



MEDITATING WITH YANTRAS: BREATHING EXERCISES



The Sri Yantra is an ancient Hindu symbol, often regarded as sacred. The upward triangles symbolize the masculine, and the downward triangles the feminine, so, together they form a picture of "Union," with the Bindu point, the point of creation, in the middle.

Meditation is a holistic discipline during which time the practitioner trains his or her mind in order to realize and manifest many benefits for the body, mind and soul. It is an ancient practice and is the key to the secret of Awakening and the understanding of the processes of the Universe. Through the practice of meditation breathing exercises, one is allowed to partake in the original vibration of all; the Breath of God.

MEDITATING WITH YANTRAS

Yantras are ancient geometrical designs. These designs are the gateways or portals for a diversity of worlds of light, or *turiya*. The practice of meditating with geometrical patterns, or Yantras, involves the intention and focus on one of these patterns. With constant practice, concentrating your mind at something that is external to the realms of the mind will create a safe haven and resource for calming and educating the thought process. As we concentrate on the Yantra, we start connecting with resplendent worlds that can bring direct benefit to our lives through clarity of thoughts, perspective and exercise of detachment.

When meditating through Yantras, you should start concentrating on an image; while your thoughts transition entering and exiting your mind, keep the concentration on the center of the Yantra. When you reach a point where your mind starts to rest, slowly direct your attention to the margins of the Yantra and broaden up your focus to the entire image.

It is expected that, with time, you will be able to concentrate and focus on the entire image even with your eyes closed.

When a Yantra is adopted for worship and the energy is invoked in it, the Yantra becomes a symbolic representative of the deity and actually becomes the deity when the person abandons an analytical, critical attitude and the energy circulates in higher centers. Every Yantra becomes the dwelling place of the deity it represents. No idol or picture of a deity is as powerful as a Yantra in meditation, because a Yantra is composed of archetypal forms that are common to all existing phenomena. The very process of making a Yantra is an archetypal activity that works with the encoding of the genes. During the process one moves from concrete reality to abstract truth.

Yantra also means for liberation from the cycle of birth and rebirth, *moksha*. As a tool, Yantra meditation is used to withdraw the consciousness from the outer world, so as to help the student to go beyond the normal framework of mind and into the altered states of consciousness.

This is a powerful concentration technique that will greatly help you to connect with the energies of the Universe and the diverse multidimensional frequencies of existence.

THE BENEFIT OF THE BREATHING EXERCISES

Meditation makes it possible for a person to go outside of the box of the intellectual mind and allows one to enter into the Spiritual Heart. The Spiritual Heart is a term we can use for where our inner self or Soul resides. The nature of the heart and soul is not separated. The heart by nature

identifies and feels a sense of oneness with other people and other things. The heart is, ultimately, the connection with your portion of Divinity.

PREPARING FOR MEDITATION

First of all, lay down comfortably, with your hands over your diaphragm and inhale deeply six times. Allow the air to go down to the lower part of your lungs and abdomen, expanding your torso as you breathe in. Imagine that not only the front part of your abdomen is expanding, but also the back of your thorax as well. Imagine it increasing when the air comes in and contracting when the air is exhaled.

Next, try this exercise six more times. Place your hands over your rib cage to see how the flow of breathing is working in the lower part of your thorax. Allow the expansion to occur, amplifying the intervertebral¹ space.

Again, try this breathing six more times: in the first moment inhale filling the lower part of your lungs and then continuing with thoracic breathing by expanding the lumbar or lower back. At this point, consent the air to move into the higher part of your lungs, while you slightly elevate the position of your shoulders.

When exhaling, emptying your thorax of air, start from the lower spot of the lungs, then the lumbar area and finally the higher lungs.

¹ Intervertebral space is the space that lies between adjacent vertebrae in the spine. Each Vertebrae disc forms a cartilaginous joint to allow slight movement of the vertebrae, and acts as a ligament to hold the vertebrae together.

SUGGESTED BREATHING BEFORE MAKING QUICK DECISIONS

This type of breathing has the potentiality to cleanse your body of free radicals, other physical and psychic debris. This exercise improves the capability of one's perception skills, diminishing the lack of concentration and of grounding. This is a respiratory rhythm that assents to fast vitalization of your energetic centers. It is a strategic technique to control your thoughts which will help you ground quickly without losing the concentration skills and abilities to respond to challenging situations.

Stand up with your flexed elbows. Inhale without hurry, while you raise your elbows laterally and then exhale energetically, letting out all the air at once. Repeat this exercise continuously for at least three minutes.

As a suggestion, you may practice this exercise everyday, and after at least 4 days, increase a minute a day till you reach the ten minutes daily.

OXYGENATE THE BLOODSTREAM

1. Pucker your lips. Close the nostrils with your fingers. Inhale slowly through the mouth. Then close the mouth and exhale slowly through the nostrils. Do this ten times. This liberates the etheric current.
2. Stand or sit erect with your spine as straight as possible. Place the tip of your tongue at the roof of the mouth behind the upper front teeth. Close both nostrils with your fingers. Inhale slowly through the mouth until the lungs fill to capacity. Then exhale slowly through the mouth,

intentionally contracting the abdomen at the same time. Do this ten times.

CONTROL AND CLEAR THOUGHTS

Close the left nostril with your finger and inhale through the right nostril. Hold for a count of 8 and then exhale through the same (right) nostril. Then close your right nostril with your finger and inhale through the left nostril. Hold for the count of 8 and then exhale through the same (left) nostril. Repeat as many times and on as many occasions as you feel necessary.

