



How To Do The Clench And Hold

First we'll charge the body with breath:

Sit comfortably on the floor.

Relax your jaw.

Yawn. Keep the back of your throat open.

Breathe. Let your mouth fall open slightly. Relax your jaw and face, open the back of your throat, and breathe in through your mouth, gently but fully.

Exhale. Don't push the breath out; just let it fall out with a gentle little sigh, *ahhh*.

Keep breathing. Breathe in through your mouth using as little effort as possible. Take in as much air as you can with the least possible effort, then let it go.

Keep your eyes open. Focus on a point somewhere in the room. You want to stay conscious with your breath and not nod off.

Keep breathing. If you want, you can gently rock back and forth with the breath. You can add Kegels. Make it erotic. Let it feel good. Just remember to stay with the breath.

Set a timer. Breathe for ten minutes, or 20 or 30! The more you breathe, the more you charge up the body.

When you're ready to do the Clench and Hold, take 30 or so fuller, faster breaths to really charge up.

Lie back on the floor.

Take a full, deep breath. Fill up your lungs from bottom to top. Then let it all go without forcing your breath out.

Take another full, deep breath. Let it go, gently and fully.

Take a third deep breath. Fill up with as much air as you can hold . . . and . . . **hold that breath!**

Now here's the important part: **As you're holding in your third breath, tense up every muscle in your body, especially your abdominal muscles, your butt muscles, and your PC muscle.** It won't matter much if your hands or your feet aren't clenched, but if your abs, butt, and PC muscle aren't clenched, the Clench and Hold won't be as effective.

There are a number of ways to do this clench:

Press down into the floor with your hands and shoulders and head and butt and legs and feet.

Alternatively, extend your body as far as it can go; reach for the opposite wall with your feet and with your hands.

Or, pull in toward the center of your body as hard as you can; first clench your abs, then pull the rest of your body in toward your abs.

However you do it, make sure you don't bring your knees up toward your stomach. This releases your abdominal muscles, and that's exactly what you don't want to do!

Keep tensing for about fifteen seconds, then let go.

Now, here is the hardest part of the Clench and Hold for most people:

Have no expectations. Don't try to make anything happen. You have given yourself a huge gift of openness and energy. Just be.