



## The Power of Pranayam For Vitality and Stimulating Kundalini

*For November 10, 2020 Webinar*

***This week we are beginning a progressive pranayam series from Ramakrishna Ananda that leads to increasing vitality, stimulating kundalini and enlightenment. We're beginning the series this week with the first 3 pranayams in the series. We will continue with the series in subsequent weeks.***

### *16-minute sequence*

#### 2 minutes – The Position of Your Spine

- Since Ramakrishna Ananda says the way you sit and position of your spine while doing pranayams is key to getting maximum benefit from pranayams, we'll start this series by working on the correct seated position

#### 3 minutes – Cleansing or Purification Breath

- Getting established in this breath sets the foundation for increasing energy and vitality
- Close right nostril with your pinky and inhale through your left nostril
- Move your pinky to close the left nostril, and exhale through your right nostril
- Inhale through your right nostril
- Close your right nostril and exhale through your left nostril
- Do this breath 4 times a day

#### 4 minutes – Measured Breathing

- Part 1
  - Inhale through your nose for a count of 10 OM's (Or the name of an Ishta or other great being.)
  - Retain your breath for 10 OM's
  - Exhale through your nose for 10 OM's
- Part 2
  - Inhale through your nose for a count of 10 OM (Or the name of an Ishta or other great being.)
  - Retain your breath for 10 OM's
  - Exhale through your nose for 10 OM's
  - Hold your breath out for 10 OM's

#### 4 minutes – Prana Magnet

- Before beginning this breath, we'll listen to a short audio of Ramakrishna Ananda talking about why this pranayama is so important
- Breathe through your nose, and fill your lower lungs first, filling them. As you do this your upper chest will stick out just a bit
- Exhale thoroughly through your nose

- Inhale again filling the lower lung first, then the upper chest central lung fills, and your chest puffs out
- Pause and put your awareness in the heart area. Notice any movement of prana, life force, mellowness or ecstasy in that area
- Continue doing this breath with an awareness in the heart area

3 minutes – Nauli Kriya – Purification (This is not part of Ramakrishna Ananda's series, but is a complementary addition to the first 3 pranayams.)

- Part 1
  - Exhale completely
  - Hold Uddiyana Bandha
- Part 2
  - Exhale completely – hold Uddiyana Bandha and pulse several times
- Part 3
  - Exhale completely – Hold Uddiyana Bandha first shifting weight to your left arm, then to your right arm; then do it without shifting your weight