

# Embryonic Breathing — Openness to Letting Love Happen

♥ A practice from Ramakrishna Ananda  
to stimulate ecstatic love

This month's 50<sup>th</sup> Anniversary gift is a treasure — a yoga technique that can transform your life.

The key to experiencing ecstatic love is to let love happen. Within each of us is: love, the Divine, the presence of God, of Higher Consciousness. All we have to do is open, respond and let love happen.

The Embryonic Breathing technique is key to helping us open our hearts to transformation, letting love happen, and ultimately living in ecstatic love.

To hear an audio of Ramakrishna Ananda talking in-depth about why do this practice and how to do it, and also to view a short, 8-minute video by Kali Devi giving a guided Embryonic Breathing practice, just click [HERE](#).





## Embryonic Breathing — Openness to Letting Love Happen

**This Practice Stimulates Ecstatic Love to Occur**

*“Embryonic Breathing is an extraordinary practice.  
It’s a beautiful way to live in attunement with Spirit and  
its gifts.”*

*– Ramakrishna Ananda*

### ♥ Stimulating the Heart Center and Energy of Love

1. Inhale fresh vital life force through the nostrils, exhaling old stale Qi.
2. Sense there is a sphere at your head, chest and abdomen. Line up your spheres so the abdominal, chest and head spheres are more or less on top of one another. Sense you are putting an axle right through them.
3. Sense that your breathing is something universal consciousness is doing through you. You are not breathing, you are letting it happen. The Infinite Life Force is breathing through you.
4. And now you are striving to be open to a feeling of love occurring — letting love occur.
5. Breathing in the chest stimulates the heart center and the energy of love that is there.
6. So you may begin to feel lots of stirrings, waves or radiances of love moving in your chest area.
7. When you feel that you’d like to continue or when you can actually feel love, let your love flow outward from your chest as you continue this sweet breathing.



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### ♥ Letting Love Build Up in the Heart Sphere

8. Maintain what you are doing. Now feel the love that Higher Consciousness (or God) has for you and be open to it. When you inhale and your chest expands a bit, feel love is coming into your face and down into your chest.
9. Retain that love as you gently exhale.
10. Again, feel the love is coming into you, from over your face, down into your chest as you inhale.
11. Feel it is building up and getting stored in the heart sphere.
12. As you exhale, you just let the love build up in the heart sphere. Do this for at least 5 minutes.



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### ♥ Opening to Love Growing and Abiding in the Lower Center

13. Next feel the love that comes into the heart as you inhale and then descends from the heart and chest sphere down into the abdominal sphere as you exhale. Bring the love into the heart as you inhale. It comes in over your face and into your chest.
14. As you exhale, it goes down and abides and gets stored and develops in the abdominal sphere. Do this for a while.
15. The next thing is to let the love abide and grow in the lower center. As you inhale, fill this lower center in the abdomen with love.
16. As you exhale, let love permeate the whole area. Let love just abide there. Fill the *dan tian*.

*“As you do Embryonic Breathing and you feel this marvelous harmony that comes, welcome the gifts from higher levels of consciousness down into you and into your life. Welcome those higher gifts! A great way to get connected so you can feel and experience those gifts is the Embryonic Breath.”*

*– Ramakrishna Ananda*



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### ♥ Letting Love Fill Every Cell of Your Body

17. Maintain what you are doing, with this sphere expanding with love when you inhale and more love permeating the cells of the lower abdomen as you exhale.
18. Next, feel the experience that's going on in your lower sphere throughout the whole body. When you inhale, along with love filling the lower abdomen, it fills the whole body.
19. When you exhale, love permeates all the cells of your body. Do this for a while. Let the love continue to resonate as you come out of meditation. After opening your eyes, let the love move through as you spend a little time quietly walking around, if you are home. Then end the practice by being sure to *bilom*, tensing and relaxing your body.

Enjoy an **audio of Ramakrishna Ananda** talking in-depth about the Embryonic Breathing practice. An 8-minute guided Embryonic Breathing practice with Kali Devi is also available at the same YouTube playlist. Access the playlist by clicking [HERE](#).

