

Complete Yogic Breath

This breathing exercise is the foundation and one of the first taught to beginning yoga students.

1. Sit with your spine straight, you may also stand if you wish
 2. Breathe in through your nose:
 - A. Pushing out your lower abdominal muscles, fill the bottom part of your lungs, then
 - B. the middle part of your lungs, then
 - C. Your upper lungs
 3. Hold for 5, 8 or 10 counts [whichever is most comfortable, without straining]. NEVER push this!
 4. Exhale with contracting your lower abdominal muscles, then your mid-section [lower lungs], then your upper lungs, until completely empty of breath
- Steps 1-4 constitute one round. Perform 5 rounds.

Alternate Nostril [Sun/Moon] Breathing [Anuloma Viloma]

1. Place your thumb over your right nostril, closing your right nostril, and inhale through your left nostril for a count of four and hold your breath for a count of six
2. Switch your thumb to your left nostril, closing your left nostril with your thumb, and now exhale for a count of four through your right nostril, slowly and evenly.
3. Keeping your left nostril closed with your thumb, inhale through your right nostril for a count of four and hold for a count of six.
4. Close your right nostril with your thumb and exhale through your left nostril, for a count of four.
5. Keeping your thumb on your right nostril, inhale through your left nostril for a count of four, hold for a count of six, switch your thumb to your left nostril, and exhale through your right nostril for a count of four.

Inhale through left

Hold at the end of the inhale

Exhale through right

Inhale through right
Hold at the end of the inhale
Exhale through left

The above constitutes one round.

For those of you who are new to breathing exercises, you should do five rounds, but no more. It can take several months before you move on to higher numbers of rounds. Experienced meditators can do ten rounds or more. Remember, with all breathing exercises, less is always better, in other words, never push any breathing exercises or do more than is comfortable. You should NEVER feel that you are getting tired, as this is a warning to stop. Never hold your breath any longer than is comfortable. Pushing breathing exercises can be dangerous.

It is important to relax and take your time with this exercise.

For advanced meditators, the times can vary from being equal, for example, a ratio of 2 on the inhale, 8 on the hold, and 4 on the exhale, but this must be consistent throughout the meditation.

The above exercise is excellent to perform after performing healing work, or any working requiring an output of energy, as it acts to balance the energies of the soul.

The above exercise directs the prana/witchpower to the head and upper chakras, balances the ida and pingala channels [sun and moon nadis], and works on purifying them for the safe ascension of the kundalini serpent.

Focus and light pressure when holding can be directed to the pineal gland or to any of the other chakras.

Breath of Fire [Kapalabhati]

1. Contract your abdominal muscles, forcefully, creating an exhale, by pumping your stomach muscles in and out, hard and fast, but controlled. Air will enter the top part of your lungs by itself. Use the rapid contractions of your abdominal muscles to inhale and exhale with this exercise. The contractions should be rhythmic.
2. Practice a few times, and get a feel for it.
3. Do 20 in a row, in and out, using your abdominal muscles in rapid succession, and at the end of the 20th breath, exhale, inhale and fill your lungs, contract your

anus, lower your chin to your chest, hold your breath as long as you comfortably can- DO NOT PUSH YOURSELF!

4. Exhale slowly.

The above constitutes one round. The exhalation should be brief, and the inhalation should be passive and longer. Rounds are increased by adding the number of pumpings with your abdominal muscles. First, try doing three sets of 20 pumpings and then after some time, increase to 30, then 40 until you are doing 60.

What this breathing exercise does:

1. It increases the amount of oxygen in the body
2. It increases the amount of heat. Alchemists in the Gothic and medieval times were referred to as "puffers" and the bellows by the fireplace in alchemy paintings was symbolic of this exercise.
3. THIS BREATH IS THE FOUNDATION OF KUNDALINI YOGA

Yogic Humming Breath [Brahmari]

This breath is essential to mastering mantras [words and names of power]. Mantras should always be vibrated, NEVER just spoken as words. Each syllable of a mantra should be vibrated. It is in the vibration that sacred words and names manifest their power.

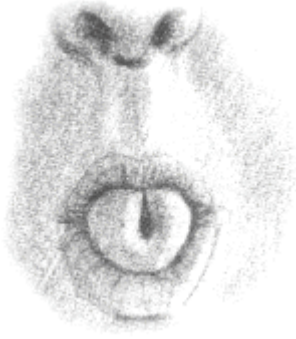
To perform the Yogic Humming Breath [Brahmari]:

1. Breathe in as with the [Complete Yogic Breath](#), filling your lungs from the bottom to the top.
2. On the exhale, keeping your lips closed for this exercise, HUM the breath out. This will extend the exhale. [Inhale fully, then sound HMMMMMMMM [lips closed] until you are completely empty of air].

