

Hello all,

Welcome to the October **COHERENCE Newsletter**. This month I'd like to complete the line of discussion that we began in the August newsletter, *The Huang Ti Nei Jing*. I hope you enjoyed last month's topic, "**Presentations Made At ISNR 2009**". I have just a few points of interest before we get started...

First, a software update is now available for **Valsalva Wave Pro**. It fixes a few problems and puts forward a new measure of "coherence" involving synchrony of the Valsalva Wave and Heart Rate. This will be discussed in detail in the November **COHERENCE Newsletter**. Second, the first multimedia tutorial for **Valsalva Wave Pro** is now available on-line. Visit [www.valsalvawave.com](http://www.valsalvawave.com) for more information. Lastly, I'm writing a new book, *Wuji Qi Gong - Ancient Practice In A New Light*. I plan that it will be available by year end 2009. Please keep an eye out.



Also in celebration of our recent theme, for a limited time, I'm pleased to offer "Taiji Diagram", a self contained breath pacer that supports the practice of Coherent Breathing, a \$14.95 value **FOR FREE!** It runs on both MAC and PC. Just click here and follow the order process. On the order form enter the coupon code "*Yellow Emperor*" and click "apply". Complete the order process and download it, **FREE!** This offer will remain in effect through October 25th, so please tell your friends about it.

From the August newsletter .....***The Yellow Emperor's Classic of Internal Chinese Medicine, Book 1, Treatise On The Natural Truth in Ancient Times (circa 2500 BC)***: "...the sages caused Yin and Yang to be in harmony. *They caused their muscles and pulses to be in harmony, they made their bones and their marrow strong, and they caused their breath and blood to be obedient...*"

Veith, I., The Yellow Emperor's Classic Of Internal Chinese Medicine, University of California Press, 2002., Reprinted with permission, University of California Press.

I've written about Huang Ti a few times. In this statement, again we see that China's ancients had an understanding, not only of breathing and the heart beat, but also of breathing and blood flow. They understood then, as we're beginning to re-understand now, that the health of the body/mind is dependent on the health of the blood. Once again, from ***The Yellow Emperor's Classic***:

*"The four limbs and eight flexible joints are in use from early morning until late at night. When people lie down to rest, the blood flows back to the liver. When the liver receives the blood, it strengthens the vision. When the feet receive blood, it strengthens the footsteps. When the palm of the hand receives blood the hand can be used to grasp. When the fingers receive blood they can be used to carry..."*...A very thoughtful passage that makes clear their understanding of the importance of circulation to the proper functioning of the human body.

Veith, I., The Yellow Emperor's Classic Of Internal Chinese Medicine, University of California Press, 2002. Reprinted with permission, University of California Press.

China's ancients realized that the health of the body is dependent on the health of the blood. And that the health of the blood is dependent on *breathing, diet, exercise, and rest*. They developed exercises to maximize breathing and blood flow, this being the ancient system of "Tao Yin", the accepted translation being "guiding, pulling". Tao yin is the ancient root of the modern day practice of "qi gong" (a 20th century term), however, I believe that Tao Yin was more purposeful.



A silk painting from the Ma Wang Dui tombs demonstrating the practice of tao yin.  
(Courtesy of Hunan Provincial Museum, [http://www.hnmuseum.com/hnmuseum/index\\_gb.jsp](http://www.hnmuseum.com/hnmuseum/index_gb.jsp))

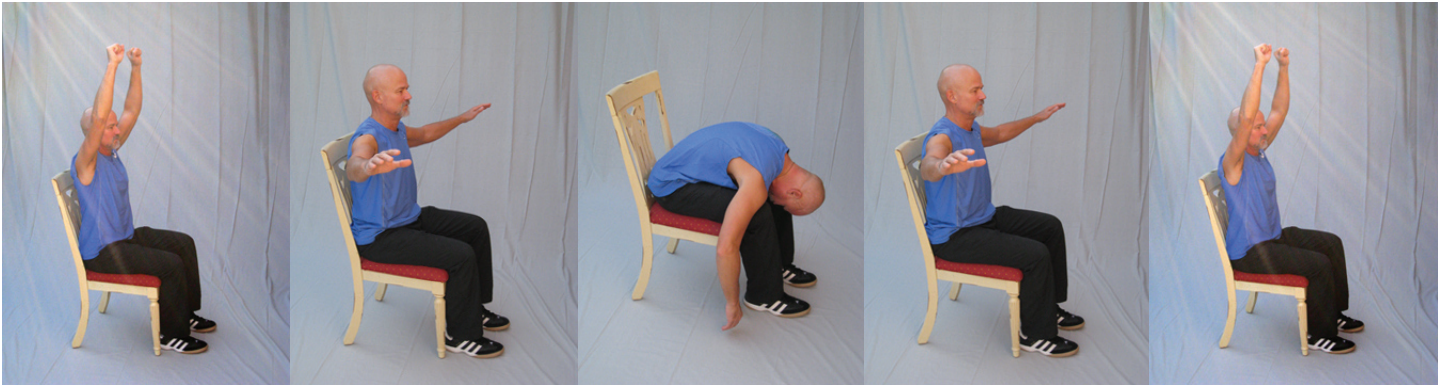
The practice of Tao yin dates back to 500 B.C., if not before. One of the oldest records that exists of its practice is a silk painting excavated from the tombs at Ma Wang Dui (Hunan Province) in the mid 70's. The tombs, dating back to Han dynasty, 168 B.C., are those of Dai, Li-Cang, Lady Dai, and another body thought to be that of a close relative. They contained about 50 items of great archeological, philosophical, literary, and scientific importance including two Lao Tzu manuscripts, thought to be several centuries older than anything on record, numerous texts on medical theories of Yin and Yang and the Five Elements, and this silk painting. They also contained what is thought to be the long lost *Huang Ti Wai Jing*, the *Yellow Emperor's Classic of External Chinese Medicine*!

