

Pranic Tube/ Dural Tube Awareness

Allow yourself to slow your mind and relax, breathing in and out of your nose. On the in breath allow yourself to drop deeper and deeper into the center of you, that deep quiet well of awareness.

On the out breath just notice any tension, tightness, and allow yourself to release and soften, opening the space to drop deeper on the in breath.

Imagine a tube the size of your index finger and thumb put together. This tube is lightness of our being, the energy of who we are prior to physicality here. It runs from the heavens through the crown and into the Earth through the perineum. Unfurl this cord from the perineum down into the Earth and on the in breath breathe the Earth energy into the body and let it rise to the Heart. Relax on the out breath. Repeat until you feel this connection with Earth.

Next, reach as high to the heavens as you can and let this energy move down through the crown and to the Heart on the in breath. Relax on the out breath. Repeat until you feel this connection.

When you feel this connection notice how this pranic energy moves independently of the breath and that this tube runs through the body just in front of the spine.

On the next breaths, allow the energy to flow out of the heart on the exhale filling your whole energy with your love of you.

Notice the Dural tube that houses the cerebral spinal fluid and pulses up and down with the movement of the breath and sacrum.

Our old DNA patterns are held in the sacrum as well as coding from our DNA and RNA in the spinal fluid.

Allow or imagine or sense the old dense energy patterns diffusing and moving into the pranic energy tube transformed as love for yourself. Open your body to the sensations and feelings. Feel them.

This is pure life force energy. Sit in this and nourish yourself. When you feel done, touch your body with your hands, bringing yourself back to the room . Open your eyes and deepen your breath.

Love.

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