

# PRANAYAMA for ENERGY

Please practice mindfully and within your own capacity.

Never hold the breath if pregnant or if it makes you light headed due to blood pressure issues.

If you are concerned at all consult a medical practitioner before practicing.

All of these practices are being shared to help you guide space, energy and healing within your body. Some may take a lot of practice, others you may find really easy to work with.

Any questions do get in touch.

## **9 Point Breath**

Think of the body as Lower (abdominal region), Middle (chest area) and Upper (upper chest, collarbone area)

Then think front, sides and back in all three areas.

**Inhale**...lower - front sides, back; middle - front, sides, back; upper - front, sides, back

**Exhale**...upper - back, sides, front; middle - back, sides, front; lower - back, sides, front

You are not trying to extend the breath as such, but you are trying to feel it fill all three areas as you inhale and feel them again as you exhale.

Your awareness is moving quite quickly.

This practice really brings you inwards...it holds your attention...and it will help to energise and exercise your lungs.

Enjoy!

## **Spiral Breath using the Nadis**

When you have got to grips with the 9 point breath above have a go at this one! It uses the energy channels, the nadis (Ida, Pingala and Sushumna) to help direct the breath and move energy through the body. If you have never heard of the nadis then please talk to me before doing this one.

***This practice must be perfected before moving onto those below.***

Sit in a comfortable position - floor or chair - just be comfortable.

Settle awareness to the natural flow of the breath.

Become aware of Manipura, Anahata and Vishuddhi chakra areas. Begin to notice the breath arriving and leaving at these points, without effort, just witnessing. We are going to use them as points to spiral our awareness and breath ... on both inhalation and exhalation.

When you feel ready:

Bring awareness to Manipura, inhaling take the awareness out the right side (RS) of Manipura, into the RS of Anahata, over the left side (LS) of Manipura and into RS of Vishuddhi....breath is now full...that was all one inhalation. Then, exhaling over the RS of

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Vishuddhi, into the RS of Anahata, out the LS of Anahata and into LS of Manipura....that was one exhalation. Do this nine times and then rest. Observe. Feel.

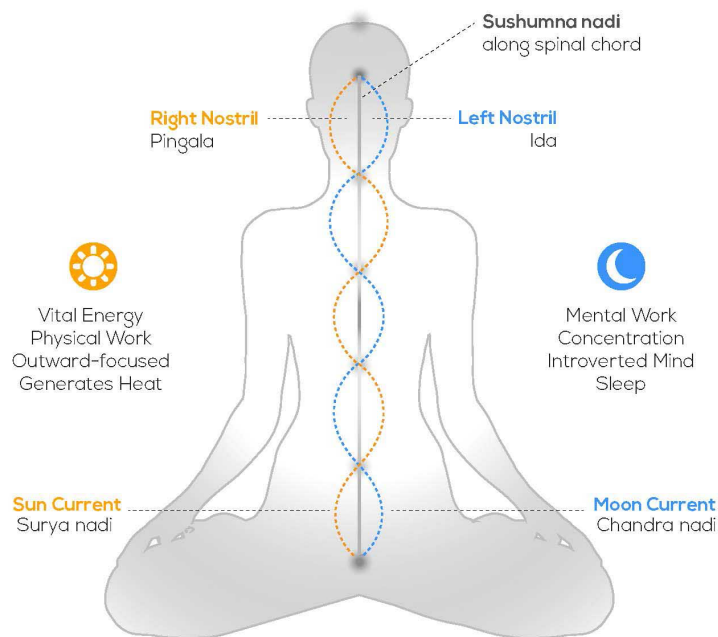
It is as though you have drawn a figure of 8 on the body.

Do 9 circuits.

As you practice notice where the spaces are between the breaths.

Notice the size of the loops as you spiral up and down the nadis...do the spiral loops change shape/size?

When you have completed allow the breath to return to normal. And simply feel.



*Remember Ida nadi is associated with left nostril, and moon energy. Pingala nadi is associated with right nostril, and sun energy.*

*The image above was created by Yogateket, website is [www.yogateket.com](http://www.yogateket.com). It beautifully illustrates the basics of the nadis.*

The following breathing practices have been passed to me from Philip Xerri, but he studied them with Swami Gitananada. For real benefits to be realised it is suggested that they are worked with daily for a period of approximately 40 days. There are no guarantees you will feel any change, but obviously this conscious practice will bring some benefits of some kind.

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## **Apas Mandala Pranayama**

The primary focus when doing this practice, is on Swadhisthana Chakra and the associated water element, using the breath to channel energy to this area and to help balance the emotions by reducing anxiety, calming the mind and activating the parasympathetic nervous system. This practice also improves lung capacity and strengthens the respiratory muscles. It also can clear mental fog and improve concentration, bringing mindfulness and focus.

Swadhisthana Chakra, located in the genital region/pelvis, is the energy centre associated with the element of water (Apas Tattwa) and the symbol is a silver crescent with its ends upturned. The crescent shape is also symbolic of nada, pure cosmic sound.

Breathing Pattern:

1. Inhale and trace a line with your mind from the left side of the pelvis to the right side.
2. Retain the breath briefly, focusing on the entire crescent shape.
3. Exhale, bringing the focus back across to the left side, completing the crescent visualisation.
4. Go with the flow and practice for as long as is comfortable.

## **Tejas Mandala Pranayama**

The practice of Tejas Mandala Pranayama (associated with the Manipura Chakra, (solar plexus)) is believed to help develop Tejas, which in Ayurveda and yoga refers to the element of fire, or inner radiance and illumination. This "inner fire" helps to:

Destroy and burn toxins in the body.

Increase the vitality of the blood.

Improve sensory function and the ability to "digest" sensory impressions.

Promote mental clarity and a sharpened perception of reality.

Focus on the navel centre, Manipura Chakra, imagining or visualising a fiery red downward pointing triangle originating from behind the navel. It's point just below the navel, and the upper base of this triangle extending horizontally to just behind each breast.

Breathing Pattern:

1. Inhale: Begin an in-breath behind the navel and draw it upwards to the centre of the right breast.

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2. Hold: Retain the breath while crossing to the left breast.
3. Exhale: Release the breath, descending back down to the navel.
4. Perform for a minimum of nine rounds, typically using a 6 or 8-count for each phase.

### **Vayu Mandala Pranayama**

Associated with Anahata Chakra, and the element of air. The symbol used is a upward pointing triangle from between the breasts to throat.

It governs circulation and regulates the body's overall movement and energy distribution.

It helps to improve lung capacity, clear the nasal passages, and supports healthy blood pressure and oxygen circulation.

This practice also helps to reduce stress, alleviate anxiety, and balance the autonomic nervous system.

Focus on the heart centre, imagining a upward pointing triangle, blue in colour, or it could be green or pink or golden...from between the breasts to the throat. Visualise the breath flowing easily through the triangle, spreading out into each point.

Our heart pumps the blood into every part of the body carrying oxygen as it goes. There is an exchange process before the air then passes back out of the body as carbon dioxide. How clever is that!

Breathing Pattern:

1. Inhale: from behind the right breast and draw it upwards to the centre of the base of the throat.
2. Exhale: from throat to the left breast.
3. Hold: from left to right breast, to complete the triangle.
4. Perform for a minimum of nine rounds, typically using a 6 or 8-count for each phase.