



# Tummo Breathing: Unlocking Inner Fire and Mental Clarity

This ebook provides a comprehensive guide to the ancient Tibetan practice of Tummo Breathing. Tummo Breathing combines breathwork and visualization to unlock the inner "fire" within, balancing energy, releasing stagnant emotions, and providing mental clarity. The ebook includes step-by-step instructions, exclusive guided audio meditations, and a 7-day challenge to help readers establish a consistent Tummo Breathing practice and experience its transformative benefits.

# What is Tummo Breathing?

Tummo, in Tibetan, means "inner fire." Traditionally, this practice was used to stimulate and control this inner heat, which allowed monks to survive harsh cold climates. Beyond its physical benefits, Tummo Breathing can help balance your energy, clear emotional blockages, and provide mental clarity.

## 1 Balancing your energy

Harmonizes the body's energetic systems and chakras.

## 2 Emotional release

Helps clear stagnant energy and traumas.

## 3 Mental clarity

Enhances focus, mental calm, and reduces stress.

## 4 Self-empowerment

Strengthens your connection to inner strength and confidence.

# Bonus Content Included with This Ebook

To help you get the most out of your Tummo Breathing journey, we are offering exclusive resources that are only available with this ebook:

- **FREE Guided Audio Meditation:** Follow along this audio after the Tummo Breathing practice.

[Download Guided Meditation](#)

- **7-Day Tummo Breathing Challenge:** Receive daily email tips to help you establish a solid Tummo Breathing practice.
- **Printable Checklist and Progress Tracker:** Download a personalized practice checklist and track your progress over time.

[Download Progress Tracker](#)

- **Private Community Access:** Join our exclusive online community and connect with like-minded people:

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# Preparation for Tummo Breathing Practice

Before beginning the practice, find a quiet, comfortable space where you won't be disturbed. Sit in a cross-legged position or on a chair with your feet flat on the ground. Rest your hands on your knees and close your eyes. Ensure your spine is straight, and take a few deep breaths to center yourself.

## Kubera Mudra (Gesture of Manifestation)

Kubera Mudra is a powerful gesture to focus your energy and intentions during this practice. To perform it, press the tips of your thumb, index finger, and middle finger together, while keeping the other two fingers gently folded. This mudra enhances your willpower and manifestation abilities, making it an excellent complement to Tummo Breathing.

