

Hello all,

Welcome to the November 19th *COHERENCE Newsletter*. I hope you enjoyed the last article, *Coherence - The Big Picture*. If you missed it you can find it [here](#). This month, I'd like to introduce you to the practice, *Breathing In Harmony With Heaven And Earth*. I believe the roots of the practice to reach back to 5000 B.C.E. or thereabouts, making it the oldest breathing practice of which I'm aware. Personally, I see the method as the genesis of most Eastern spiritual traditions including yoga.

Before we start, I'm excited to announce the availability of *BreatheHeart*. In layman's terms *BreatheHeart* is an instrument that helps us train synchrony between breathing, blood flow, and heart rate, this being the definition of "Coherent Breathing". Built on the foundation of *Valsalva Wave Pro*, *BreatheHeart* takes heart rate training to a whole new level. Even emWave users will find that *BreatheHeart* has compelling advantages. Click the image to the right or visit www.breathheart.com to find out more.

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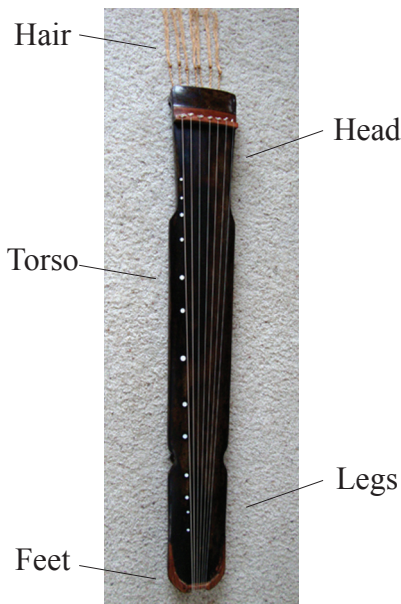
I refer to the method we're about to discuss as *Breathing In Harmony With Heaven And Earth*. If you Google this, you won't find anything except what I've written. That's because I coined the name for the beginning-most stage of the more complete practice of Wuji Qi Gong, which I'll try to relate to you in full as time goes by. To find out more, please visit www.wujiqigong.net where you'll find the short book *Wuji Qi Gong And The Secret Of Immortality* (Elliott & Lin) which explains both the philosophy and practice in full.

In ancient times humankind was acutely aware, less by choice than by necessity. They "felt" and "listened" to the world around them. This was especially true of ancient China, where the classics make clear the ancient's highest regard for the order and workings of nature. A central tenet of Taoism was (is) the desire for "oneness" with nature and the universe at large, the heavens. An essential belief was that everything, including Earth, was ultimately bestowed by Heaven. This general idea is pervasive throughout the world's spiritual traditions and its easy to see how it became so.

But China's ancient scientist/philosophers thought of this simply - in practical terms. They observed the world around them where they discerned the two fundamental directions - up and down, and the forces behind them, Yang and Yin, worldly phenomena, for example trees and mountains, being anchored in Earth but aspiring to Heaven. This concept is captured in numerous Chinese characters, notably the characters for tree 木 - the tree rooted in Earth but reaching for the sky, man 人 - two feet rooted in Earth, head reaching upward, and the character heaven 天 - where we see man with arms, head connecting with the firmament, "Heaven having governance over men".

The sages went on...if nature aspires to Heaven, and Heaven has governance over all creation including man, then shouldn't man also aspire to Heaven? The answer to this question must certainly be "Of course." Paraphrasing the Yellow Emperor, "Communion with Heaven is the very source of life!" The question is how does one aspire to Heaven? They discovered the answer to be...by emulating nature, i.e. by lifting the top of the head toward the sky and breathing".

This secret is embodied in the ancient 7 stringed Gu Qin, where we see that its modeled after the human body. The "instrument of the sages" is said to have been invented by Fu Xi, one of China's legendary emperor immortals and the creator of the Bagua, the original archetype on which the Yi Jing (one of the world's oldest texts) is based. If the strings are too loose they will not play. If they are too tight, they will break. When they are *just right*, they vibrate with the harmony of Heaven and Earth.



The 7 Stringed Qu Qin



Man United With Heaven And Earth

The Gu Qin emulates the body. When we orient the body around the vertical centerline, the chong meridian (the sushumna in Hindi), and lift the head, we'll feel a moment when the hands tingle. This "vibration" is the chong meridian "playing".

To practice the method, stand with legs plumb and feet parallel. Center yourself so that you feel like you are perfectly oriented around your vertical centerline. Lift the top of the head (the baihui) very slowly and gently. Look for the moment when the hands tingle. Close your eyes and place your attention on your whole body all at once and keep it there - gently. Breathe, slowly, deeply, and rhythmically but comfortably. Otherwise relax. Once we understand how to "unite" with Heaven and Earth, it can also be practiced in a seated position. Much can be said about the effects and the experience but because I'm out of room, we'll leave it here. I'm sure you'll find the practice very gratifying. Best regards.

Stephen Elliott - COHERENCE

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