

## Introduction to Tummo

This subreddit focuses on explaining how **Tummo** is another expression of your **Life Force** from your **Spirit** (soul, astral body, etheric body, energetic body, emotional body, true self). The goal is to share knowledge about the spiritual and biological discoveries, uses, and benefits documented from the activation of this energy.

Through conscious control of your **Tummo**, you gain the opportunity to empower yourself and unlock the reported, written, and documented spiritual and biological abilities associated with it.

## What Does Tummo Mean/Represent?

- **Tummo** is a Tibetan Buddhist term referring to a meditative practice that generates inner heat through specific breathing techniques.
- This heat is a form of **Life Force** produced from the stomach. Scientific studies on Tummo have shown that practitioners can generate enough heat to evaporate wet sheets draped around their naked bodies, even while sitting outside in freezing temperatures.
- To experience Tummo, recall a time when you felt a warm, comforting energy inside you. This could occur during moments like:
  - Listening to a powerful or moving song
  - Thinking about a loved one
  - Watching an emotional movie scene
  - Feeling thankful, praying, or praising
- The energy responsible for this warmth is the same **Life Force** (spiritual energy) that animates life. Your **Spirit** (soul, astral body, etheric body, energetic body, emotional body, true self) is made from this same energy in motion.
- This energy flows naturally through your breath, the food and liquids you consume, and especially your thoughts, actions, and the content you engage with, either amplifying or drawing in this **BioElectric Energy**.

## How to Activate and Experience Tummo

One of the easiest ways to activate **Tummo** is by recalling a time when you felt an inner warmth or euphoric energy. This sensation often accompanies goosebumps or chills, which arise from both internal and external positive stimuli, such as:

- Listening to a song that moves you
- Thinking about someone special
- Watching an emotional or meaningful scene in a movie
- Feeling grateful, praying, or praising

This euphoric energy is the same force that drives life itself, and many cultures have documented similar experiences with it and used it for various purposes.

## Key Insight: Energy Triggers Goosebumps, Not the Other Way Around

It's important to recognize that goosebumps or chills are not what activate the euphoric energy. Instead, **the energy itself triggers** these physical sensations. Once you understand this, you can learn to separate the energy from the physical reaction and eventually activate the euphoric energy alone, directing it anywhere in your body, whenever you wish.

## Benefits of Tummo

Consciously activating and controlling **Tummo** can have numerous beneficial effects, both physical and spiritual. Some of these include:

### Biological Benefits:

- Unblocking your lymphatic system and meridians
- Experiencing full-body euphoria or ecstasy
- Directing your spiritual chills throughout your body
- Controlling your body temperature at will
- Giving yourself goosebumps intentionally
- Dilating your pupils or regulating your heartbeat
- Counteracting stress or anxiety with energy
- Promoting internal healing and accessing your hypothalamus on demand

### Spiritual Benefits:

- Enhancing your psychic abilities (clairvoyance, clairaudience, spirit projection, etc.)
- Managing your auric field
- Manifesting your intentions
- Absorbing energy from any source, and much more

If you're interested in learning how to use this energy and activate it consciously, here are some [detailed tutorials](#) that will help guide you in mastering Tummo for these powerful purposes.