

# Breath of Ten Meditation to Become Disease-Free

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Sit in Easy Pose with a straight spine. Your elbows are bent and your forearms and hands are relaxed and in a clapping position. Your hands move in and out like you are clapping but they do not touch. Stop the inward motion when the hands are about six to eight inches apart. Move slowly and rhythmically. Concentrate on the energy that you can feel between the palms of your hands.

The breath is timed with the movement of the hands. Inhale in five strokes through the nose and exhale in five strokes through the mouth. Each stroke of the breath is one clapping motion. Do not break the rhythm of the movement and breath. 16 1/2 Minutes.

To finish: Inhale deeply, hold your breath for 20 seconds as you press your hands against your face as hard as you can. Exhale. Inhale deeply, hold your breath for 20 seconds as you strongly press your hands against your heart center. Exhale. Inhale deeply, hold your breath for 20 seconds as you press your hands hard against your navel point. Exhale and relax.

This is magnetic energy therapy. The energy connection between the hands must not be broken. This exercise triggers the command center to wake up the immune system.

Do this meditation every day for 11 minutes and it will put all the chakras in rhythm.

*“The Breath of Ten is a complete breath in the line of Breath of Fire. It can give you a disease-free body, a clear, meditative mind and develop your intuition, but it requires practice.” YB*

