping the chest still. Allow your movement to enhance pleasurable feelings. Relax, be playful, and enjoy the movement.
2. Synchronize breathing with the movement. Inhale and rock the pelvis back (tail bone draws back). Exhale, and rock the pelvis forward (tail bone draws forward).
3. Expand sensations by beginning Sushumna breathing. Pucker your lips like sucking through a straw. Inhale through the root chakra, drawing energy in and up the Sushumna, as you rotate the pelvis back. Exhale, drawing energy down the Sushumna, and out through the root chakra, as you rotate the pelvis forward.
4. Make the sound of the breath audible, or sigh with the exhalation, like “Aaah.” Relax and let go as you make the sound. Use Breath, Movement, and Sound to enhance the pleasurable sensations.
5. Add the mula bandha contractions: Inhale through your root chakra, drawing energy in and up the Sushumna as you rotate the pelvis back, and contract the mula bandha. Exhale down through the Sushumna, through your root, rotate pelvis forward, and relax the mula bandha. Allow the pleasurable sensations to spread through the entire body.
6. Gradually allow the movement to slow to stillness. Let your breath return to its natural rhythms, relax your body, and sit in silence feeling the sensations spread through the body. You may enjoy lying down in stillness to savor the experience.

This practice is adapted from *The Art of Sexual Ecstasy*, by Margot Anand.