

## CLASS 2 9/21/05

Fall 2005 Zen sessions

Wednesday 7-8 PM on 9/14, 9/21, 9/28

### Belly Breathing

Don't underestimate the power of belly breathing. It is the foundation of reaching deep meditative states. It is as important as a good foundation for your house. You shall never ever ignore its importance because of its simplicity.

#### How

Most people inhale by expanding their chest. This is not an effective way of breathing. The effective way is to utilize our tummy. Like a basketball, inhale by expanding our belly and exhale by contracting it.

#### Benefits

People who do belly breathing ...  
(in terms of looks) look younger and have better skin tones compared to those who use chest breathing because Qi in their body tends to be elevated with vitality;  
(in terms of life span) live longer than those using Chest Breathing because the air extended to the abdomen can help remove unhealthy Qi in the abdomen.

### Chakras

When we meditate, we focus ourselves completely on a particular chakra is called, "Focusing on the Chakra". Through this power of concentration, we can channel all random thoughts into a singular one. Other than the feedback

from this particular chakra, we shall feel no pain, soreness or numbness. Therefore if we can really focus ourselves, we can surpass all pain. Furthermore, the original potentiality embedded in our organs can be enhanced due to this energy focus. This is the true development of our "hidden potential".

### Ten Chakras

We have ten very important chakras in our body. Biologically, each chakra points to a vital organ, gland, nerve bundle or energy channel, where our bio-electricity are being produced. By observing and focusing on these chakras, we can strengthen and improve our hormone secretion, metabolism, immune system and nutritional absorption. From a Buddhist point of view, we can also purify the ten spiritual realms represented by each of the chakra. In turn, we cultivate our spirit or Inner Self.

### Navel Chakra

Navel Chakra is the most important chakra in our body, because it is closely related to all other chakras. If we can connect to our navel chakra well, it can channel our energy to the other chakras. Then when we focus on our second chakra, it can quickly respond to us. If the Navel Chakra is filled with Qi, pronounced as "Chi" in Chinese, it can automatically transfer the Qi to other parts of our body. Navel Chakra is about three fingers, or about an inch and half behind our navel.