The above constitutes one round. Do five rounds.

Sithali

1. Curl your tongue as in the illustration below:



2. Inhale through your tongue, keeping it curled
3. Close your mouth and hold your breath for a count of 5-10 [whichever is comfortable].
4. Then, exhale slowly through your nose

The above constitutes one round.

Reverse Sithali from Azazel

1. Inhale through your nose.
2. With your mouth closed, hold your breath for a count of 5-10 [whichever is comfortable, the hold is optional].
3. Curl your tongue as in the illustration above.
4. Then, exhale through your mouth with your tongue curled

The above constitutes one round.

The Serpent Hissing Breath [Sitkari]

1. Press your tongue against the roof of your mouth lightly, but keep a very small space open to inhale.
2. Inhale, making a hissing sound. This should occur naturally with your tongue placed lightly on the roof of your mouth. As with all yogic breathing, the inhale should be in three parts, smoothly and evenly- first fill your lower lungs, then middle and then top as with the [Complete Yogic Breath](#).
3. Hold your breath as long as comfortable, and then exhale slowly and evenly through your nose.

The above constitutes one round. Perform 5 - 10 rounds.

Reversed Sitkari Serpent Hissing Breath [From Azazel]

1. Slowly breathe in through your nose, you can hold for a count of six or whatever is comfortable for you, on each breath, but this is optional.
2. Press your tongue against the roof of your mouth lightly, same as with the above hissing breath, and keep a very small space open to exhale. This should not be tight. The exhale should be relaxed and not forced in any way.
3. Exhale, making a hissing sound. This should occur naturally with your tongue placed lightly on the roof of your mouth. The exhale should be smooth and relaxed.

The above constitutes one round. Perform 5 - 10 rounds.

Cat Breath [Ujjayi]

To begin, practice partially closing your glottis [as with snoring] and hissing like a cat, both with an inhale and exhale. This should be even and controlled.

1. Now that you have located your glottis, close it off as with the hissing and inhale through your nose. A faint hissing sound should be heard, as with light snoring.
2. Hold your breath
3. Exhale through your nose, keeping your glottis partially closed.

Perform this 3-5 times and get a feel for it, as this technique can be used with more advanced breathing exercises, such as breathing in energy.

Reversed Cat Breath [Ujjayi] from Azazel

1. Breathe in through your nose.
2. Hold your breath [this is optional] Always remember, never force the holding of the breath. You should always be comfortable.
3. Exhale through the back of your throat, just like a cat's hiss, keeping your glottis partially closed.

Perform this 3-5 times and get a feel for it, as this technique can be used with more advanced breathing exercises, such as breathing in energy.

Kumbhaka Lunar Breath

Perform both of the following breathing exercises. Do the first set for several breaths, and follow with the second set for the same amount of breaths as you did with the first. For example: If you do 4 rounds with the first set, then make sure to do 4 rounds with the second set; no more, no less.

First Set:

1. Inhale through both nostrils for a count of 2
2. Hold for a count of 4
3. Exhale for a count of 6
4. Hold for a count of 4

The above constitutes one round. 3 to 6 rounds is ok for new people. Those who are experienced and advanced should go with as many as comfortable.

The following exercise should be done for as many rounds as you performed with the first set, [the above exercise]:

Second Set:

1. Inhale for a count of 6
2. Hold for a count of 6
3. Exhale for a count of 4

Do NOT hold at the bottom. However many rounds you did with set one, you need to do with this exercise.

The above constitutes one round. 3 to 6 rounds is ok for new people. Those who are experienced and advanced should go with as many as comfortable.

666 Breath of Lucifer's Grail

This breath is somewhat advanced and works to connect the male and female aspects of the grail. This is very important for the Magnum Opus. One should already be competent with breathing exercises and in working with energy.

1. Breathe in through your base chakra to your solar [666] chakra.
2. Hold your breath as long as you can, comfortably, and focus on your 6th chakra/pineal gland. You should feel a bit of pressure on the 6th chakra.

3. Exhale, and repeat for as many rounds as is comfortable.

What this does: this breathing exercise connects the all-important pineal gland/6th chakra [female aspect] to the 666 solar chakra [male aspect]. A powerful energy link must be established between these two chakras in order to perform the [Magnum Opus](#).