

Microcosmic Orbit Full Practice

Microcosmic orbit is both a Tantra and a Taoist exercise. It has been around for so long who is to know the true creator or country of origin. Some people naturally start doing the practice with never being taught. It is my thought that it has always been done naturally by some in human history and that different schools of thought gave it a name. We do know that both Indian and Chinese regions had the practice before it was spread to the West. I am sure that Indegenous Native peoples had their own orbit practice. The current well known teacher on the practice is Mantak Chia who teaches Taoist practices not Tantra although people often confuse the two. In Tantra, we do microcosmic orbit the same way and we also do other variations of it with progression. This is the basic one, and other practices have their own name. The name is questionable in Tantra. It can be called Microcosmic orbit, circling energy, and probably other names in India. It was possibly so basic to people practicing Tantra that when it naturally came to them or their teacher told them how to perform it there was no need to name it. You will see how simple it is. The Taoist schools complicate the practice to learning it over an entire day. Guess what? In Tantra, we offer it quickly and if you have been doing other exercises then it will make sense and you will feel the energy moving- If not then keep up with other Tantra practice and reread this PDF as needed over time.

This exercise is normally taught in person. Understand that it can be complicated to learn by reading or video in an "Intro" course. Once you run through it a couple of times, you will find it is quite simple to perform. Most would put all of the following in an entire course alone instead of one lesson. I am confident you can learn after already taking the other lessons.

This exercise must be performed after doing another exercise that increases energy. If you have ever done practices that you feel so full of energy that you might explode then that is a perfect experience of truly needing to move that energy- whether moving out of a certain part of your body to another or even transmute out of your body. You just feel like you must do something with it. Having excessive sexual energy is another we have all experienced that requires moving the energy in some way whether orgasm, creation of art/music, or drawing the energy up away from genitals/sacral chakra to the crown using meditation and breathing. Can you think of when you have had abundant sexual energy you felt needed to release somehow? Or have you done Kundalini yoga and were left feeling highly energized in your head and ungrounded? Any of these can be similar to how you will feel after your warm-up. However, the energy will most

likely be either subtly spread throughout your body or even in an area other than sacral area or head.

As little as 5 minutes of warm-up to as much as an hour may be needed to get energy buzzing. Do not worry if the extra energy is only a small amount. Overtrying is a mistake in Tantra because it means we are too much in the mind. Preparing the body is the key today. Microcosmic orbit itself will then only add on another 1-2 minutes. Being on drugs or alcohol will influence your energy negatively (don't believe your drunken mind saying otherwise). Women please note that your moon cycle can influence intensity over the month.

Examples of exercises to do before microcosmic orbit for 5-60 minutes or more:

Any of the Tantra yoga asana practices in this course

The pranayama followed by stretching the spine and body for 5 minutes or more

PC muscle exercises followed by deep breathing or pranayama and stretching

Outside of Tantra: Qi Gong, Tai Chi, Kundalini Yoga, getting a really great massage

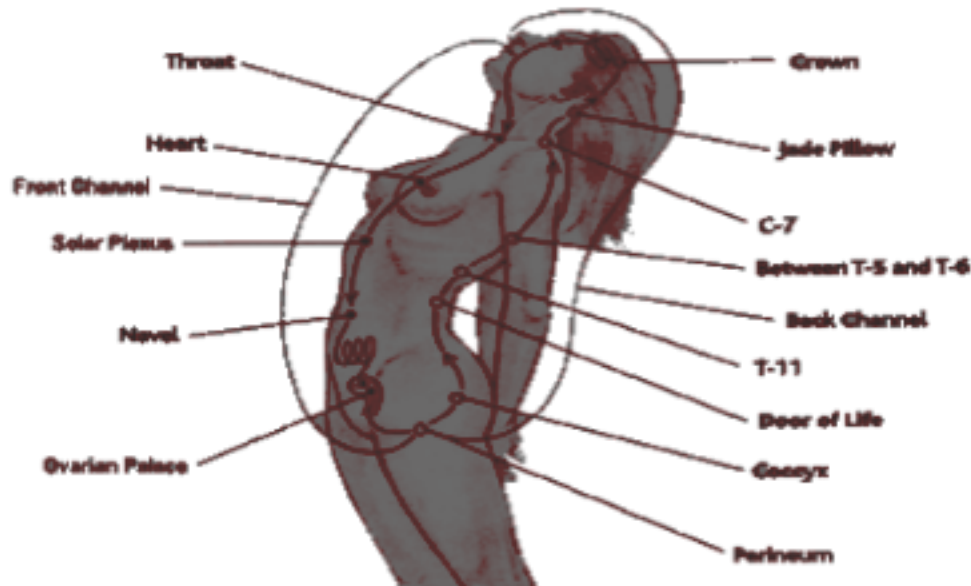
The very basics of microcosmic orbit are this: you will breathe like an oval going up the spine, top of head, and then down the mouth, front body, then into lower belly, and base of spine/tailbone. Each orbit lasts about seven seconds depending on your lung capacity. It is all about the oval- inhale up spine and exhale down front. Some call it a circle instead to use simple terms. (see image next page)

Add a couple more orbits on the first trial day if you need to while reading instructions. There will be no harm in doing that.

