

# A Practical Guide To The Tummo Breathing Technique

Tummo Breathing consists of three key steps, and each one of them is crucial to the efficacy of the practice.

Let's go through them one by one.

## #1: Visualization

Visualization is a crucial part of Tummo breathing that distinguishes it from the Wim Hof method. It involves following these steps:

- Visualize a fire burning inside your stomach.
- Place your hands on your stomach and think of yourself as a large, empty balloon with a small source of warmth at the center.
- Feel the heat in your stomach and visualize that small inner fire, keeping the image in your head throughout the rest of the practice.

## #2: Practice Vase Breathing

Next, you want to manipulate your body by practicing a specific breathing technique called 'vase breathing'. Here's how it works:

- Breathe in, moving your body back slowly. Imagine that the oxygen you're taking in is fanning the flames of the fire in your belly and helping that inner fire burn.
- Round your lips like you're blowing through a straw, and exhale strongly and slowly through your mouth. Perform a slow, gentle rocking motion as you inhale and exhale breaths.
- Use this movement to help you build a rhythm throughout your Tummo session.

## Step 3: Base belly hold

The base belly hold is the crucial third step of the Tummo breathing practice. Here's what it involves:

- On your 5th inhale, hold and swallow, pushing your breath down into the belly.
- As you swallow your breath, simultaneously pull up using your abdominal and pelvic muscles (these are the muscles we use for stopping a stream of urine, so just pretend you're doing that).
- Hold for a good few seconds, and feel the fire inside your belly as you do so. Try not to push yourself too hard — this could cause you to feel faint or light-headed. When you feel like you can't hold in that breath for much longer, exhale slowly.

Immediately repeat this 3-step process as soon as you've been all the way through it. Continue using visualization, deep breathing, and muscle tensing to fuel that inner fire.

Try 2-3 rounds of this 3-step process. More advanced meditators might take 30-40 minutes, but as a beginner, around half that time is fine.