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# EGYPTIAN PRANAYAMA

## GNOSTIC EXERCISE

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### PART 1

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1. Sit calmly in a chair with his face to the East.
2. Say a prayer to the Divine Mother Kundalini.
3. Your chest, neck and head should be in a vertical position. One should not bend the body sideways or backward. The palms should rest on the legs very naturally.
4. The devotee's mind must be directed inward to the Divine Mother, loving and adoring her.
5. The eyes should be closed so that things of the world would not distract you.
6. Cover the nose [nostril] with the right thumb (Fig. 1), vocalizing mentally the mantra TON while you breathe or inhale



the air very slowly left the nose

7. Now close the left nostril with the index finger. Retain the breath and pronounce the mantra mentally SA.
8. Exhale slowly now the right nasal cavity (Fig. 2) vocalizing mentally the mantra HAM and imagine the energy up to the brain and then down to the heart.



9. Tape now left nostril with the index finger.
10. Inhale the prana through right nostril vocalizing mentally the mantra TON. Retain the breath vocalizing the mantra RA. Close both nostrils with thumb and index fingers.



11. Exhale very slowly through the left nostril vocalizing mentally the mantric syllable HAN and imagine the energy up to the brain and then down to the heart.

Warning: This sequence must be made at least 7 times to accumulate Prana in batteries and heal the psychic channels to circulate our creative energies.

But if you are a beginner, do as often as you can, and increase the number of Pranayamas gradually. Do not make the practice right after meals, or when feeling sick, or if a woman, being pregnant or menstruating.



## PART 2

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After completion of the sequence of Egyptian Pranayama, perform the following devotional practice:

1. Kneel down and place your palms on the ground, so both hands touches with each other thumbs (see picture above right).
2. Leaning forward, prostate ashore, full of supreme veneration, with the head turned to the East, will support front on the back of hands, the Egyptian style.
3. Then with your creative larynx vocalize the powerful mantra of RA Egyptians, prolonging the sound of two letters, thus:  
RRRRRRRAAAAAA ...