



The Power of Pranayam For Vitality and Stimulating Kundalini

For December 1, 2020 Webinar

This week we are moving on to the last 2 pranayams in the pranayam series Ramakrishna Ananda taught that leads to increasing vitality, stimulating kundalini and enlightenment. These last two are clearly the most powerful in the series. We will start with a review of measured breathing to warm up. Then we will do the first new one, which, since they don't have specific names, I am calling Kundalini Stimulating Pranayam 2. Then we will hear a short audio of Ramakrishna Ananda describing how to do the final pranayama in this series. And finally, we will do the last pranayama in this series together.

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

4 minutes – Kundalini stimulating pranayam 2

This pranayam is similar to last week's kundalini stimulating pranayam, but it is more powerful because we are getting to striking the muladhara chakra and stimulating energy to move more quickly. I put the counts in bold so it's easier for you to see the differences.

- Inhale through your left nostril and chant OM or the name of a great yogi or Ishta **4** times 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
- Then reverse the process, inhaling down the right nostril for **4** 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 4 cycles of this pranayam times twice a day

5 minutes – Atomic Bomb

We have done this one before, but there are some things added this time which makes it more powerful.

- Inhale through your left nostril and chant OM slowly 3 times
- Close both nostrils, retain your breath, chanting OM 12 times as you strike a triangle at the muladhara chakra. The chakra has its point down. This is the key part of this pranayam in terms of stimulating the kundalini. You want to do this slowly, lingering and allowing the energy to expand as you stimulate kundalini energy to move upward
- Close the left nostril, exhale through the right nostril for 6 Oms
- Inhale through the right nostril for 3 Oms
- Close both nostrils, strike the triangle at the base of the spine for 12 Oms, again doing this slowly, lovingly and being open to energy expanding and rising
- Close the right nostril, exhale through your left nostril for 6 Oms
- Do this either for 5 minutes or 1 or 2 cycles once or twice a day