

TUMMO BREATHING & MEDITATION

Tim van der Vliet



TUMMO

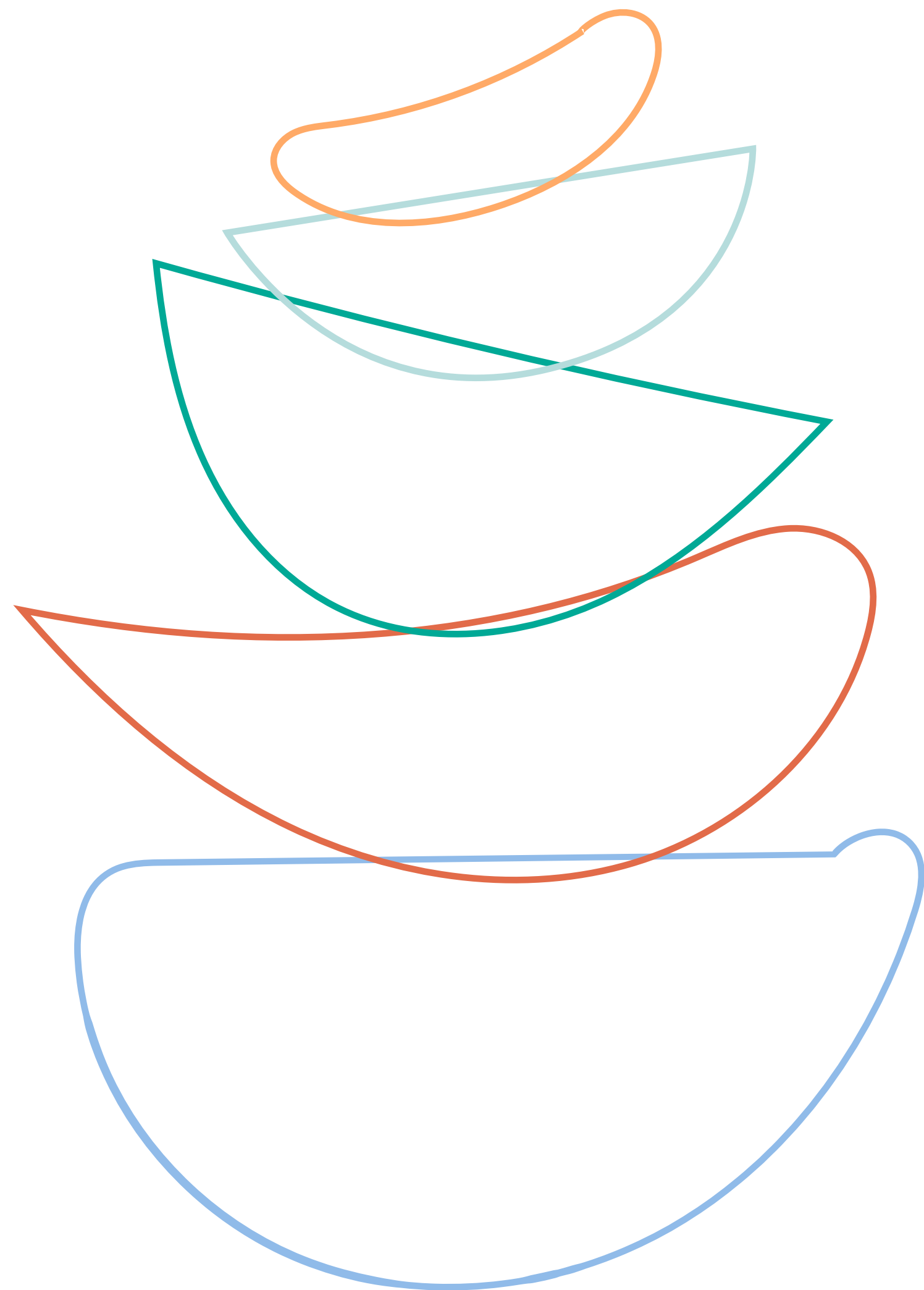
Tummo breathing and meditation is very simple and quite complicated at the same time. This is why I have funneled it down to simple steps. Please always stay at the step where you feel most comfortable. Otherwise you may be challenged to get into your head and give up.

