



## Yang Fire Breath

This breath, which is a more or less standard feature in many erotic traditions, stokes you up by stimulating your sympathetic nervous system. Your breath is fiery, hot, fast. It pumps up the energy, building erotic tension and revving up your engine.

Although *Fire Breath* requires you to breathe rapidly, it's not a shallow pant. Keep your breaths deep. You can put a hand on your belly to remind you to breathe deeply, all the way down through your whole torso.

Close your eyes (or use a blindfold). Look up or let your eyes roll up into your head.

Breathe fast and deep. Imagine that you're building a fierce fire in your belly—and just like a real fire, more oxygen, more breath, will make it blaze more. See more and more of your body aglow. Envision intense colors. See fiery flames or a blazing ball of light.

Run this experiment breathing only through your nose, then just through your mouth. Play with taking deep sniffing breaths with your nose and exhaling them out your mouth. Note how each feels and which works better for you.

Remember to take deep breaths! Otherwise you may hyperventilate and feel dizzy. If this happens, slow down and take deeper breaths.