# Tummo Breathing Instructions

## Round 1: 30 Breaths + 30-Second Breath Hold

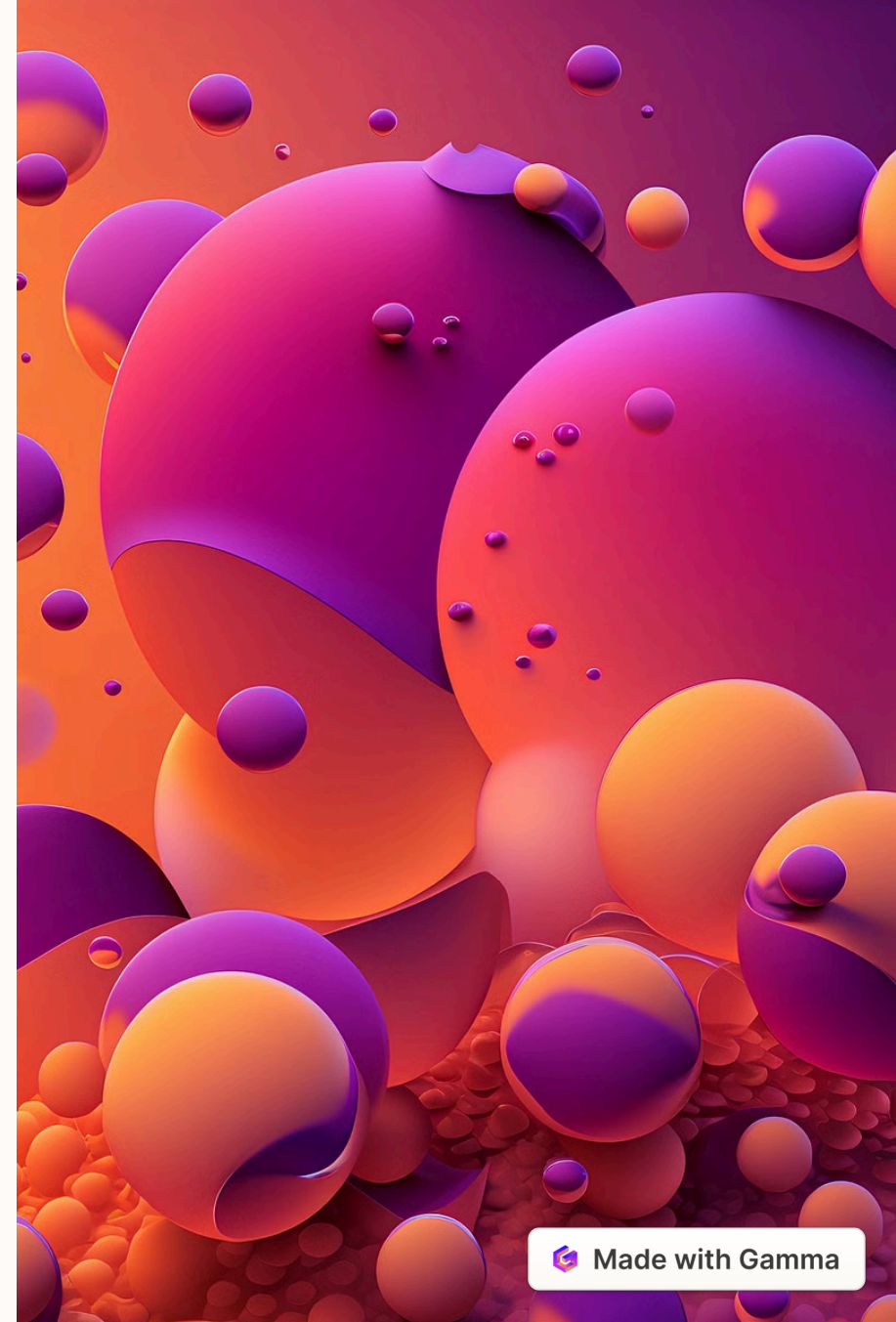
1. **Start with 30 breaths:** Inhale deeply through the nose, feeling your belly expand. Exhale forcefully through pursed lips, as if blowing out a candle. Continue this cycle of deep inhalations and forceful exhalations for 30 breaths.
2. **Breath retention:** After the 30th breath, take a deep inhale and hold your breath for 30 seconds.
3. **Meditation with visualization:** After 30 seconds, release the breath. Sit for 30 seconds in meditation, holding Kubera Mudra. Visualization: Picture your body as a hollow glass tube. At the base of this tube, at your root chakra (the base of your spine), a small flame ignites. As you breathe, feel the warmth of this flame at your core, ready to rise.

## Round 2: 40 Breaths + 45-Second Breath Hold

1. **Breathe deeply for 40 breaths:** Inhale deeply through the nose, exhale forcefully through pursed lips. Maintain a rhythmic pace, exhaling with energy through pursed lips.
2. **Breath retention:** After the 40th breath, take a deep inhale and hold it for 45 seconds.
3. **Meditation with visualization:** After the breath hold, exhale and sit in Kubera Mudra. Visualization: Imagine the flame now rising to your sacral chakra (just below the navel). This energy activates your creativity, emotional balance, and sensuality. Feel this energy swirling and growing brighter.

# Round 3: 50 Breaths + 1-Minute Breath Hold

1. **Breathe deeply for 50 breaths:** Inhale through the nose, exhale forcefully through pursed lips. Continue to maintain a steady rhythm with forceful exhalations.
2. **Breath retention:** After 50 breaths, hold your breath on the inhale for 1 minute.
3. **Meditation with visualization:** Sit in meditation with Kubera Mudra, raising your hands to your solar plexus. Visualization: See your body as a hollow glass tube once again, and a flame ignites at the base, filling your body with warmth and light. With each breath, the flame grows stronger, filling your entire body with healing energy. Allow this warmth to radiate through your being.