I am not an official Tummo teacher. I have never seen or met one either. However I have a friend that is a real Tibetan Lama. Lama Lobsang Topgyal is his name. Lama Lobsang will teach me more about Tummo. You can expect updates on my [Youtube channel](#) when I have learned and practiced more.

You can follow Lama Lobsang here.

IG: <https://www.instagram.com/lamalobsangtopgyal/>

FB: <https://www.facebook.com/lamalobsang>



5 STEPS OF TUMMO

There are many different versions available on the internet. I found out about Tummo 10 years ago and the last 6 months I am researching and practicing it daily. I came to 5 steps in Tummo.

First the mechanics of the Tummo breathing technique.

- Deep belly breathing only
- Breathe 5 times very deep to the belly only
- Breath number 6, hold on the inhale for 5 - 10 seconds

Simple right?

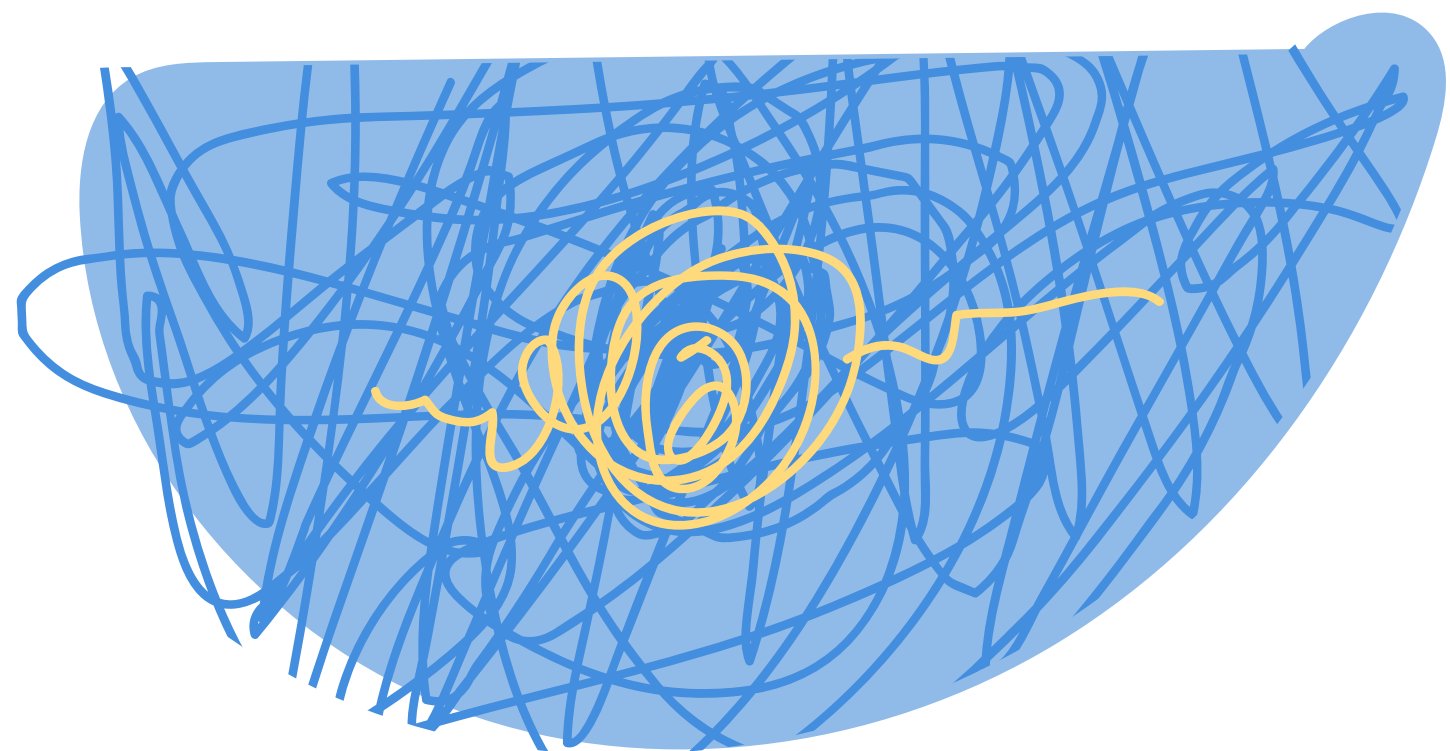
STEP 1

FOCUS ON YOUR LOWER BELLY

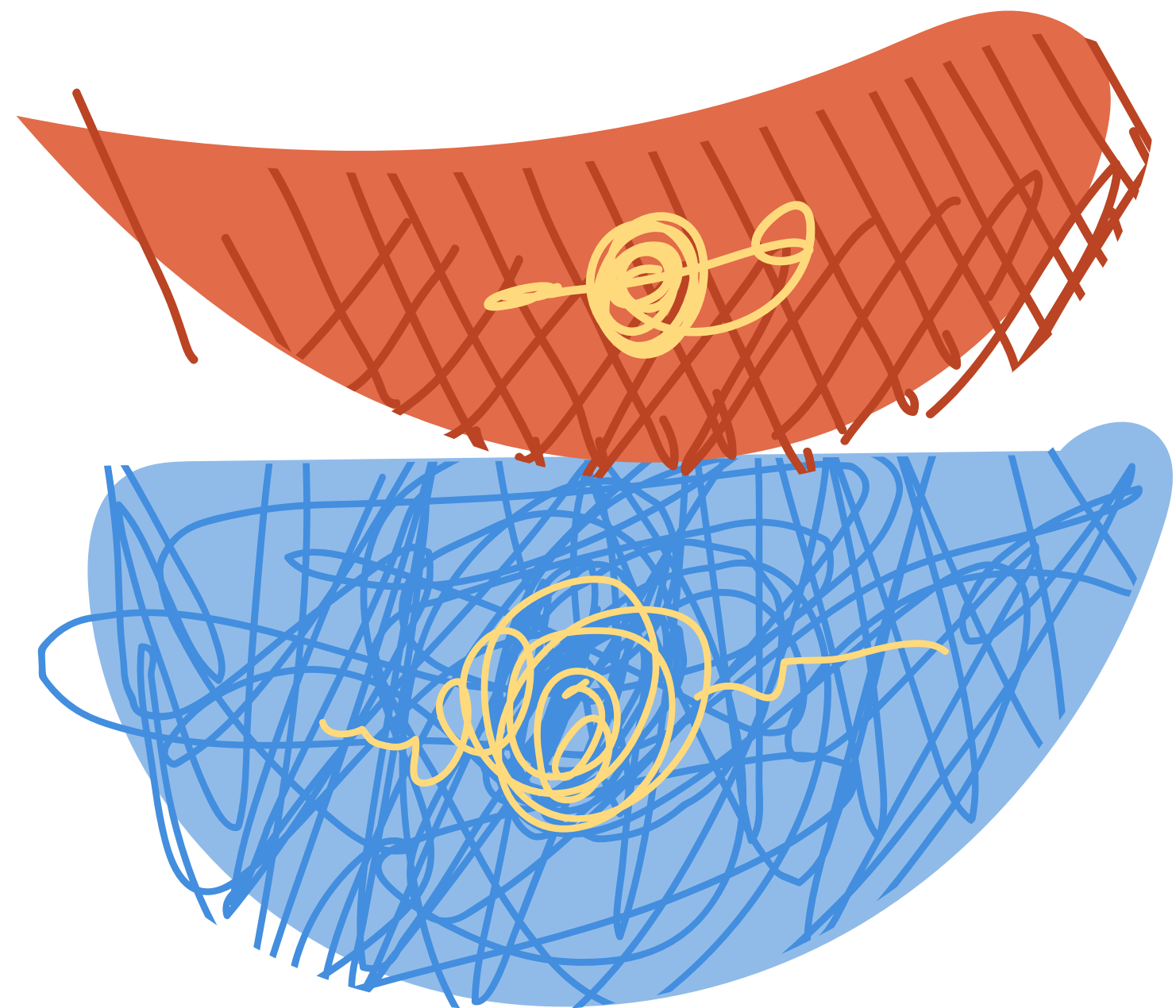
- Deep belly breathing only, nose in and mouth out
- Breathe 5 times very deep to the belly only
- Breath number 6, hold on the inhale
- Hold for 5 - 10 seconds
- **Focus on your lower belly while holding the breath**

