

Breath of Fire Meditation

The Breath of Fire meditation is performed with very little air in the lungs. It is the opposite of slow, deep breathing.

1. Begin with a rapid powerful contraction of your belly muscles, so that you push air out of your lungs through the nose or mouth almost instantaneously. (This sudden exhale is very similar to how you exhale when coughing or blowing out a candle, and there should be a slight sound in the throat or nose as air rushes out. However, the Breath of Fire exhale is different from a cough in that this is a controlled exhale, centered down in the region of the third chakra, rather than up in the throat. What is most important is that the exhale happen almost instantaneously, with a aggressive power.)
2. After making the exhale, relax your breathing muscles completely for a short time (about half a second), so that a very quick inflow of air can happen to replace the air you have discharged. (Again, the coughing inhale is smooth, the air comes in to fill the vacuum you have created.)
3. Just as soon as air has rushed into your lungs to replace what you had pushed out, again push the air out with a strong, sudden exhale, contracting your diaphragm and abdominal muscles with coughing force. If you exhale through your mouth, you can let a "HUH!" sound come out with each exhale, then instantly relax and let air rush in.
4. The exhale-inhale cycle will take only half a second or so. Continue with this breathing for twenty cycles, and advance into more cycles when you feel prepared for a higher charging of your kundalini system.

Breath of Fire is "a direct way of increasing the flow of kundalini energy in your third chakra. This meditation will powerfully move your attention to the third chakra region of your body."

From John Shelby, Kundalini Awakening.

NOTE: My experience is that this breathing exercise will either charge up an undercharged third chakra (other class participants' experience) or release the energy in an overcharged third chakra (my personal experience).