## Round 4: 60 Breaths + 90-Second Breath Hold

1. **Breathe deeply for 60 breaths:** Inhale deeply through the nose, exhale forcefully and fully through pursed lips. Let each breath invigorate your body.
2. **Breath retention:** Hold your breath for 90 seconds after the 60th breath.
3. **Meditation with visualization:** Sit in meditation with Kubera Mudra, directing your fingers towards your solar plexus. Visualization: Visualize the flame rising to your solar plexus (above the navel), representing your inner strength, willpower, and confidence. The glass tube is now filled with powerful energy, radiating from your core. Feel the strength, confidence, and personal power growing within you.

# 7-Day Tummo Breathing Challenge

To make your journey even more effective, we've designed a 7-Day Tummo Breathing Challenge. Each day, you will receive emails with prompts and tips to build your Tummo practice. Here's a sneak peek of what's in store:

- **Day 1:** Introduction to the Inner Fire
- **Day 2:** Mastering Breath Retention
- **Day 3:** Awakening the Root Chakra
- **Day 4:** Creative Energy Activation
- **Day 5:** Building Strength in Your Solar Plexus
- **Day 6:** Overcoming Emotional Blockages
- **Day 7:** Integrating the Practice

Start the challenge tomorrow and access daily tips straight to your inbox!

# Conclusion

Through the practice of Tummo Breathing, you awaken the inner fire that resides within all of us. This ancient Tibetan technique not only helps you balance your energy and dissolve blockages but also enhances your emotional stability, mental clarity, and personal strength. By combining breathwork, visualization, and the Kubera Mudra, you can reconnect with your inner self and unleash the power that lies within.

## Exclusive Bonus: Guided Tummo Breathing Audio

To help you enhance this technique, we've created a guided meditation audio, available for download to all ebook subscribers. It compliments the Tummo Breathing video practice, helping you get the most from your practice.

[Download Tummo Meditation Mp3](#)

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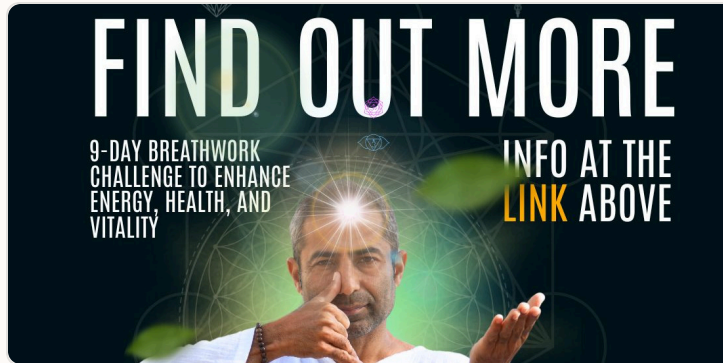
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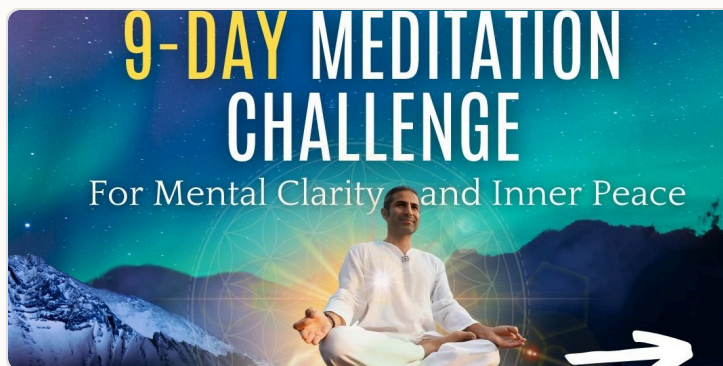


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