Hold your breath, focus on your lower belly, about 5-10 seconds and then breathe out slowly. That's it! That is one round of Step 1 Tummo breathing.

Repeat 5 times for a perfect and very short morning breathing sessions.



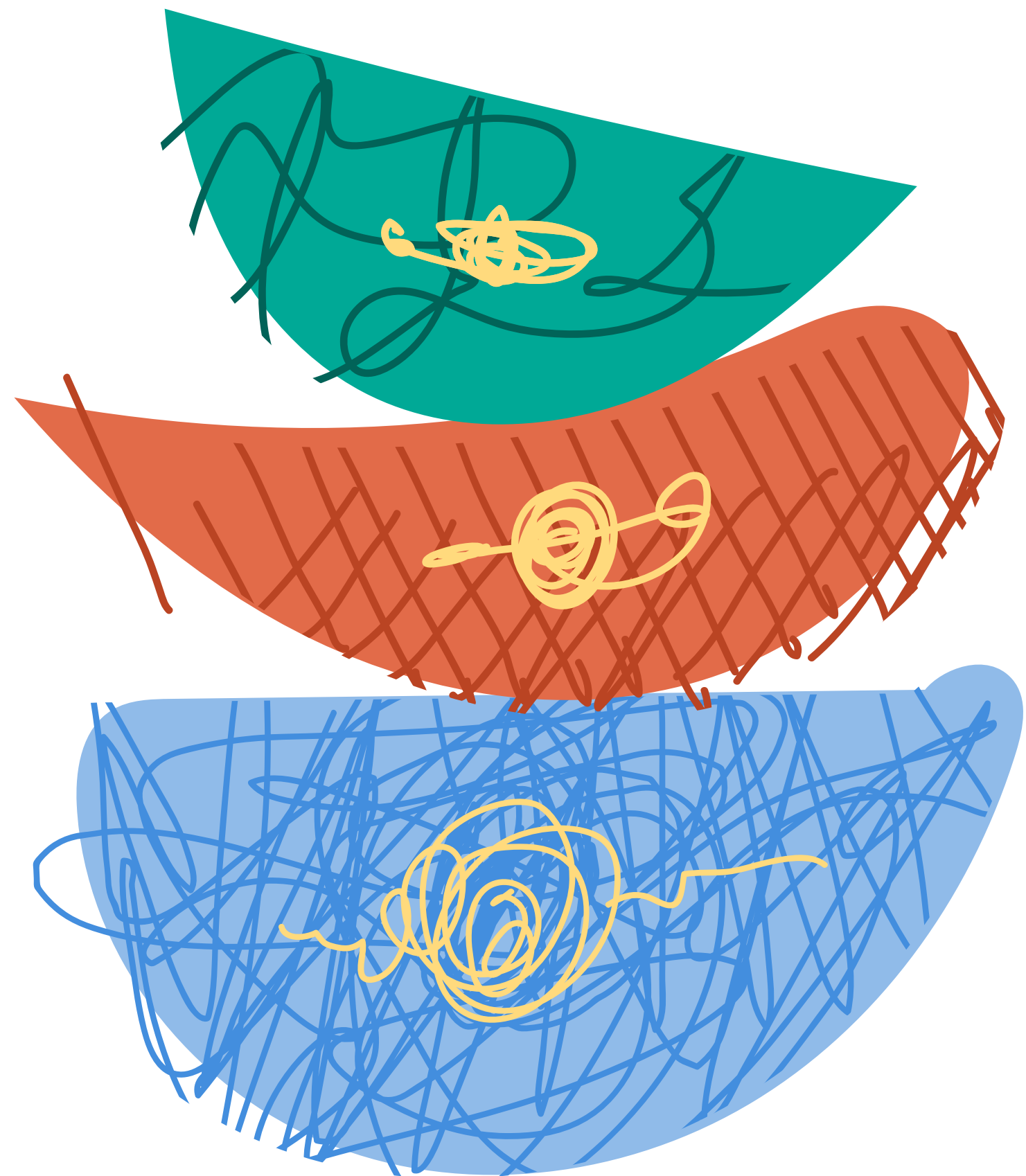
STEP 2 CHIN UP AND DOWN



- Deep belly breathing only
