

BRAHMARI (HUMMING BEE) BREATH

Sit in a relaxed position that is comfortable for you.

Make sure the back is straight, the abdomen lifted and the chest is open to allow the free flow of Prana throughout the body. Do not strain or try to alter the natural rhythm of the breath.

Pause

Begin by becoming aware of the natural breath, feel the breath coming in thorough the nostrils, the warmth or coolness, the length of the inhalation and exhalation, the natural pause, the free flow and compare each nostril, the movement as the breath moves into the chest. Allow the rib cage to expand, and be conscious of the width of the chest.

Pause

Use the middle finger of each hand to close the flap over the ears, this internalises the sound and intensifies the effects. Inhale through both nostrils; slightly constrict the glottis to make a gentle deep breathing sound, but without strain.

Exhale slowly through both nostrils, to make a low melodious sound like a female bee humming. No strain, as soon as the exhale needs to come to an end, cut it off. Repeat at least 7 times...listen to the sound.

Pause

Lower the hands when you are finished, keeping the eyes closed and listen to the echo resonating throughout the head and chest. Sit quietly.

Pause

Brahmari allows sound penetration deep into the mind and body, drawing the attention inwards thus creating a mantra. It brings calmness both physically and mentally. It helps promote a restful sleep. It also eases sore throats and said to be very beneficial to our vocal cords.