



## **BREATH PURIFICATION AND THE NAVEL ENERGY**

This pranayam meditation charges the Navel Center. It balances the lung meridians and increases the flow of healing energy through the hands.

As the navel energy is distributed through the nadis, the entire body gets cleansed and regenerated. If you slowly build the time of practice up to one hour a day, the nerves will be strong and the mind will focus more easily.

Meditating on the breath will give you a sense of the beauty of life and the beauty of self. If you have a strong mental foundation, it must start in the recognition that you are a beautiful soul. Self-respect leads to respect for others. It gives you the power to accomplish tasks, be straight forward, and be truthful.

### **Part 1. Pranayam followed by Mool Bhand**

**Posture:** Sit in Easy Pose or Lotus Pose. Straighten the spine. Imagine yourself as a very beautiful person and a perfect yogi. Lift the arms up so the upper arms are parallel to the ground and the forearms perpendicular to the ground. Extend the wrists back so that the palms are facing up. It will look as if you are pressing a weight.

**Eyes:** Eyes are closed. Focus at the Brow Point.

**Breath, Mantra, and Focus:** Inhale deeply, suspend briefly, and exhale completely while pulling in the navel. Breathe deeply in this manner four times. Mentally vibrate Sat with the inhale and Naam with the exhale.



Then inhale very deeply, hold the breath, and apply Mool Bandh. Imagine the pranic energy flowing from the cosmos to meet the apanic energy at the Navel Point. Feel very divine and light.

Exhale completely and continue to apply the Root Lock while holding the breath out. Project the mind to unite consciously with the Divine.

Relax the breath and begin the cycle again.

Continue for 5 – 10 minutes.



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### Part 2. Long Deep Powerful Breathing

**Posture:** Sit in Easy Pose or Lotus Pose.

**Mudra:** Rest the hands in Gyan Mudra on the knees.

**Eyes:** Eyes are closed and focused at the Third Eye.

**Breath:** Begin long, deep, and powerful breathing through both nostrils.

Continue rhythmically for 10 minutes.