- Breathe 5 times very deep to the belly only
- **On your breath in chin up, on your breath out chin to the chest**
- Breath number 6, hold on the inhale
- Hold for 5 - 10 seconds
- Focus on your lower belly while holding the breath

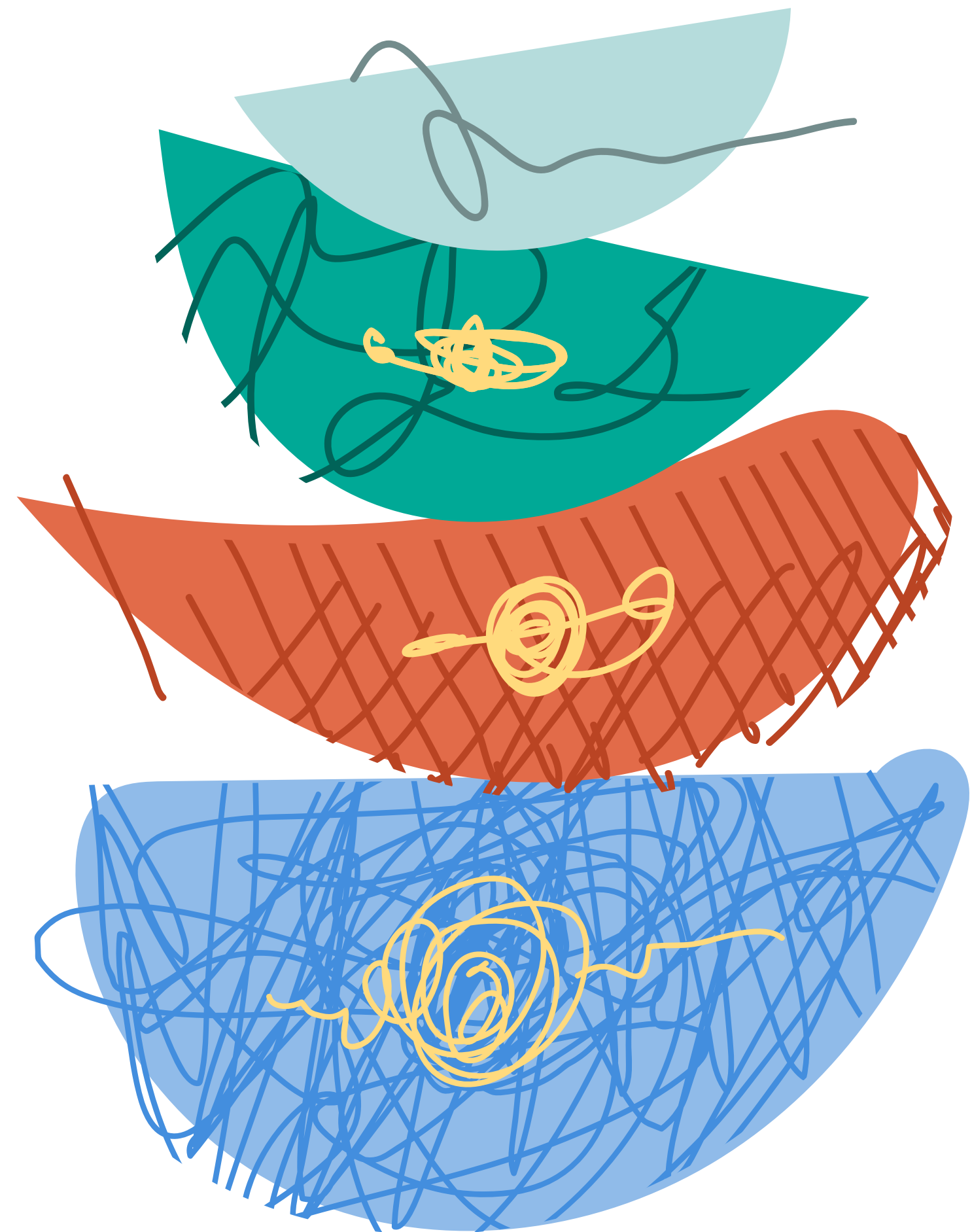
That's it! That is one round of Step 2 Tummo breathing.
Repeat 5 times.

