

## Changes Promoted by the Rhythmic Breath

Various beneficial changes can be brought about by the use of Savitri Pranayama, using different time counts for the Rhythmic Breath.

Timing	Effect	Ultimate Results
2 x 1 x 2 x 1	Increased respiratory rate. Elevated blood pressure and increased heart muscle tone.	No lasting effect is achieved by rapid breathing of this type. Temporary relief only of heart muscle stress and pain.
4 x 2 x 4 x 2	A good rhythm for a child wishing a beneficial Pranayama, a convalescent from sickness or surgery or a heart patient wanting to correct the damage done to the heart by faulty breathing. Excellent for an asthmatic. Promotes growth by glandular stimulation.	This rhythm is of too short a duration to be beneficial over a long period of time and anyone undertaking it should try to extend the rhythm to a longer count, especially an 8 x 4 x 8 x 4 rhythm.
6 x 3 x 6 x 3	Beneficial for a narrow-chested woman or an undeveloped teenager, or an adult suffering from emotional swings, as in manic depression.	One of the best means of infusing Prana into the emotional body and getting control of radical emotional swings.
8 x 4 x 8 x 4	This rhythm is in harmony with the cellular vibration of the blood, muscles and skeletal structure. It is the best rhythm to strengthen and rejuvenate the body.	Excellent physical health is afforded and proper electrolytic balance of the cells maintained, promoting optimum health. A good rhythm for body quietness and body meditation.
10 x 5 x 10 x 5	Metabolism is increased, speeding up the rate at which the body organs work. Extremely beneficial for anyone with sluggish circulation and enervated nervous system.	Anyone who is constantly late and cannot get on time by other disciplines will find this routine effective. Overcomes laziness and procrastination.
12 x 6 x 12 x 6	The mind is awakened by a Pranic flow and alertness and clearness of the senses is noted. Good for impaired sight, hearing, etc.	The student wishing to develop a good retentive memory and clearness of thought should perfect this technique.
14 x 7 x 14 x 7	The mind and senses are calmed by this rhythm. An excellent Pranayama for Pranic meditation.	Serenity of mind is a by-product of this rhythm. In Pranayama Yoga it is called Santosha Pranayama, the Serenity Breath.
16 x 8 x 16 x 8	This is called the Siddha Rhythm, the Master's Breath, and is associated with rejuvenation of the body, longevity with good health, and perfection of ideals.	Every phase of Yoga is to be mastered until one becomes a Siddha or a Yogi. The more difficult practices are to be learned at the appropriate time. Learn the basic rhythms, then experiment.