

Basic Breath Series



1. Sit in Easy Pose. Make an antenna of the right-hand fingers and block the right nostril with the thumb. Begin Long Deep Breathing through the left nostril for 3 minutes. Then inhale, hold for 10 seconds, and exhale.

2. Repeat exercise 1, but use the left hand and breathe through the right nostril. Continue for 3 minutes. Then inhale, hold for 10 seconds, and relax.



3. Use the forefinger and little finger to close alternate nostrils. Inhale through the left nostril, and exhale through the right nostril using Long Deep Breaths for 1 - 3 minutes.

4. Repeat exercise 3, except inhale through the right nostril and exhale through the left nostril for 1 - 3 minutes.

5. Sit in Easy Pose with hands in Gyan Mudra. Begin Breath of Fire. Totally center yourself at the brow point. Continue with a regular powerful breath for 3 - 7 minutes. Then inhale and hold, circulating the energy. (Breath of Fire is continuous rapid nostril breathing, 2 to 3 breaths per second, while thrusting the navel point in on the exhale and out on the inhale.)

6. Relax or meditate for 5 minutes.

7. Chant long *Sat Nam* for 3 - 5 minutes, i.e.
Sa -a -a -a -a -at Nam, Sa -a -a -a -a -at Nam.

Comments:

This set opens the pranic channels and balances the breath in the two sides of your body. It is often practiced before a more strenuous, physical kriya. It is great to do by itself whenever you need a quick lift and a clear mind. ■