



Hello all,

Welcome to Coherent Breathing®, Volume 4, Issue 4, February, 2026: **Esoteric Coherent Breathing**. Here I would like to explain my perspective on the unseen “mystical” aspects of Coherent Breathing as I practice it.

This article is about the experience of Unity. It is also about the multiverse of quantum physics theory, where I posit that the experience of Unity is the experience of the multiverse. I also assert that Kundalini rising results in an experience of the multiverse, but in a more radical way.

Category	Synonyms / Related Terms	Notes
Energetic / Vitality-Based	Life force, Vital energy, Vitality, Life energy, Inner energy, Breath-energy	Emphasizes qi as the animating force of living beings
Philosophical / Metaphorical	Spirit, Essence, Animating force, Subtle energy, Flow	Used when qi is understood more symbolically
Traditional Chinese Medicine (TCM)	Vital force, Functional energy, Body energy	Focuses on qi as a regulator of bodily functions
Martial Arts	Internal power, Inner strength, Intent energy	Highlights qi as a source of coordinated strength and focus
Cross-Cultural Parallels	Prana (India), Ki (Japan), Mana (Polynesia), Pneuma (Ancient Greece)	Not exact synonyms, but conceptually similar “life energy” ideas

Figure 1: Microsoft Copilot query re. “vital energy”.

I spent several decades focused on breathing with specific esoteric aims in mind: stillness of mind, raising kundalini, breathing for tai chi, developing martial speed and power, and the cultivation of fajing, the ability to generate an electromagnetic pulse that will throw another across a room without physically touching them. In each case, I realized my initial aims but sometimes things got out of control and I had to pause and ask myself if it was worth it. This is not true of the method I wish to discuss in this article, which is the quest for Unity and the method by which it can be experienced.

I began the serious quest for Unity in approximately 1988 with my commitment to the Kashmiri Shaivist text, the **Śiva Sutras – The Yoga Of Supreme Identity** (circa 9th century), which I read and contemplated daily for many years. This was in an effort to coax the Kundalini genie back into the bottle, which had escaped spontaneously in 1985 and was still on the loose. (There is a long story here that I won’t go into.) So I turned to the source, Kashmiri Shaivism and its sourcebook, the **Śiva Sutras**. Needless to say, the **Śiva Sutras** is about Unity.

I did not experience Unity until 1995, when I began the practice of **Wujishi Breathing Exercise** (Cai Songfang, 1994), this practice being central to that put forward in the **Can Tong Qi**, circa 150 C.E., one of China’s most revered and difficult to understand works on internal alchemy. The subject of the **Can Tong Qi** is also the realization of Unity. Dr. Meng-Sheng Lin and I researched this over long lunches for several years. We wrapped up our understanding in **Wuji Qi Gong & The Secret Of Immortality**, originally published in January of 2010.

There is magic in this method – it is restorative. Between my practice of Wuji Breathing Exercise and Dr. Lin’s Traditional Chinese Medicine expertise, by the end of 1995, the genie had returned to the bottle and has stayed-put since. I also began to experience Unity. I am only coming to understand this now, this being primarily due to my study of quantum physics in the last few years, where there is convergence of the very old and the very new.

I am thinking that it is very likely that the experience of Unity is an encounter with the *multiverse* of quantum physics. The experience of Unity involves losing the experience of oneself in the experience of the whole. It is no surprise that the experience of Unity is that involving the cultivation of what I will call “energy and resonance”, where when combined, we are no longer confined to the physical body. When our energy grows beyond that of the physical body, and we learn how to pierce the veil surrounding us, we are able to perceive the universe and the self as whole, as unified – no distinction. I have often referred to this experience as *dissolution*. In retrospect, I am also confident that Kundalini rising catapults one through a much more radical experience of the multiverse, many verses.

The practice involves accumulating negative entropy, “life force” or maybe better termed, “life source”, that thermodynamic theory necessitates. As we live, we employ this source, *negative entropy*, which serves to negate the positive entropy of life. As long as our net entropy is negative, we continue living. Negative entropy equates to “order”, where positive entropy equates to disorder. Our living existence requires that we employ negative entropy – the order of nature – which nurtures and sustains our being. We need not know anything about it for it to work, for it to keep us alive. However, if we do know something about it, then there is a method of cultivation that exists, this being that put forward in the above referenced works. And, now there is a convergence of the old with the new.



