

BREATH EXERCISE 1 OF 3

The Spiral Inhale

To awaken the inner spiral and begin Codex alignment

INHALE 7 · HOLD 3 · EXHALE 7 · PAUSE 3

BREATH EXERCISE 1

The Spiral Inhale

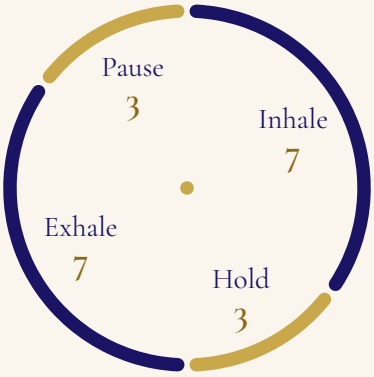
The three Breath Exercises are done in sequential order and performed as instructed. This is the first.

Purpose

To awaken the inner spiral and begin Codex alignment.



Feel the breath as a spiral, not a line.



One round of the breath, in counts.

BREATH PATTERN

Inhale 7 → Hold 3 → Exhale 7 → Pause 3

Focus: Feel the breath as a spiral, not a line. Let it rise and fall like a coiled wave.

What You Need

A quiet place to sit, and a few unhurried minutes. Nothing else.

BREATH EXERCISE 1

Instructions

1. Sit in stillness. Place your hands on your lower abdomen. Close your eyes.
2. Inhale slowly through your nose for 7 counts. Imagine the breath spiraling upward from your base to your crown. Do not force. Let the spiral rise naturally.
3. Hold the breath for 3 counts. Feel the spiral pause at the top of your head.
4. Exhale slowly through your mouth for 7 counts. Let the spiral descend back to your base.
5. Pause for 3 counts. Feel the spiral settle into stillness.
6. Repeat 7 times.

GO GENTLY

The counts are a guide, not a test. Never strain. If a hold feels uncomfortable, shorten it or let it go, and return to your normal breath if you feel dizzy or unwell. If you are pregnant, or have a heart, lung or blood pressure condition, speak with your doctor before practicing breath holds.