Since I am not instructing in-person, you will need to understand what is right for you in this moment. Keep it simple. It is more about tuning in and feeling.

You should feel like the energy has spread throughout your body if it was isolated before. You should also feel invigorated having washed the energy over your organs. Your entire body should feel rejuvenated. The more of an energized practice you did to build energy before this, the more intense you will feel the energy. Emotions can play a role in feeling and moving energy too.

This is a long process for students to read and difficult for me to write out all the steps without making it seem difficult. I promise that it is actually easy once you run through it a few times. The less you worry about steps the more you can get more into feeling the energy. I sometimes perform a couple cycles of it in auto-pilot after meditation when I need it without even knowing until afterwards



(zoom in or increase view % if needed to see image arrow lines)

Microcosmic Orbit

Steps for first simple cycle:

- Be seated. Tune into your body. Deepen your breathing. Make any adjustments to feel comfortable sitting.
- Focus and eyes on your third eye for now. Chin is level.
- I like to have my hands cupped Buddhist style touching my lower belly almost like a cup to catch the energy assisting in going into the lower belly.
- Notice your pelvic floor, one time squeeze and relax your pelvic floor muscles, mulabhand, and vagina. Think about lifting the mula bhand up on the tightening.
- Place your tongue at the top of your mouth- curled upward yet not pressing hard.
- **Begin the cycle now** breathing in your nose deeply feeling like you are drawing the energy from the bottom of your pelvis/tailbone and up the spine, eyes looking up.
- Brief pause at the top of your head.
- Exhale with force sending energy like a waterfall from head and mouth down the front body into the lower belly and then pelvic floor. That is one cycle.

Next two cycles try to add these:

- 1) Add tightening the PC muscle right after inhale and relaxing the muscle with exhale. It is preferred to always do this, but it does complicate it in the beginning of learning. It is important because the muscle lock stops energy from going down and helps force energy up the spine.
- 2) Do nose breathing or mouth breathing right for you. It can be best for some people to exhale with an open mouth not nose. Relaxed tongue. Neither way is more advanced. I switch based on my needs each practice. Some days you may inhale mouth (especially if blocked sinuses). Some teachers will say to stick with nose/nose to keep it simple.

The cycle goes up the spine, over the head, down your front, into your lower belly, bottom of spine and repeating. As it comes down the front it is like a waterfall.

Do 3 total breath cycles. Then, sit noticing how your body feels for a moment. You are complete.

The biggest part is just doing the breathing no matter whether nose or mouth. Everyone is different. If in doubt then do nose/nose breathing. It is also important to note that this exercise has been taught word of mouth over tens of thousands of years by various contradictory lineages. Yourself or others you know might have already done it naturally without having been taught.

The PC muscle squeeze and relax should be done with all cycles. Practice PC muscle exercises and/or Kegels outside of this exercise to get stronger. The mulabhand muscles are the most important in the pelvic floor area for Tantra students and yoga students.

Future practices

Do this exercise as needed. If you have a daily sadhana then adding the microcosmic orbit after is beneficial. Otherwise, save this practice for when you feel extra energy needing moved. That is normally several times per week or after energy practices. Again, you only need to do 2-3 cycles which takes about 25 seconds.

Sexual practice using microcosmic orbit:

Add 1-2 cycles halfway through masturbation or sex while taking a pause from body movement or self-touching. 1-2 times to cycle sexual energy away from being solely in the genitals. This will allow the orgasm to be felt throughout the body instead of being a genital explosion only. Perform when fifty to ninety percent to orgasm. Waiting until 99% of the way there can mean you orgasm in the genitals only (and men ejaculate) before having time to breathe energy up.

Couples can extend sex to hours by taking numerous "circling" breaks. That can mean pausing half a dozen times over the hours. Your partner does not have to know what you are doing. Although, it is ideal that they want to join you in Tantric (or just sacred sex) practices. Encourage those that are scared by Tantra to learn either sacred sex or Taoist practices. I have seen too many marriages break up because Tantra was not right for one partner, but the Tantric partner required it. See if you can find a practice they love.

Celibate practice using microcosmic orbit for those abstaining from sex:

When you feel excessive energy in the genitals or sacral chakra area, perform microcosmic orbit 2-3 times. This might need to be done 1-2 times per day. Also, consider doing something creative sacral chakra related such as creation of music or art that will use of that creative energy. Transmuting the energy through the crown is something to look into learning if energy becomes unmanageable.

*Other practice notes: I have written this from a Tantra teaching perspective with our way of doing things. Should you want to learn the Taoist way of doing the practice then seek workshops in their system. Primarily, it is the same way; however, they will sometimes direct certain people to cycle the oval in the opposite direction called the water cycle rather than fire cycle up the spine. They will also mention pulling up in the lower belly at the end of cycle after tailbone for a second time but that is an unneeded to teach in Tantra because we are circling the energy not storing in the lower dantien (belly). Just think about doing an oval or circle. In Tantra, we are concerned with **Kundalini energy rising up the spine** and we do not do energy practices that push energy down the spine (unless taught by teacher one-on-one by initiation). You will also hear the oval called a circle. I prefer saying oval because that is the actual shape. Circling is easier on the tongue when doing in a group or with a lover. Remember: be sober- use Tantra instead.*