

DHYAN VIMAL Ancient Breathing Technique - the Master's Breath

YouTube Video: <http://tinyurl.com/kr2sesl>

Sitting comfortably, move step by step through these guidelines to engage in an active meditation which is calming to the mind and emotions, allowing more of your true being to emerge.

1. Hands on lap

- a. Breathe out completely, empty the lungs and hold, hold as long as can
- b. Release and allow breath into lungs without effort
- c. Repeat for 7 breaths

2. The left hand squeeze

- a. Bring your right hand and place it under your left arm pit
- b. With your left palm up, squeeze the right hand under the left armpit, causing a gentle pressure to the left side of the chest
- c. The lower arm remains relaxed and rested w palm open, continue to breathe out, empty lungs and hold
- d. Release and allow breath into lungs without effort
- e. Repeat for 7 breaths

3. The forward bend

- a. From the seated position bend over and stretch your hands as far as you can
- b. Create a squeeze in your abdomen, pull stomach in tight and hold (2 inches above your navel)
- c. Continue to breathe out and empty your lungs as in part 1 and 2
- d. Repeat for 7 breaths

4. The arm stretch

- a. With your right hand, hold your left wrist and bring the right hand above your head
- b. Tilt your head backwards and stretch your arms up as far as you can
- c. Continue to breathe out and hold for as long as you can
- d. Release the breath and bring hands to resting position, then repeat
- e. Repeat for 7 breaths

Hands on lap - Breath out - helps to promote effortless and deep rest, creates a state where you can come back to yourself and regain center, helps attain your aloneness, where exploring this you become easy and you become more alert of your own inner operations and reality.

Left hand squeeze - helps to promote you to free yourself from all unwanted influences, helps you remain you as how you really are. This posture helps you to surrender to your own reality without escaping and to be totally in contact with how you are and with the realities that you are currently experiencing.

Forward bend - helps promote a purging process where pent up energy like anger or great sadness is naturally released. Clears the 3rd chakra, in the belly where we tend to hold our

emotions. This position helps you to unburden from these experiences and promotes mastery over your self.

Arm stretch - helps to raise the awakened energy to reach the crown of the head. Helps to awaken the brain and allows it to purge itself of thoughts, bringing about clarity. As this energy is allowed to rest and vitalize the brain, such healing takes place, physically, mentally, emotionally.