The fundamental method is that of accumulating the negative entropy that we take in from nature. Again, this is prana, qi, ki, mana, pneuma...Of course, qigong, meditation, and other yogic methods are the science of accumulating and employing it. However, *breathing is the master key* by which this occurs. This is because: (a) via breathing we acquire “air”, air containing order produced by nature, and (b) breathing circulates the blood, i.e., the nutrients we acquire via dietary intake, these macronutrients, food and water, again being the ordered matter produced by nature. There is no better justification for eating foods as produced by nature – *to acquire their order*. Here we need not parse air or dietary intake into their subordinate constituents, but to think of natural matter as whole, this wholeness being an aspect of it’s order. Many ancient cultures have a name for the energy that manifests as life and supports living: prana, qi, seiki, mana, pneuma... All have an etymological relationship to breathing. It is easy to understand how breathing has held a central place since ancient times, without air we expire quickly, without air fire is extinguished.

We all accept that life requires the basics: air, water, food, but many cultures have described something more. What is this something more? The term “sustenance” has this broader wholistic meaning – *energy intake from nature*, including breath, food, water, environmental energy, and light. The Latin root of sustenance is the verb *tenere*, “to hold”, sustain, subsistence, substance, and tenacious, originating from the same root, all connoting holding up or supporting. The Mandarin term Hou Tian Qi (Post-Heaven Qi) is expressly defined as *vital energy one acquires after birth from the environment*. Could negative entropy have been foreseen more clearly than this?

So, what is this magic method?

A) It requires that we breathe relatively, slowly, deeply, and synchronously, i.e., resonantly, or Coherently. Why? Because the act of breathing in this manner both quiets down the noise in the brain and nervous system and wakes up perception, allowing us to sense, feel, and experience subtle things that we could otherwise not. In other words we can’t discern critically important internal/external biofeedback. Without this feedback, how would we know what is happening?

B) Initial practice requires that we stand erect, with legs straight (knees not locked), our weight focused on the locus of the foot below the ankle. The top of the head is lifted. Here we are speaking of the baihui point. It is as if we are orienting our body around a vertical centerline. I like to use the analogy of a harp string strung between Heaven and Earth. We stay on this line, moving around a bit in order to find the moment where the string vibrates, the hands tingle. This is resonant posture. It is very subtle. This subtlety is a reason why the method is not widely known. I postulate that it is the sushumna/chong meridian that is vibrating.

C) We “attach our mind” to the navel. Why? Because ethereally, the navel is connected to every cell in the body, and to the ethereal umbilical that continues to connect us to the universe at large. This/these stems, the “dvadashanta” (12 ends) in Shaivist parlance, become apparent with practice. We have 12 “stems” emerging from the primary chakras of the body, 1 up, 1 down, 5 forward, and 5 backward, all oriented to the plane of the spine. These are the spokes of the wheel of Buddhism. All become apparent and continue to grow and develop in prominence with practice. This is the body connecting to the universe, *and the multiverse?*

D) When we inhale, we draw the negative entropy of air into the lungs and gently down to the navel, attaching the mind thereto as we exhale gently, allowing the exhalation to flow into the navel area, as if the navel is a sponge, or a flower, or any other visualization that works for the individual. (We are *allowing* it to be absorbed.) The negative pressure of inhalation also withdraws the positive entropy created by metabolism, bringing it to the lungs via venous blood. Exhalation sends the positive entropy of metabolism back to the atmosphere. Simultaneously, blood enriched with nature’s order flows out of the lungs through the pulmonary vein, the left heart and arterial tree, ultimately propagating across the pervasive capillary membrane and into every cell of the body. The blood itself is also enriched with negative entropy through our natural dietary intake. Exhalation and the heartbeat propagate it into every cell.

E) When we inhale again, we are once again drawing in fresh ordered air from nature but also drawing carbon dioxide laden blood from all the cells of the body, back to and through the right heart and into the lungs where metabolic byproducts (positive entropy) are returned/exhausted to the atmosphere. It is there that nature once again converts the positive entropy – disorder, produced by animal life (carbon dioxide and other metabolic elements) into negative entropy available to animalia. This explanation may remind one of a 2 cycle combustion engine: intake, compression, combustion, and exhaust.

F) The energetic experience is much like charging a battery where I hypothesize that in fact we are, that we are charging every cell in the body, where each cell has a membrane potential from inside to outside on the order of 80 millivolts. When we walk away from the practice, the body/mind feel charged and refreshed. This “charge” lasts all day long and gradually increases with practice.

In Wuji Qi Gong, we recommend approaching this practice very gradually and patiently, but with persistence, working up to 20 minutes per day. Eventually it becomes an integral part of who and how we are – all the time circumstances permitting.

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