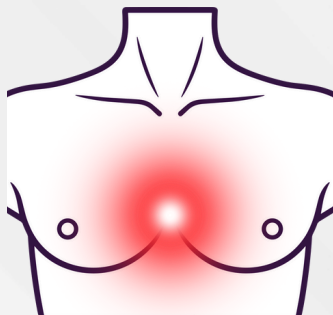


# SoulfulOM



## SEAT OF TRANQUILITY 膻中 (CV17)

- As you inhale, feel the ribs expand softly in all directions.
- As you exhale, allow the sternum to sink—not closing, just resting.



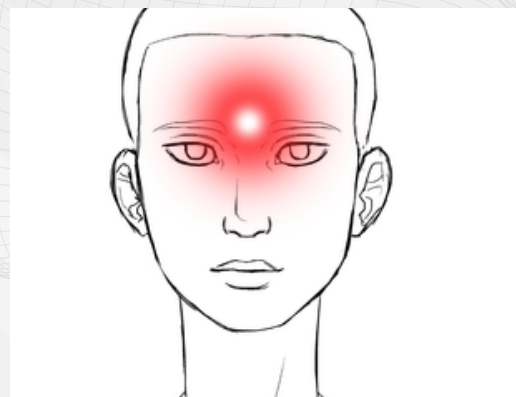
## Heart Shen Men 神門 (HT7)

- Inhale, allowing the chest to open just enough to feel.
- Exhale, letting sensation settle rather than spill over.



## Bubbling Spring 湧泉 (KD1)

- Feel the weight of your bones dropping downward.
- Inhale, the spine gently lengthens.
- Exhale, energy flows down the legs, into the ground beneath you.



## Yin Tang Hall of Impression 印堂 (GV29)

- As you inhale, imagine the breath touching this point like cool air.
- As you exhale, feel the forehead widen,
- The eyes resting back into their sockets.



## Ear Shen Men 耳神門 (FT4)

- Gently hold the ears or imagine warmth there.
- Inhale, the shoulders float slightly upward.
- Exhale, they melt down the back let go of the ears.

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