STEP 3 LOCK YOUR BREATH



- Deep belly breathing only
- Breathe 5 times very deep to the belly only
- On your breath in chin up, on your breath out chin to the chest
- Breath number 6, hold on the inhale
- Hold for 5 - 10 seconds
- Lock your breath by first pushing your diaphragm down (just a little) and the squeeze your root lock (butt muscle and/or the muscle in front of your butt)
- Focus on your lower belly while holding the breath

That's it! That is one round of Step 3 Tummo breathing.
Repeat 5 times.



STEP 4 EMPTY GLASS BOTTLE + FIRE

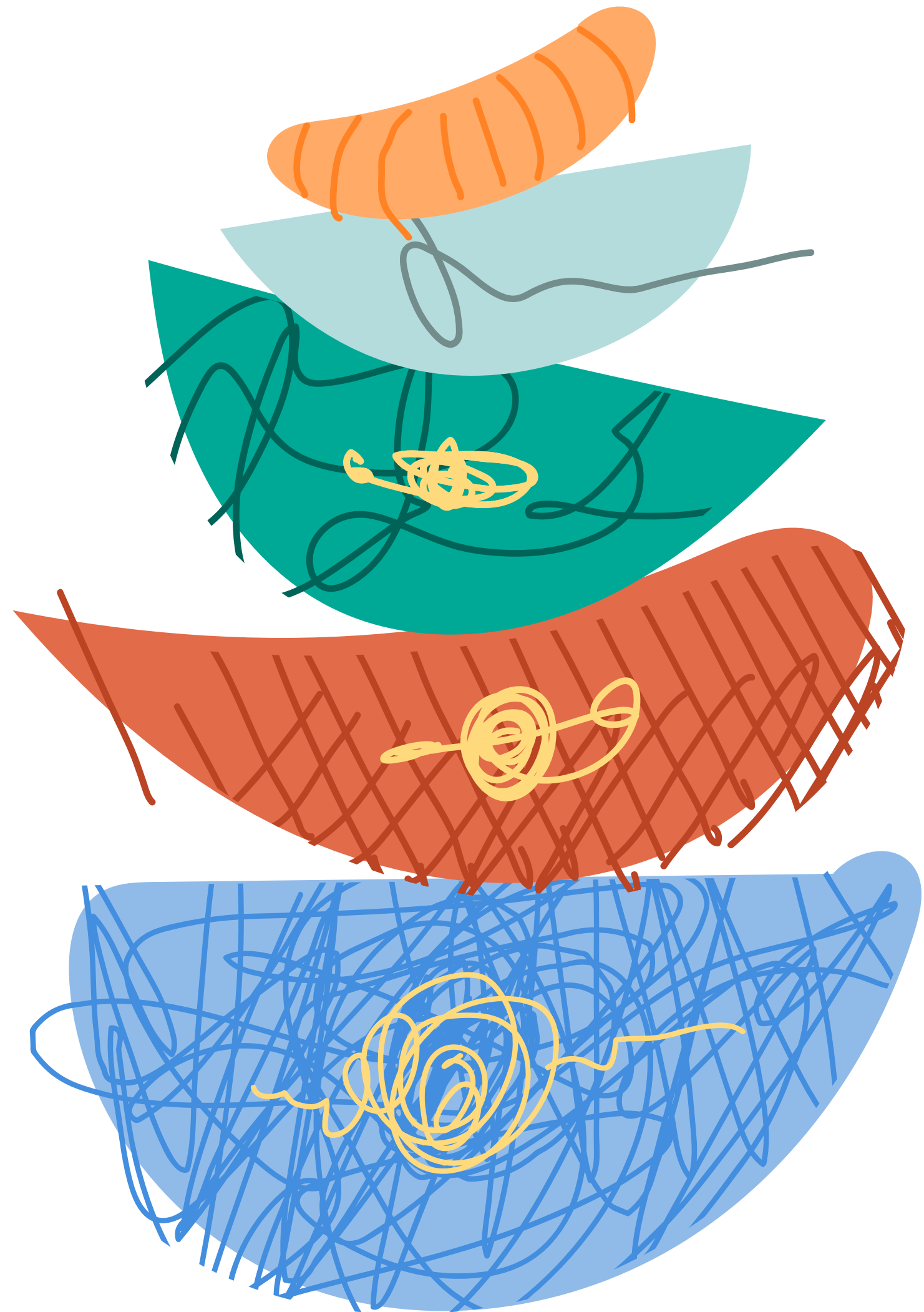
We go into the meditative part. You can either practice after 5 rounds of Tummo, before, and ultimately during the breathing.

