



The Power of Pranayam **The Best of Vishnu Das' Basics and Favorites**

March 6, 2024

6 Rounds x 2 — **Haa** or Hush Breath (Helps to harmonize the life force)

- Stage 1 – 6 rounds
 - Inhale deeply and completely through your nose
 - Exhale completely through your mouth making an audible **haa** sound
- Stage 2 – 6 rounds
 - Inhale deeply and completely through your nose, raising your arms from your lap to a horizontal position
 - Exhale completely making **haa** sound, lowering your arms down to your lap

5 Rounds – Box Breathing Variation

- Inhale through your nose for a mental count of 5, feeling that you are inhaling peace or love
- Retain your breath for a count of 5
- Exhale through your nose for a mental count of 5, sensing that you are exhaling any anxiety or fear or stress
- Hold your breath out for a count of 5

3 Rounds -- 7-2-11 Breath (to help you fall to sleep)

- Inhale deeply and completely through your nose for a count of 7
- Hold (retain) your breath for a count of 2
- Exhale through your mouth make a whooshing sound for a count of 11

1 minute – Anulom Bilom – Part 1

Anulom Bilom (frees from anxiety, stimulates the kundalini, energizes. Do not overdo this one)

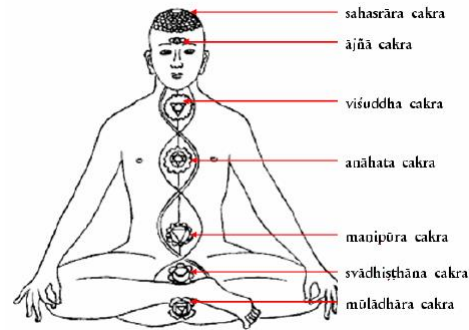
- This is a vigorous alternate nostril breath that uses a forced exhalation (Use Vishnu Mudra)
- This practice involves rapid alternation of nostrils with quick inhalations and forceful exhalations from each
- Free both nostrils (clear nostrils before the practice)
- Sit up straight, thinking of OM and vastness
- Close the right nostril with the right thumb, and exhale through the left nostril with a vigorous snort
 - Use the navel to force the quick expulsion of air
- Then inhale through the left nostril quickly, but not forcefully
- Close the left nostril with the right ring finger and pinky, and exhale through the right nostril with a vigorous snort
- Then inhale through the right nostril quickly, but not forcefully
- The breath is being pushed out or forced out using the navel. The inhalation is not focused on, but it is not passive
- Exhale thoroughly through your nose

- Pause for 2 –3 normal breaths

Anulom Bilom – Part 2

3 alternate breaths per Chakra – awareness on each Chakra in turn

- 3 rounds (L-R,L-R,L-R) per Chakra starting with the Muladhara Chakra (Root)
- Pause for a normal breath or two between each Chakra (Optional)



3 Rounds -- Alternate Nostril Breathing Variation (Purification Breath)

- Closing your right nostril with your thumb inhale through your left nostril
- Exhale through your left nostril
- Close your left nostril and inhale through your right nostril
- Exhale through your right nostril
- Reverse
- Pause to enjoy any balancing and refreshing sensations
- Repeat (X3)

3 Rounds – Kundalini Awakening Pranayam

- Place your awareness in the Muladhara Chakra (tailbone) and visualize a red triangle with the point facing down
- Close your right nostril and inhale through your left nostril, visualizing energy and feeling it moving down the left side of the spine, gently tapping the triangle 3 times, You can chant Om or Laam (the Bija mantram for the Muladhara chakra)
- Exhale through your left nostril and visualize and feel the energy coming up the left side of the spine to either the nose or the 3rd eye
- Next, close the left nostril and inhale through your right nostril, visualizing and feel energy moving down the right side of the spine, gently tapping the triangle 3 times. You can chant Om or Laam
- Exhale through your nose and visualize and/or feel energy coming up the right side of your spine to either your nose or your 3rd eye

2 minutes – Fountain Breath

- Inhale through your nose, sensing light and energy moving from the base of your spine to the top of your head
- Visualize a fountain of white light above your head and pause there very briefly
- As you exhale through your nose, this white light pours from the top of your head down over your head
 - Option: you can sense the white light pouring from the top of the head down all the way to your hips
- At the end of the 2 minutes, pause with your awareness in either the 3rd eye (Ajna) or crown chakra (Sahasrara)

3 rounds -- Om Pranayam

- Inhale through your nose
- As you exhale, chant Om, raising your hands and radiating out refreshing, rejuvenating, reinvigorating energy to others