

BREATH EXERCISE 2 OF 3

The Four-Point Breath Gate

To stabilize the breath field and open the spiral mirror

INHALE 4 · HOLD 4 · EXHALE 4 · HOLD 4

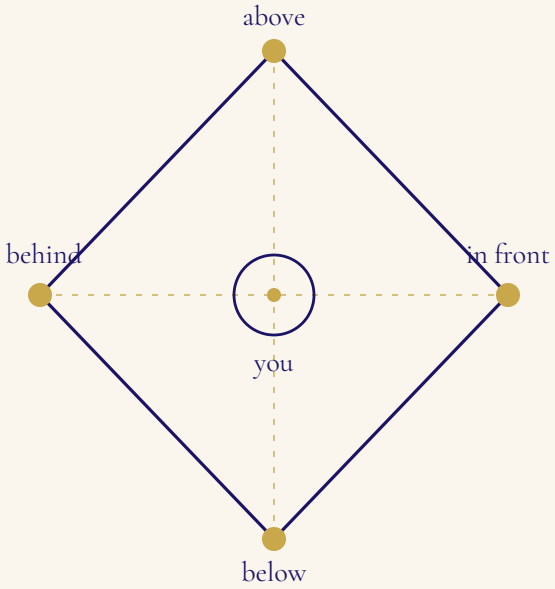
BREATH EXERCISE 2

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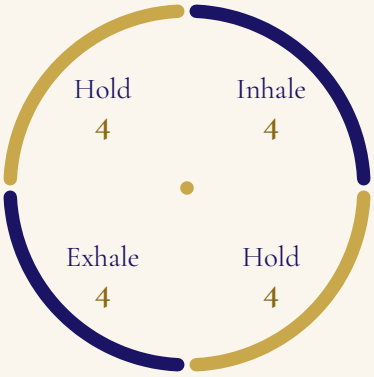
The three Breath Exercises are done in sequential order and performed as instructed. This is the second, and follows The Spiral Inhale.

Purpose

To stabilize the breath field and open the spiral mirror.



The square around the body: four points, one breath.



One round of the breath, in counts.

BREATH PATTERN

Inhale 4 → Hold 4 → Exhale 4 → Hold 4

Focus: Feel the breath moving through the four points of the square. Let the breath stabilize the field.

What You Need

A quiet space to sit or stand, and a few unhurried minutes. Nothing else.

BREATH EXERCISE 2

Instructions

1. Sit or stand in a quiet space. Place your hands lightly over your heart.
2. Visualize a square around your body. One point above your head, one below, one in front, one behind.
3. Inhale through your nose for 4 counts. Feel the breath rise from the base to the top point of the square.
4. Hold for 4 counts. Let the breath stabilize the upper gate.
5. Exhale through your mouth for 4 counts. Let the breath descend to the base point.
6. Hold for 4 counts. Feel the breath settle into the lower gate.
7. Repeat 4 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.

