

Play Space Catapult



Breathe in deeply. Keep the breath in your lower belly. Enter the lower spine entry. Let the breath catapult you out through spine and skull top into space.

Play Space Catapult

Sit or stand stable, so the body can manage itself without your attention. Let it breath in deeply. Keep the breath in your lower belly under the spine. Imagine yourself like a tiny person slipping down in the body and entering the spine at its lower end. Now ask the body to release the outbreath into the lower spine. Hui! The breath catapults you up through the spine and the skull, leaving the body at the crown point on top of the head and ascending into the sky, higher into space, leaving the milky way and finally the universe. Observe yourself shouting and laughing in excitement like a kid. Looking down eventually, you can see the body breathing and being totally ok. And finally, you fully disappear in vast emptiness.

Nice Videos: [Qigong Breathing](#)