



**The Power of Pranayam**  
**Pranayams for Self-Healing and Gaining Inner Peace**

October 13, 2020 Webinar

*18-minute routine based on Ramacharaka's book Science of Breath*

**2 minutes – Rhythmic Breathing**

- Sit in an erect posture but be comfortable
- Inhale a complete breath for a count of 6
- Retain 3
- Exhale through your nose for a count of 6
- Hold breath out 3

**2 minutes – Prana Distribution**

- Start in a comfortable seated or lying down position
- Establish rhythmic breathing
- Sense that with every inhalation you are drawing in prana, vital energy which will be taken up by your nervous system and stored in the solar plexus
- With each exhalation sense that prana is being distributed throughout your body to every organ, muscle, cell, etc. from the top of your head to the bottom of your feet

**2 minutes – Inhibiting Pain**

- Start in a comfortable seated or lying down position
- Establish rhythmic breathing
- With every inhalation, sense that you are inhaling prana
- When you exhale, send the prana to the painful body part
- Continue inhaling, sensing you are inhaling prana
- When you exhale, sense you are driving the pain out of the body part
- Do a Cleansing Breath

**2 minutes – Directing Circulation**

- Start in a comfortable seated or lying down position
- Establish rhythmic breathing
- Inhale sensing you are inhaling prana
- With each exhalation, sense you are sending circulation to any body part

**2 minutes – Self-Healing**

- Start in a comfortable seated or lying down position
- Establish rhythmic breathing

- Inhale, sensing you are inhaling a good supply of prana
- With exhalation, send the prana to the affected body part for the purpose of stimulating it
- Use your hands as you exhale, passing them down your body from your head to the affected part
- Hold the mental image that prana is moving down your arm and through your fingertips

#### 2 minutes – **Recharging Yourself**

- If you feel your energy is at a low ebb and you need to store up prana
  - Place your feet close together
  - Lock the fingers of both hands in any way that is comfortable
  - Do Rhythmic Breathing in this position

#### 2 minutes – **Brain Stimulating**

- Sit in an erect posture, keeping your spinal column straight, with your eyes well to the front, letting your hands rest on the upper part of your legs
- Breathe Rhythmically, but instead of breathing through both nostrils, press the left nostril closed with your thumb, and inhale through the right nostril
- Remove your thumb, close your right nostril, and exhale through the left nostril.

#### 2 minutes – **Grand Breath**

- Lying down or seated, establish Rhythmic Breathing
- As you inhale, sense your breath being drawn up from the bones of your legs, then through the bones of your arms to your skull
- Then through your stomach and reproductive organs
- Then up and down your spine
- Then send the current to these 7 centers:
  - Forehead
  - Back of head
  - Base of the brain
  - Solar Plexus
  - Sacral region
  - Navel region
  - Reproductive region

#### 2 minutes – **Soul Consciousness**

- Place your body in a relaxed seated position
- Breathe Rhythmically
- Focus on your inner self, thinking of yourself as entirely independent of your body
- Think of yourself as spirit and your body as a shell
- While doing this, try to ignore your body entirely
- When done, make sure to do a bilom practice