

Day 5: Getting Tougher!

Breathe to get into the Flow.

Count to 7 (seconds) each for BREATHING in and out. The breathing itself should take 5 seconds and at the end of each cycle, you hold your breath for 2 seconds after breathing in or let the rest of the air flow out by itself after breathing out. Count to full 7 seconds in your mind if you are new to this exercise – once you know it well enough, it is best to try to keep your mind totally clear and not count at all anymore.

After you practised this a bit, we recommend to quickly shift to counting only to 5 during each cycle – while breathing – and keep your mind clear for the other 2 seconds. Instead, watch yourself and let the shifting moment come by itself. This is a great technique to get into FLOW STATE. >> **LIKE IN ZEN.**

***The Book of the Yellow Castle says:** “In the square inch field of the square foot house, life can be regulated”. The square foot house is the face. The square inch field in the face: what could that be other than the heavenly heart? In the middle of the square inch dwells the splendour. In the purple hall of the city of jade dwells the God of Utmost Emptiness and Life. The Confucians call it the center of emptiness; the Buddhist, the terrace of living; the Taoists, the ancestral land, or the yellow castle, or the dark pass, or the space of former heaven. The heavenly heart is like the dwelling place, the light is the master.*

[The Secret of the Golden Flower/ T'ai I Chin Hua Tsung Chih]