Over the years, I've studied Tao Yin to the extent that I've been able and conclude that it's a practice that has as its original goal the movement of blood - the importance of this having been recognized by Huang Ti, 2000 years before the earthing of this painting. It uses the combined action of breathing, movement, relaxation, gravity, and centrifugal force to accomplish this objective.

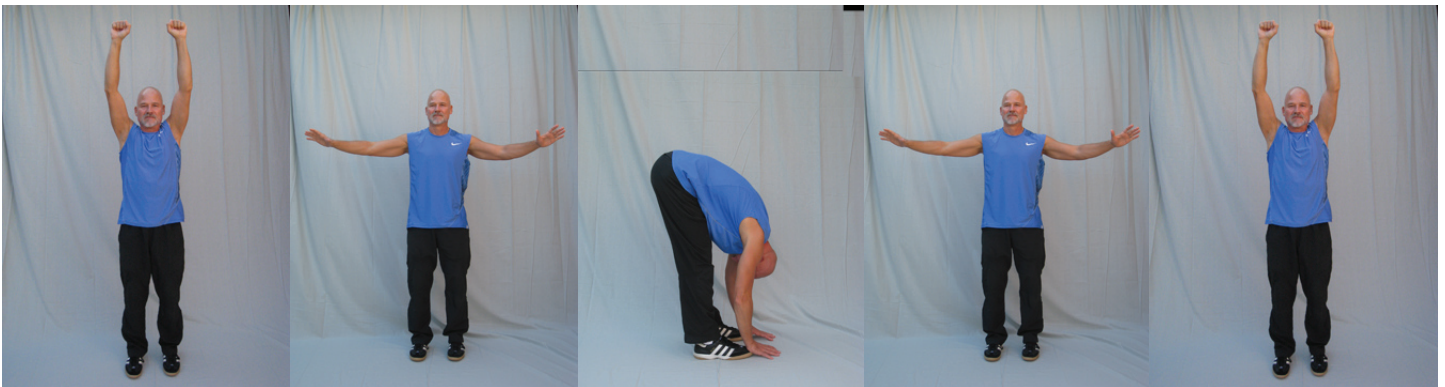
I'd like to share with you 3 simple Tao Yin exercises that I've developed/adapted along the way. I believe their practice is particularly beneficial to those that don't or can't exercise on a regular basis, but even if you exercise regularly, you can discern a clear effect. After I practice them, I find that I experience two things consistently: 1) I feel my heartbeat in my arms and legs, and they are warmer, 2) I have a smile on my face. I'm quite confident, but have yet to quantify that the practice increases blood flow throughout the body over the longer term. This is a work in progress...

*Please be sure that your doctor clears you for exercise before engaging in this practice.*

1) This exercise is done in a seated position and is the least physically demanding, except for flexibility. (If you find that you are not able to lean forward very far comfortably, place a pillow on your lap.) Instructions: Sit squarely, with your head lifted and feet flat on the floor. Exhale and relax. As you inhale, raise your arms over head, squeezing your hands gently but firmly into fists. Hold this position for one more complete cycle of exhalation and inhalation, about 12 seconds. The next time you exhale, lower your arms down gradually. When your arms reach chest height, begin rounding your torso forward, relaxing and lowering your chest until it rests on your lap, arms to the sides, palms open. Rest here for one complete breathing cycle, i.e. 1 more inhalation and exhalation. The next time you inhale, gradually return to the upright position, arms overhead, hands squeezing gently but firmly into fists. All of the actions should be practiced with as little muscle tension as possible, “letting go” with exhalation. Repeat each 3 times. No more.



2) The next exercise works on the same principle but is done standing. Repeat 3 times. No more.



3) The last exercise is done in a lying position, involving the legs: Lie flat on your back, arms at sides. Exhale and relax. As you inhale, raise your head, your right arm, and your left leg. Hold them there for one complete cycle of inhalation and exhalation. The next time you exhale, gradually lower them back to the ground. Hold them lowered for one complete cycle of respiration. On the next inhalation, raise the head, the left arm, and the right leg and hold them there for one complete cycle of respiration. On the next exhalation, lower them back to the ground. (I enjoy doing this exercise in bed each morning before arising.) Repeat 3 times on each side.



**Discussion:** I think you can see, and probably feel, that these exercises “cycle” the blood in the body. Raising a body part and inhaling draws blood back to the chest. Lowering a body part and exhaling, sends blood back to the body part. The reason we wait for an entire breathing cycle to change the posture is that it takes that long for the blood to “empty” and “fill” substantially. In this series, we have only used posture and gravity. In future newsletters we will explore the use of gravity in combination with centrifugal force.

Thank you for your interest and consideration,

Stephen Elliott