

Breathing with your vagina

What does it mean?



Painting by Juliette Jeanclaude

Breathing with your vagina: what does it mean?

Most of us live a very hectic life, we don't pay much attention to our breathing, it just happens automatically like digesting the food we eat, drinking, sleeping, etc.

By doing this we miss a big part of the pleasure of having a body and enjoying the flow of chi that breathing brings into our body.

Breathing consciously is the biggest pleasure of being alive!

Breathing with awareness is also the shortest way to progress spiritually, emotionally and psychologically.

A deep breathing using all of our lungs can be very beneficial, leaving us feeling great, inspired, energized and it can reduce negative thoughts or depression, anxiety, pain, etc.



Breathing brings oxygen to the cells in our bodies so that they can function, regenerate themselves, enabling us to keep energetic and fit.



If you want to enjoy life more, start breathing consciously straight away and see what happens ...

There is another way of breathing which can be even more beneficial, a way that can bring awareness to an area which regulates our vital energy, instinct and survival, ie breathing through the vagina for women, or the genitals for men.

Why is it good for me?

The pelvic area is the centre of our body and where we have our balance, but it is also the place where we make decisions, basic decisions that are crucial to our life like for instance to leave a place because feeling in danger, trusting one person rather than somebody else for undertaking some work, choosing to walk down a certain street rather than another one, etc. All those decisions that we make on a regular basis without thinking too much come from our gut instinct which resides in our pelvis and takes care of our survival, therefore this area should be relaxed and revitalised constantly by our breathing to be able to operate properly. However, most of us are completely unaware of it, we repress most of our instincts and we tend to store stress in it.

It is also an area that not many people use much or move regularly. We tend to sit most of the time in our modern life, we don't walk much and, as a consequence, many people tend to be constipated which means even more stagnation of energy in the pelvis!



How do I do it?

Breathing with your vagina is very simple, just imagine that your genitals can breathe, imagine that a flow of energy from the Earth comes up into your body through your genitals and then goes up and comes out through your nose when you breathe out. You just need to extend your breathing from the bottom of

your lungs at the base of your thorax to your pelvis, therefore bringing the awareness of the flow of air/chi to your base chakra or lower abdomen.

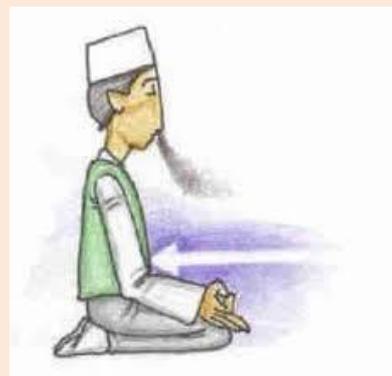
Follow this simple procedure:

- Bring your attention to your lower abdomen and relax
- Breathe normally keeping your attention in your pelvis
- Imagine that your vagina/genitals can breathe and absorb air/chi
- Feel the energy that comes with the air going through your body, from your lower abdomen to your lungs and flowing out through your nostrils
- Feel the sensation of calm and peace that the chi has left in you
- Breathe again and keep doing it
- If you fall out of sink and lose the rhythm, start again
- Notice how it gets easier and easier every time you do it!



If you forget, just remind yourself of it and keep doing it as long as you can and you will see that, with time, it will become automatic and you will catch yourself doing it without realising!

The added value of vaginal breathing is to become more aware of our sexual behaviour that in certain instances is only instinctual, rather than emotional, psychological or even spiritual; these are all good enough reasons to do it on a regular basis.



Try it and see what happens in your life!

We are creatures of habit so we only have to replace an old habit with a new one, possibly one more efficient and productive towards our overall well-being.

Happy breathing 😊!

Gabriella Guglielminotti Trivel

For more info about Gabriella and Flying Inspiration visit:

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P.S. The painting on the cover was done by Juliette Jeanclaude after attending a Flying Solo I workshop in 2011.

For more info about her work go to www.JulietteJeanclaude.com or www.healingcreativity.com