



In any introduction to yoga or meditation, the first and most important step must be to engage with and become aware of the breath. Through yogic and meditative exercises, the breath helps to remove impurities from the body, expand our lung capacity, neutralise acidity in the body, assist healthy digestion and absorption, clear our minds and consciousness, connecting us very quickly to our centre and with a sense of clarity. We can use the breath to create a sense of love, peace and harmony amongst ourselves and everybody, connecting us all together. The breath and its movement is affected by our

state of mind, the functions of the body, our diet, our posture, our physical activity and our environment. It is also representative of what is happening in our mind and in our body and what is around us. The aspects of the breath which carry prana (our life force) into the body can actually be explained in scientific terms. It is also only through proper activation and use of prana can the cells of the body work correctly, allowing a clear pathway to the spirit or soul, Atma and clarity in the mind. Prana is the link between the astral body and the physical body. When it is cut off, the astral body separates from the physical body, otherwise known as death. Everything you do can affect your prana levels and most people use their prana unknowingly or unconsciously. If your body is not in good health then it will be unable to sustain the

Yoga and pranic energy

prana, you will feel depressed or have inertia, feel lifeless, joyless, uninspired or fatigued. The lack of prana will affect you neurologically which is why someone suffering from depression needs to

culated to the blood cells to vitalise the body and the mind.

Simple breathing technique to practice every morning and evening if possible for 10 minutes:

- Find a comfortable posi-



move physically either through yoga, fast walking and practice pranayama effectively to get the prana moving through them and waking them up. Sitting in still meditation without an active pranayama exercise is not going to help in that state of depression enough because not enough prana is being cir-

tion and make sure your back is straight. Allow your head to drop so the chin is resting into your throat. Fold your tongue backward pressing on the roof of your mouth. This opens the back of the throat and the head.

- Be careful if you have upper neck problems.

- You can hear the

echo of your breath and try to make the inhalation and exhalation the same length.

- It affects your respiratory system, your inhalation and exhalation get easily regulated and it regulates the functionality of your thyroid gland and thymus gland.

- This is one of the most simple but effective techniques to circulate the prana in your anahata (heart) chakra area and you should feel more revitalised in body and mind if practised correctly and regularly.

When we are in a tense situation we hold our breath, when we are grief stricken we hyper ventilate, when we are relaxing and our mind and body is in a state of relaxation, the breath flows freely. Yet if we can learn to breathe deeply and fully through any situation this will help us to maintain a sense of equilibrium and alignment with our breath, body, mind and in our lives. The breath is the most fundamental

aspect to our existence and yet, with this huge responsibility, it happens spontaneously within us through our daily conscious activity and unconsciously when we sleep at night. Our ability to inhale and exhale is a good indicator of our mind, our thoughts and reactions. It has great symbolic meaning – if we cannot inhale fully, this may mean that we have an psychological or emotional obstruction within us which prevents us from taking in and if we cannot exhale fully and with ease, this may mean that we find it hard to let go of something or in general. As well as this symbolism, the reasons for its alterations and patterns are very scientific. When we are fearful or angry, our adrenal glands kick in increasing adrenalin in the blood thus (add text here from anatomy and physiology module 5). *The Light Within: Meet the Matrix of the Mind with Yoga and Meditation. E-mail: info@yogiasbokananda.com www.yogiasbokananda.com*

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To book a tour please contact:

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