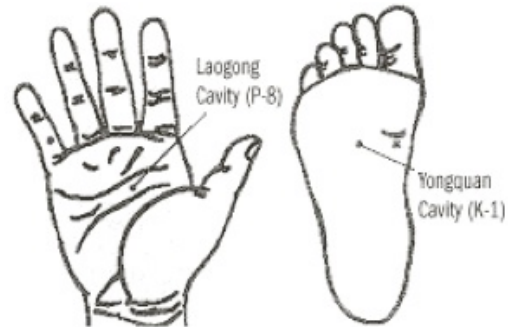
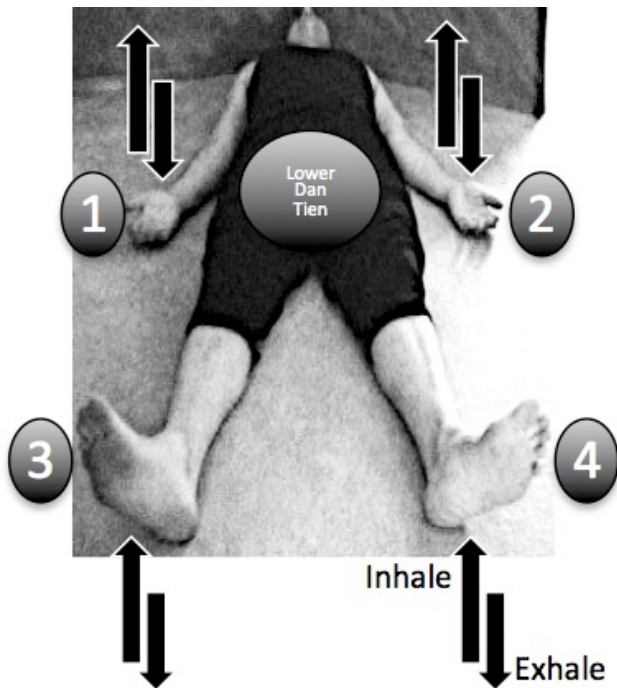


FOUR GATES BREATHING FOR SLEEP adapted from Qigong



On your back, breathing in and out through your nose, palms face up at your sides and feet hips width distance and dropped apart naturally.

Begin by focusing on breathing into your belly and visualizing the four gates (2 palms, 2 soles of feet).

As you inhale, Qi ("chee" or bio-electricity) travels in through the palms, up the inner side (Yin side) of the arms and down the front of the torso to the lower **dan tian** (the body's natural center of gravity). At the same time, Qi travels in through the soles of the feet, up the inner side of the legs to the lower dan tian.

When you exhale, Qi travels from the lower dan tian down the outer side (Yang side) of the legs and out through the **yongquan** cavities in the soles of the feet. At the same time, Qi travels up the back to the point between the shoulder blades, and outward, down the outer side (Yang side) of the arms and out through the **laogong** in the palms.

Mentally relax as you practice this visualization, and focus your softly concentrated mind on the breath slowly flowing in and out... letting any thoughts that arise go by without attaching to them...until sleep overtakes you.

For more on qigong see ymaa.com