



BREATHING MEDITATIONS



*“Love is anterior to life, posterior to death,
Initial of creation, and the exponent of breath.”*

~Emily Dickinson



BREATHING EXERCISE TO PURIFY AND CLEANSE THE CHAKRAS



The entire Universe vibrates in a cadence and frequency. To be part of this cosmic symphony, we have to learn how to engage our breathing pattern to this greater pulse.

A good deep breathing beat can release you from certain physical illnesses, stagnated emotions, psychic debris etc. On the other hand, a short breathing pattern can bring a sense of insecurity, disconnection with all that is, and fear and anger.

By mastering our breath, we can tap into the huge reserves of energy that lie buried in our musculature, our glands and even our organs, nervous system and brain. The real secret to successful breathing is that we are not only breathing in air, but also life and vitality into our bodies.

The most relevant of the mental activities used during meditation is attention and the ability to keep concentration on what you are intending to perform. In this situation, the concentration will be determined by the rhythm of your breathing. Though breathing, you can keep the level of your attentiveness without giving the space to intrusive thoughts.

The Breathing Meditation is a valuable technique because it will allow you to gather power over your wandering mind. In working through this method, you will find yourself more relaxed and more sensible when referring to relations with people and things around you. Besides, the concentration working towards the amplified attention will make your period of meditation to be more consistent and long.

Authors' Note

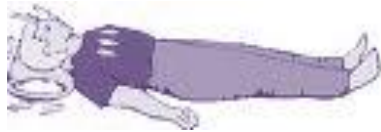
In whatever method you decide to use to practice the breathing meditation, choose to breathe gently and normally, while not putting any strain on your body. Try to maintain a neutral attitude to the intrusion of thoughts: acknowledge their existence, release them to the universe and then direct your attention back to your meditation.

BENEFITS

- Increase of your personal physical energies, elevating of your level of awareness and overcoming of traumas and emotional blockages;
- Strengthen of determination and will-power in making decisions;
- Increase of vitality of the body and regularization of organic functions;

- Integration of transcendental experiences in your scope of reality;
- Better connection with the Higher Self, increase in sensibility and self-love;
- Rescue of the level of self-esteem and joy in living.

PREPARATION



Initially, try to get comfortable in a position that will make you feel relaxed. Bring to your awareness all the reasons or purposes that you wish to bring to this meditation. Make an internal commitment that your attention span will be directed exclusive to the objective of the meditation.

To connect your thoughts with the higher frequencies, we always recommend you to activate the Soul Star, but you can make a connective prayer or another mantra if you prefer.

PRACTICE

Remember that you are surrounded by the energy of the universe. This energy is called Chi, or Prana.

Concentrate initially in your Base, or Root, Chakra, at the base of your spine and imagine for a few seconds that you are breathing through it.

At each inhaling stroke, concentrate in the word TAO and when you exhale, concentrate on the word CHI.

Do this rhythmic breathing for a couple more minutes, imagining now that all obstacles, blockages and hindrances are eliminated from this chakra field and it is now being charged with positive creative energy.

Now focus on your second Chakra, the Sacral Chakra, and imagine again breathing through it. Keep the thought on this region of your body, without missing the point that while inhaling, you should give the central focus on the word TAO, and while exhaling the word in spotlight should be CHI.

As you imagine this through your mind's eye, know that all the clogging energies that were once impeding the balance and functioning of this chakra is now released and free. Your second Chakra is now fully energized and charged with positive creative energies.

Repeat the same procedure to all the other chakras in the following sequence:

- Third: Solar plexus Chakra
- Fourth: Heart Chakra
- Fifth: Throat Chakra
- Sixth: Third-Eye, or Frontal, Chakra
- Seventh: Crown Chakra, and focus on breathing through the top of your head.

Repeat the process above breathing in the word TAO and exhaling the word CHI for each Chakra.

Bring your focus to your Heart Chakra one more time, but this time you should reach it through the breathing from the top of your head. At the same time, breathe in the word TAO and breathe out the word CHI.

This step should not be rushed. Concentrate on your breathing and in the words.

