



Hello all,

Welcome to Coherent Breathing®, Volume 4, Issue 5, March 2026:
Esoteric Coherent Breathing - Part 2.

Picking up where I left off in Issue 4, with this unseen aspect, Coherent Breathing becomes an “internal practice”. For those unfamiliar with this term, it means that our mental focus is directed highly inwardly, such that we can feel everything that is going on. Like qi gong, one can practice anything either way, with attention directed outwardly, inwardly, or both in which case they become one. Of course, Tai Chi should be practiced with this dual awareness, this distinction between inner and outer eventually dissolving.

Retrospectively, Coherent Breathing has always been an internal practice, where we are paying close attention to coordination, posture, relaxation, and sensation. Last month, I introduced the method of breathing that I began 5 years before my research into breathing while instrumented with HRV and EEG. It is a hidden aspect and a master key to Eastern esoteric experience, and one that I had been searching for since the 1970s. I didn’t know of it per se, but I knew there was something important, something foundational that my practices were missing, so I was always on the look-out for it. I’ve only had my hands on a dozen or so Tai Chi masters, and these that I am referring to had practiced something that I had been missing... So, in my view Cai Songfang did the world a great service with the publication of ***Wujishi Breathing Exercise***. It introduces something extremely foundational that relates not only to our “practices”, but to life itself. Here, I refer to its life promoting and restorative benefits.



Author, Stephen Elliott

I’d known of the imperatives of breathing slowly and deeply, holding the head up, sinking the mind and qi to the dantien for many years, and have awareness of the dantien, but I did not know of the *extremely precise resonant posture*. While I knew the navel well as a chakra, I did not know of its centrality to internal cultivation. These instructions were missing in my repertoire. I had been devoting close to 40 hours a week to my research and practice for years and did not know of these details. Within 6 months of incorporating these points into my practices, a profound transformation was underway, which in my own experience continues to this day. It has opened doors to experiences of lore. In the last issue I posited that it has remained hidden for so long because finding the vertical center line can take time and focus. Without finding it, the method doesn’t function and therefore remains hidden to us.

I’m fascinated with its relevance to entropy/negative entropy. I am of the mind that it is the means by which we harvest and store negative entropy. This is the same quest as yoga and qi gong, to collect, circulate, and store qi. The difference is that this wakes up the awareness of a function by which this process occurs, a direct experience of its occurrence – with each breath. I consider it one of the four most profound esoteric learnings of my life. Of course, like Coherent Breathing it is something that I wish I’d known about much earlier – but better late than never.

5 years later (2000), I began the quest to experience and cultivate the Awakened Mind EEG. Finding the neurophysiological correlates of the Awakened Mind EEG, lead me to those that we put forward in ***The New Science Of Breath*** (2005), breathing at the nominal rate of 5 breaths per minute in a sinusoidal fashion and the relaxation of *bridges*. This was in fact the protocol I developed to induce the Awakened Mind EEG, and I confirmed it with Anna Wise in her office north of San Francisco twice. (While researching this, I was not aware of a precise protocol for its elicitation.)

This brings me to today, where Wujishi Breathing (what we have termed Wuji Qi Gong in ***Wuji Qi Gong & The Secret Of Immortality***) and Coherent Breathing are my mainstay “breathing” practices, where they have largely become integrated/unified, i.e., I carry these *ways of being* with me all the time circumstances permitting.

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