



## **The Power of Pranayam Reducing Stress and Being Grounded**

*For October 27, 2020 Webinar*

*17-minute routine*

**2 minutes – Sri Yukteswar’s Counting Out Breath**

- Inhale a normal breath through your nose
- When you exhale, count out loud. Your counting should be audible. It is not a whisper! Don’t strain to make a long count. Whenever your exhale is normally completed, end your count
- Remember the number where your count ended
- Repeat these inhalations and exhalations 3 – 10 times

**2 minutes – 4-7-8 Breath**

- Inhale through your nose for a count of 4
- Hold your breath for a count of 7
- Exhale through your nose for a count of 8

**2 minutes - Murcha Pranayam Variation**

- Sit in a comfortable position with your spine extended tall
- Gently close your eyes and begin to slowly inhale through your nose until your lungs are full
- Option – your inhalation can be a Ujjayi breath in which you slightly tense the glottis at the back of your throat. There are other Ujjayi variations with bandhas. We are not doing those variations with the Murcha Pranayam
- Bring your chin to your chest as you retain your breath
- Holding the chin lock, slowly exhale through your mouth

**2 minute – Kapalabhati (Centering, Mellowing, Energizing & Purifying)**

- Begin by relaxing your muscles
- Gently inhale through your nose, allowing your lungs to fill with air
- To exhale contract your abdominal muscles sharply, raising your diaphragm and forcing air out of your lungs
- The exhalation, which is through your nose, should be brief, active and audible
- After exhaling, immediately begin the next inhalation. The inhale is longer than the exhalation, passive and silent
- Begin with anywhere from 10–20 pumpings per round. Only do as many pumpings per round as comfortable. Don’t strain to do more pumpings
- In between each round take 1 to 3 normal inhalations and exhalations

**2 minutes - Root Chakra (Muladhara) Pranayam for Grounding**

- Sit in a comfortable position with the soles your feet on the floor
- Watch your breath as you inhale through your nose, allowing the breath to expand your abdomen, lungs and ribcage

- Exhale through your nose
- Continue this breathing pattern for a few breaths
- Visualize roots spreading down from the soles of your feet to the earth's center, anchoring you to the ground
- Inhale visualizing that you are inhaling red life-sustaining energy from the earth, up to the roots and through the soles of your feet
- Continue breathing in this energy upward through your legs and into your pelvic floor and the Muladhara's revolving, rich red cortex. This is where you'll feel the absorption and distribution of the power through your body
- From the Muladhara, exhale down your legs, through your feet, and down your roots back to the earth's center
- Focus on how grounded your hips and legs feel with the flow of energy

#### 2 minutes **Root Chakra (Muladhara) Pranayama Variation for Grounding**

- Do 3 -5 normal inhalations and exhalations through your nose
- Slowly start to deepen the breath on the inhale and the exhale
- Quietly, softly, finding your own rhythm, your own pace begin at the bottom filling in an upward movement your low abdomen, solar plexus, ribs and chest
- Then exhale releasing the energy downward, chest, ribs, solar plexus, low abdomen.
- When you reach the bottom of the exhale, draw the navel to the spine ridding yourself of that last bit of stale air, expelling tension and stored emotion
- Do 5 – 8 of these breaths
- Next put your attention at the root chakra, visualize a lotus flower with 4 petals
- Inhale through your nose, and as you exhale open one petal and chant LAM; do this for each of the 4 petals
- Do 3 – 5 of these breaths

#### 2 minutes - **Sitkari** – Calming, cooling, releases anger and frustration

- Press the tip of your tongue against the upper palate as you slowly inhale through your mouth, making a hissing sound
- Retain your breath as long as possible (You do not have to keep the tongue curled up to touch palate during the breath retention.)
- Exhale slowly through your nose
- Gradually extend your exhalation to up to 2 to 4 times the length of the inhalation  
Repeat 5-10 times

#### 3 minutes – **So Ham**

- Put your awareness at the base of your nose
- Watch your breath as you inhale and exhale naturally
- Do this for a while
- As you inhale mentally say So, and when you exhale mentally say Ham. Try to keep your attention on your breath
- Do this for a while
- Bring your awareness to your 3<sup>rd</sup> eye.
- Following your breath with your awareness at your 3<sup>rd</sup> eye, mentally chant So when you inhale and Ham when you exhale
- Do this for a while