



## Exercise 10

### Summary:

**Goal:** To harmonise the core vitality of the Hara (below the navel) with the openness and compassion of the heart, creating a balanced flow of energy for physical vitality and emotional warmth.

### Process:

#### 1. Activate Libido Power:

- Sit comfortably with a straight spine.
- Breathe deeply, focusing on the Hara (2 inches below the navel).
- Visualise a warm energy forming in the Hara, growing stronger with each breath.

#### 2. Channel Energy to the Heart:

- Inhale, guiding the warm energy from the Hara up to the heart centre in the chest.
- Exhale, allowing the heart to fill with this warmth and vitality.

#### 3. Synchronise the Hara and Heart:

- Inhale to draw energy from the Hara; exhale to expand it within the heart.
- Visualise both centres harmonising and glowing with vibrant warmth and light.

### Benefits:

1. **Physical Vitality:** Increases energy and strengthens the body's core.
2. **Emotional Balance:** Enhances feelings of compassion and emotional openness.
3. **Inner Harmony:** Aligns physical strength with emotional depth, supporting balanced well-being.
4. **Mind-Body Connection:** Strengthens awareness and connection between body and emotions.

**Application:**

Use this exercise to cultivate inner balance, especially before engaging in tasks requiring strength and compassion. Ideal for moments of stress, emotional imbalance or when seeking to feel grounded and centred in daily life.