

Breathing Exercises

1 Charging Breathing

1.1 *Benefits*

Charges the whole body with energy. Avoids numbness in the feet and cramps. Recommended when a person feels low – without energy.

1.2 *Technique*

Stand with knees straight, fingers pointing to the roof, feet apart - 1-1/2 feet. Inhale through the soles of the feet counting 8; take the breath up to the tips of the fingers, hold the breath to the count of 6 and concentrate on the finger tips. Concentrate in the breath going down while exhaling to the count of 8 (8-6-8).

Do three times, then inhale and breathe out while bringing the hands down, take another breathe and relax your hands. Lie down and relax.

2 Spiritual or Etherial Breathing

2.1 *Benefits*

Beneficial when a person feels depressed, or has the blues. The body needs five elements: earth, water, air, fire and ether. These elements you can get from food in second grade form. But by pranayama you get these elements in first grade form. This breathing brings the element of ether into the body which brings in spiritual power.

2.2 *Technique*

Standing, feet apart - 1-1/2 feet, arms apart, palms facing the sky. Inhale counting 8 while visualizing that you are drawing energy (Spiritual

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power) from the heavens into the fingers, arms, shoulders, upper spine and into the spiritual heart. Hold the breath to the count of 6 and visualize that the spiritual forces are being absorbed and stored into the spiritual heart, that the spiritual heart is being charged with spiritual forces. When exhaling, count 8 and visualize that negative forces, poison, disease and tension is going out with the breath. Breathe out from the heart through the spine, then into the shoulders, arms and into the fingers.

Do three times, then inhale and breathe out while bringing the hands down, take another breathe and relax your hands. Lie down and relax.

3 Energizing and Inner Healing Breathing

3.1 *Benefits*

This breathing stimulates inner organs and stimulates inner healing.

3.2 *Technique*

Stand with feet 1-1/2 feet apart. Stretch both arms out at shoulder level, fingers hanging down. Inhaling to the count of 8, draw the breath from the solar plexus through the spine to the top of the head while visualizing that that healing power is going with the breath up through the spine. Hold the breath for the count of 6, visualizing that healing forces are being released into the nervous system through the brain centers. Exhaling to the count of 8, draw the breath from the top of the head down the spine and out to the tips of the fingers.

Do three times, then lie down and relax.

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4 Magnetic Breathing

4.1 *Benefits*

This brings magnetic power into the body.

4.2 *Technique*

Stand with feet 1-1/2 feet apart, both arms straight in front of you, fingers hanging down. Breath in to the count of 8 through your fingers, drawing the breath through the spine into the solar plexus and visualizing that magnetic power and magnetic energy are being absorbed in the solar plexus and breathe out to the count of 8, taking the breath through the spine into the arms and breathing out through the fingers.

Do three times, then lie down and relax.

Note: When inhaling, you should visualize that you are drawing this energy from the earth into your fingers and then taking it to your solar plexus.

5 Breathing for Reservedness

5.1 *Benefits*

Some people are nervous, have no control of their mind and talk too much. This breathing will bring to them calmness and reservedness.

5.2 *Technique*

Stand with feet 1-1/2 feet apart, arms hanging down by your sides. Breath in to the count of 8 while folding fingers into fists. Hold the

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breath to the count of eight and hold the fists. Breath out to the count of 8 while unfolding the fists. Concentrate on the breath and fingers and try to coordinate both.

Do three times, then lie down and relax.

6 Sound Breathings

6.1 Benefits

Sound	Benefit
'AH'	Stimulates the function of the solar plexus.
'YOU'	Works on the cardiac region
'SO'	Stimulates the function of the pharyngeal plexus - stimulates the function of the thyroid and parathyroid glands.
'E'	Exercises the vocal cords and stimulates the eyes.
'SUN'	Helps the power of hearing. The vibrations exercise the ears (glands), eyes and nose.
'SUM'	Vibrates the cerebral fluid and removes from its surface the dead cells and old age pigment into the blood stream and from the blood stream these impurities are removed through urination and elimination. Accumulation of old age pigment in the brain is the main cause of getting old. Even an old person can remove old age pigment from his brain by this breathing and become young. Old age pigments obstruct the function of brain cells which control your nervous system. By removing old age pigment, you can improve your memory, thinking, concentration, will power, coordination and control of nerves and thought.
All	All the sound breathings help one reduce weight. The excess fluid is dissolved into carbon dioxide and is thrown out with the outgoing breath.

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6.2 *Technique*

Breathing in a full breath, chant the sound during exhalation, concentrating on the sound and trying to prolong it. Repeat each sound three times.

7 Sleep Inducing Breathing

7.1 *Benefits*

Brings rest and relaxation to body and revitalizes body, mind and memory. Increases your endurance and concentration. Will develop the breathing capacity of the lungs and will prevent any type of disease in the lungs. The more your sleep is interrupted, the more poison will need to be thrown out. When you do not get good sleep or when you are tense, that is the time to do this breathing.

7.2 *Technique*

Lying on the floor, knees up, inhale from the nose slowly with no retention, then exhale from the mouth with a hissing sound, “SHHHH”. Try to prolong the sound as long as you can. Then again breath in through the nose and breath out through the mouth with the hissing sound after retention of one count. Repeat cycle with an additional count of retention each time, up to a retention of 10 counts in the beginning, and that can be increased up to 20.