You may feel the energy of CHI running through the palm of your hands. If you do, move them in order to facilitate the circulation and cleansing of the energetic field around you.

Do it slowly.

To finalize this mediation, place your hands in front of your heart chakra, in Namaste position, thanking your Higher Self, and your guides and guardians for assisting you in this exercise and feel as One in the energy of gratitude to The Divine Mind.

In ending this session, dedicate the positive energy generated during your meditation to the accomplishment of your spiritual goals, to the healing of others, or a materialization of any virtue in your life, such as increase of Hope, kindness, internal peace etc.

THE CALL OF THE SOUL

LONG SAT NAM'S TO NEUTRALIZE TENSION

The simplest and most basic meditation in Kundalini Yoga is chanting long SAT NAM's.

Sit with a straight spine, either in easy cross-legged easy pose, in your preferred meditation posture or in a chair with the feet on the floor. Sit so that your bones are carrying the weight of the body.

Bring the hands to the heart, palms facing the chest, left hand on top of right. Place the left thumb in the center of the right palm. The fingers of both hands are together and

straight. The hands gently rest against the chest; arms are relaxed on the body.

Eyes are 9/10th closed to begin with. As the meditation progresses, they may close completely.

Inhale with a long deep breath. On the exhale chant out loud:

**SAAAAAAAAAAAAAAAAAAAAAAAAAAAA
AAAAAAT**

At the end of the breath, say **NAM**. Notice that your breath gets longer and deeper. You may slow your breath down to 2 per minute.

SAT is the liberator and the cleanser. Allow yourself relax and release with the **AAAAAA**.

NAM is like an anchor. Feel the sound anchor you in your body. Then inhale deeply again and continue.

Feel the sound of the **AAAAAA** come from the heart. Experience your throat as the mouthpiece of your heart. This practice will help you locate, consolidate and open up the fourth (Heart) and the fifth (Throat) Chakras. SAT NAM is the Call of the Soul.

As you chant, call out to your Soul, sing to your Soul. Singing to your Soul creates a very peaceful feeling. It takes us out of duality for a moment as our personality and Soul merge as One in the sound current of our infinite being. Feel free to express any emotions that come up. This is a good way to release and balance the emotions. The emotional energy will gently merge into Soul energy.

At the end of the meditation, inhale deeply; hold the breath as long as you wish. Listen inside and be One with the experience. Do this 3 times. Then sit quietly or lie down and

completely relax. Begin with 3 to 5 minutes and build to 11, 15, 22 or 31 minutes.

PRANAYAMA NÁDI SODHANA

The Alternate Nostril Breathing



The Pranayama Nádi Sodhana is known to be the perfect breathing exercise because among its many benefits, it can bring the physical body to a stage of perfect harmony and a cleansing stage of being. The name Nadi Sodhana means purification and cleansing of the subtle channels of energy in our body. This is a necessary practice for all of us, because only when our channels are cleansed and unobstructed are we able to allow the free access of Prana, the basic energy that supports all Creation. It is imperative that we work to keep all our Chakras balanced and clean.

The left nostril carries the Lunar Prana. It is negatively charged (not negative as bad, but as an energy polarity). The right nostril carries the Solar Prana, the positively charged one. The Central Channel, located in the spine, contains the igneous fire of

Kundalini. Kundalini is the energy that is “sleeping” at the base of the spine.

You can do this exercise either sitting down or standing up. Chose an appropriate place where you can find silence.

With your eyes closed and with your lips partially open, breathe three times normally, filling the lungs with air and releasing it slowly.

After doing the first breathing exercise a few times, raise your right hand to your face, palm facing it. Put your thumb by one nostril and your forefinger by the other. Gently put your thumb over the nostril, blocking the passage of air through it. Breathe in the other nostril slowly, using the first technique. Hold in the breath for a second, concentrating on the stillness, then exhale. Remove your thumb, and put your forefinger on the other nostril and breathe in concentrating on the energy in Central Channel, then exhale.

Continue to alternate with one complete inhale/exhale per thumb/finger. Do this for about eight to ten cycles. You should feel this breathing technique calming you, yet energizing all of your Chakras.

