



PROGRAM E-24

**OM SRI SURYA VA NAMAH
OM SRI CHANDRA VA NAMAH
OM SRI BUDDHA VA NAMAH
OM SRI SHUKRA VA NAMAH
OM SRI MANGALA VA NAMAH
OM SRI BRI-HAS-PATHI VA NAMAH
OM SRI SHANI VA NAMAH**

THE AWAKENING

The Sacred Breath – Part One

We have now come to the inner processes of esoteric kriya yoga. In *exoteric* thought, it is referred to as 'pranayama'.

In *esoteric* thought, it is beginning to control the maha-prana -- the life energy by which you will be able to awaken your astral body, and realize your subconscious karma, which is holding you back from happiness and spiritual success. In short, it is gaining the yoga siddhis that you need.

Because breath and thought are closely intertwined, the seeker has only to begin the control of their

breathing rhythm by paying conscious attention to that rhythm and consciously changing it. When one does this, their thoughts automatically begin to be controlled. This allows one to transcend thinking, and the mind states, and move into a state of consciousness.

In short, regulating your breathing rate brings about a corresponding effect upon your thoughts.

The rhythms of your mental states work in unison with the rhythms of your breathing pattern. In short, an irregular breathing pattern causes mental excitement. On the other hand, a quiet harmonious breathing pattern causes a deep, quiet thought pattern.

In other words, stilling the breath brings about the stilling of thoughts.

When a state of steady calm arises within the seeker, then, to a great extent, deep kriya meditation becomes easier -- even to the ever active mind.

The following multistep exercise is to be practiced directly after mind analysis, and not before it. There are a few initial ground rules to be done before the actual pranayama is practiced.

The first preliminary step for the seeker is straightening and keeping the spine straight throughout their practice. It should be held in an easy comfortable way. The reason is clear: proper body position influences one's breathing pattern.

The second preliminary step is keeping the eyes closed throughout this pranayama.

The third preliminary step is to expel all 'stale' air from the lungs. This is accomplished by turning the head to the left, and forcibly double exhaling the breath through the open mouth – one to three times.

Having taken care of these three simple factors, the seeker's mind needs to be focused upon altering the usual rate of their breathing.

1. The goal of the seeker should be to progressively reduce the rate of breathing over the coming weeks and months.

2. Each day, twice a day, seek to reduce the rate of your breathing. This should be practiced for about three to five minutes at each sitting. This practice should be continued until your breathing rate is lowered to approximately one-half of its normal, former rate.

Remember: the practice of this and all yogic exercises should be cleared by your doctor or health expert before proceeding.

The following guidelines should also be observed:

a. It is vital that each seeker understand that with all pranayama practice, one cannot, and should not rush it, or put any stress on the lungs or heart!!!

b. The in-breath and the out-breath need to be effortless and **unstrained**, as well as quiet.

c. At the end of each inhalation, the seeker needs to hold the breath for an added two or three seconds before exhaling the air from the lungs.

d. During this pranayama practice, the seeker's attention should be gently focused upon their practice.

This sacred pranayama is given because it is the foundation of all the higher kriya techniques.

The simplicity of this exercise often causes seekers not to follow through on its practice. You should not make the same mistake.

The fundamental goal of this *pre-practice* to kriya is clear and simple: it is to lower decades of your body's 'high'-rate breathing patterning due to an overactive mind. (This has nothing to do with high or low blood pressure.)

This pranayama should be practiced for three to five minutes, twice a day, and the practice should be continued until your breathing rate is lowered to approximately one-half of its former rate.

Generally, this will take a few months of dedicated practice to accomplish.

Remember also, that diet and lifestyle can help or hinder the attainment of this goal.

OM

Shanti &Prem,

Goswami