THE CALMING BREATH EXERCISE

This breathing technique has the intention to develop a spontaneous reflex in your diaphragm. It is an ideal breathing auxiliary technique for people that suffer with asthma, as well as people that tend to be of a controlling nature and who sincerely desire to be more natural, spontaneous and relaxed.

Exhale very slowly and let the air come inside of your lungs in a much unprompted way, also naturally and slowly. Again, while you still perceive inside of your lungs, a reminiscence of air inertial residue on the bottom of the lungs, try to exhale it without any hurry before you try to breathe again. This is a powerful exercise to ground and place the right energies to work on your system. This is a recommended exercise to be practiced from 5 to 20 minutes daily!

COOLING BREATH

Put your tongue on the roof of your mouth and inhale through your mouth with a hissing sound. Hold the breath 2 or 3 counts. Then exhale slowly through your nose. Feel coolness throughout your body, particularly in your brain, mouth, nose, breathing passages, and lungs. Say silently to yourself: "I am cool, calm, and collected."

EXERCISES TO WORK AGAINST THE FEELING OF INSECURITY

This is an exercise that should be used especially when you are under pressure and are in an apprehension state, for instance, before a job interview. This is a practice that can be performed silently at any place, including while walking. The only detail is that this meditation *should not* be practiced for more than ten minutes a day.

Start inhaling the air four seconds; hold the air inside of your diaphragm for 16 seconds, and exhale all the air within 8 seconds. This is a 4x16x8 rhythmic breathing.

This is a practice that will support you in your personal quest for centering, because it increases your own perceptions of your internal abilities.

BREATHING EXERCISE TO INCREASE SENSORIAL PLEASURE

Start this practice with your mouth open, start inhaling from it, and filling your lungs with air. Exhale also through your mouth, but through a tiny opening through your lips. Permit your cheeks to expand while allowing the air to be exhaled vigorously out of your lungs. While repeating this exercise,

try to gently direct your energies to be allocated to the side of your body, through the peripheral area of your Energetic Meridians. This will sensitize your acuity of sensorial experiences and also will open gradually your sensibility to other extra sensorial awareness.

We strongly suggest you to practice this exercise no more than 5 minutes in the morning and 5 minutes at night.

GENERATING VITAL FORCE

Breathe deeply, inhaling slowly to the count of four, holding to the count of four, and then exhaling to the count of eight. Do these six times [or more if needed].

BREATHING EXERCISE FOR INSOMNIA

This specific “work out” should be practiced before bed time and can be performed while laying yourself down in bed. Before performing this exercise, we recommend the use of auxiliary blue light to help your process of visualization practice.

With your eyes directed to a pale blue light, inhale from your nose imagining that the blue light is entering your head from the center of your cranium; Exhale from your mouth. Inhale again through your mouth and now try to bring the blue light vibration to your sixth chakra, your Ajna Chakra (third eye).

Repeat this exercise again for 5 minutes, just before you go to bed.

BREATHING EXERCISES TO IMPROVE VISION (SENSORIAL AND EXTRA SENSORIAL)

This breathing technique is particularly useful when used as a preparation for restoration of the visual acuity through advanced meditation practices. First, prepare yourself. Sit comfortably in front of a candle. Concentrate on your inhaling process. Slowly, try to open your eyes, while inhaling with the least amount of energy, meaning with almost no effort.

Try to feel as your eyelashes are swiping the air in front of your eyes and in doing so, it opens your eyes. When exhaling, close your eyes and direct all your intentions and energy to your tan tien: a region located about 2 ½ inches below your belly button.

Imagine that in this point in your body you have a black hole that soaks up and absorbs all your personal energy. The inhaling process should be as natural as possible and the exhaling should also be very slowly and encompassed with the rhythm of the exercise.

This is a technique that could be used from seven to twenty minutes a day, preferentially at night time before bed.

EMOTIONAL CLEANSING EXERCISE

This is an emotional cleaning technique especially indicated for people that had been through a traumatic emotional breakup.

To start, prepare yourself mentally for this exercise, as it is a cathartic liberator of accumulated energies, emotional debris and karmic residues.

Stand up, and place your feet apart, spacing them more or less a foot and a half apart from each other. With your arms stretched alongside your body, place the palms of your hand facing the front of your body.

Inhale deeply, while you bend your body with your thorax arching forward, and your head inclining backwards. Move your arms to the side of your body, at the level of your breasts as your body is a bow and your hands were pulling an arrow.

When you feel your lungs are completely filled with air, allow the air to get out all at once, as a process of decompression of air previously compressed. Meanwhile allow your arms to get move forward as it is releasing an arrow. When done this, the arching of the body such as a bow that just sent forward a projectile can be released and the body can come back to its original position.

To be effective, we recommend performing this practice at least three to ten minutes a day.

BREATHING FOR DEEP EMOTIONAL CLEANSING

For this exercise to be performed adequately, it should be preceded by the last exercised explained above. It can be performed either sitting down or standing up, with the two feet well planted and grounded on the floor. Inhale deeply and profoundly all the air you may have inside of your lungs. Hold your breathing with the lungs completely empty. While doing this, try to contract and expand your abdomen

pulling it inside of the perimeter of your body.

When you feel that you cannot stand being without air inside of your lungs, count for two more seconds before you inhale.

Repeat the practice of this exercise for initially two minutes a day maximum, and, if you wish, gradually increase a minute a day of practice, untill you reach the limit of eight minutes. This should not be practiced for longer then the times described.