- 1) Imagine you are nothing but your skin. You are empty on the inside. No bones, muscles or blood. Like an empty glass bottle.
- 2) Light a fire in your lower belly. Every time you breathe out, imagine you blow into your fire and see it grow.

Try not to try too hard :). Whatever you are doing is just perfect. The biggest growth is in doing 5 rounds of Step 1 Tummo breathing every day.

STEP 5

THE CHANNELS



When you feel good enough with the visualization in Step 4 you can move on to this step. Remember, you are still an empty glass bottle.

- 1) Breathe in through both nostrils imagining 2 channels on either side of where your spine is. Or was, because you are now an empty glass bottle. They come together in your lower belly where your fire is.
- 2) On your breath out you can do two things.
 - Breathe out into your lower belly increasing your fire.
 - Breathe out to a central channel in front of your spine, all the way to the top of your head. If you like you can imagine your breath coming out of the top of your head.

You can do this before and/or after the breathing sessions. And eventually during.

TUMMO BREATHING SUMMARY



- Deep belly breathing only
- Breathe 5 times very deep to the belly only
- Breath number 6, hold on the inhale 5 -10 seconds

Step 1 - Focus on your lower belly

Step 2 - Chin up and down

Step 3 - Lock your breath

Step 4 - Empty glass bottle and a fire in your lower belly

Step 5 - Use the channels in the in- and exhale

Practice and play. When you start taking it too seriously, take a step back and keep it going. Every day 5 times.

Try the meditation (Step 4&5) also just in daily life. Just when you have a moment of waiting.



LAST WORDS FROM TUMMO TIM

I am designing an online course about Tummo breathing containing:

- The mechanics, steps and the meditation
- Guided sessions
- The benefits of Tummo breathing and meditation
- The science behind Tummo

Please let me know if you are interested in this. Email me at zenfromamsterdam@gmail.com (please put Tummo Course and your name in the subject). I would love to know what you are looking for in a course. And I have very special discounts for my first customers!

WISH YOU LOVE,
OXYGEN AND
HAPPINESS.

—*Tim van der Vliet*