



The Power of Pranayam For Vitality and Stimulating Kundalini

For November 24, 2020 Webinar

This week we'll be reviewing the first five pranayams in the pranayam series Ramakrishna Ananda taught that leads to increasing vitality, stimulating kundalini and enlightenment. The pranayams in this series are getting increasingly more powerful and complicated, so it's important we understand how to do them carefully and lovingly so we get maximum benefit before we go on to even more complicated pranayams. We will be hearing a short audio of Ramakrishna Ananda talking about how these pranayams help us go deeper in meditation.

1 minute – 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

1 minute – 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 3 -5 cycles of this breath 4 times a day

2 minutes – Measured Breathing

Since we have been doing this pranayama for a couple weeks, I did not include Part 1 because it is a preparatory pranayam for 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 OMs (*You can bring your awareness to the 3rd eye while retaining your breath.*)
- Exhale through your nose for 10 OMs
- Hold your breath out for 10 Oms (*You can bring your awareness to the 3rd eye while holding your breath out.*)
- Do 3-5 cycles of this pranayama twice daily

1 minute – Prana Magnet

- Breathe through your nose, and fill your lower lungs first, filling them. As you do this your upper chest with 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 – Purification

- This pranayam involves using two mantrams: Ham and Rong
- Inhale through your left nostril and chant Ham 12 times as your mind descends to a red triangle at the muladhara chakra. This triangle is fiery red with the point downward
- Hold your breath as you chant Rong 12 or more times, visualizing fire, burning in the triangle. Burning away your impurities. Just burning as you hold your mind and your breath at the muladhara
- Close your left nostril, and as you exhale bring your awareness up the right side. Continue visualizing fire during the exhalation, chanting Rang 12 times
- Reverse, inhale through your right nostril and chant Ham 12 times as your mind descends to the red triangle at the muladhara chakra
- Hold your breath as you chant Rang 12 or more Rang, visualizing fire burning in the triangle.
- Close your right nostril, chant 12 Rang as your mind ascends up the left side. Continue visualizing the fire
- Do this pranayama 4 times twice a day

3 minutes – Kundalini stimulating pranayama

There is an added step to this pranayam this week.

- Inhale through your left nostril and chant OM or the name of a great yogi or Ishta to a count of eight as your awareness goes down your spine
- When your awareness gets to the bottom, it strikes a triangle with the point down and stimulates it as you hold for 16 Oms
- Put your awareness at this triangle and visualize a radiant scintillating white light go bright as you retain your breath. The goal is to put your mind there, and let the energy flow
- Close your left nostril, exhale up the right nostril for 8 Oms
- **Hold your breath for 8 or 16 Oms**
- Then reverse the process, inhaling down the right nostril for 8 Oms
- When your awareness gets to the bottom, it strikes the triangle and stimulates it for 16 Oms
- Close your right nostril, and exhale up the left nostril for 8 Oms
- Do this pranayama 4 times twice a day