

# Pranayama III: Healing Pranayamas

Breath & Pranayama page 97

October 18, 2024

4:30 to 5:30 pm



# Today's session

- Segmented Breath
- Whistle Breath
- Breath using tongue: Lion's Breath, Dog's Breath
- Sitkari
- Vatskar

# Segmented Breath

- Breathing in strokes in which the inhalation and/or exhalation are divided into equal strokes.
- Each stroke is a one nose length, like a sniff of air instead of one smooth motion
- Ratios for segmented breathing
  - **4:1** - 4 parts in : 1 part out: healing, energizing, uplifting
  - **4:4** - 4 parts in : 4 parts out: clarity, alertness, triggering glands
  - **8:8** - 8 parts in : 8 parts out: calming, centering
  - **8:4** - 8 parts in : 4 parts out: focusing, energizing
  - **4:8** - 4 parts in : 8 parts out: calming, unblocking, letting go

# Whistle Breath or Beak Breath

- Changes the circulation. The nerves in the tongue activate the higher glands (thyroid and parathyroid) and increase lung capacity.
- Release stress and tension.
- Stimulates the Vagus Nerve.
- Pucker the mouth, inhale making a high-pitched whistle and exhale through the nose. Or inhale through the nose and exhale with a whistle through the lips.
- Recommended to whistle every day for 3 minutes



# Using tongue: Lion Breath and Dog Breath

- Cleansing breath, good for thyroid and opens up the throat chakra and relieves any stress or tension or jaw.
- Works on the Vagus Nerve, the primary parasympathetic nerve in the body that slows heart rate, lowers blood pressure, helps regulate breathing and produces oxytocin.
- Extend the tongue out to touch the skin. Breathe powerfully, forcing the breath over the root of the tongue, without any rasping.
- With Breath of Fire it becomes Dogs Breath



# Break out into pairs



Break out into pairs



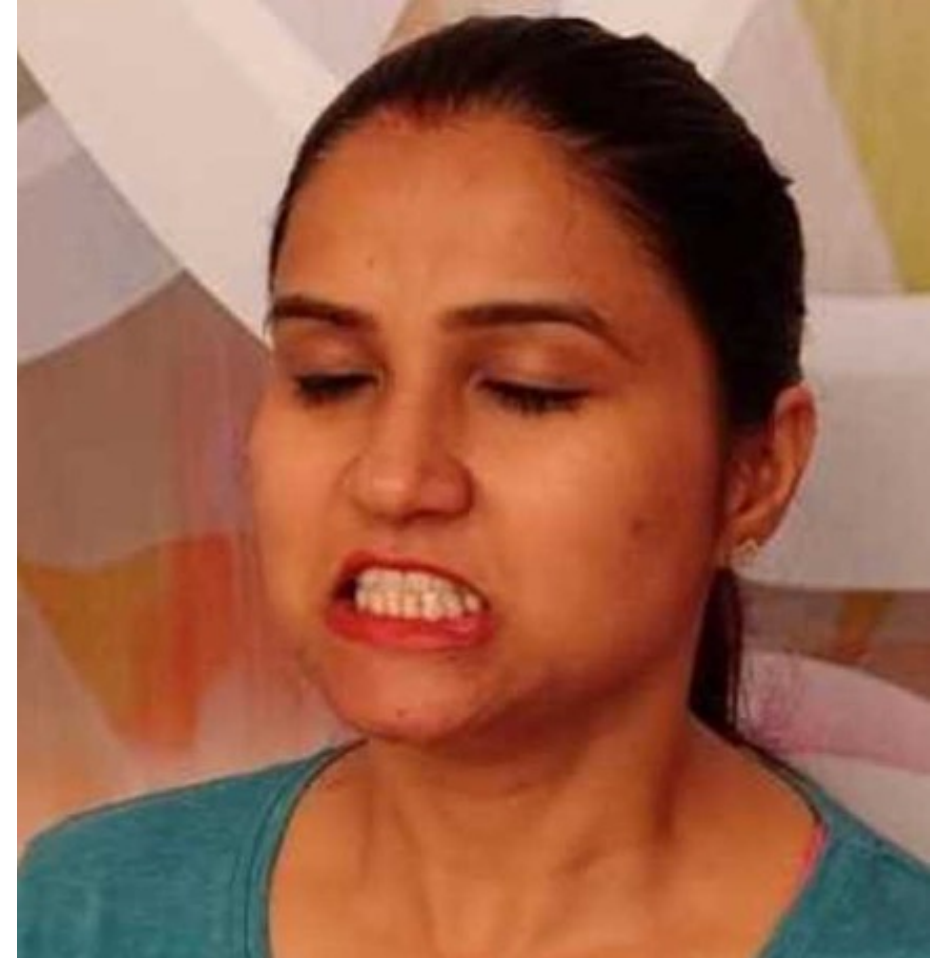
Time: 15 minutes or **7.5 minutes each**



Practice teach: Introduce  
Breath of Fire using Dog's  
Breath

# Sitkari Pranayama

- Used for cleansing and boosting glandular function.
- Helps with insomnia, improve indigestion problems, improve teeth and throat.
- Inhaling through the teeth, exhaling through the nose.



# Vatskar Pranayam

- To master the digestive system.
- Sip the air and bring it into the lungs, suspend the breath, churn the stomach until you can't hold the breath anymore, then exhale through the nose. 3x
- Practice this on an empty stomach.



# Source:

Segmented breath 4:1: Four-stroke breath to Build Intuition, *Pranaa Pranee Pranayam Exploring the Breath Technology of Kundalini Yoga* by Hari Jot Kaur Khalsa pp 162 to 163

## Four-Stroke Breath to Build Intuition

June 9, 1998

"In the Aquarian Age intuition will be the principle of identity. This is a little meditation to see how we can tell our own pituitary to work for us."

Place your hands together in Prayer Mudra. Keep the Jupiter (index) fingers extended as you interlock the other fingers to clasp your two hands together. Cross the thumbs.



Make your eyes nine-tenths closed. Place the mudra a little below your nose where you can look at the tips of your Jupiter fingers through the one-tenth opening of your eyes. Inhale in four powerful strokes through the "O" mouth (1 stroke per second = 4 second inhale) and exhale in one powerful stroke through the nose (1 second). Continue for 16 Minutes.



To Finish: Sit straight, inhale, hold your breath 20 seconds, and stretch your arms out to your sides, palms facing upward. That will give you power to balance your central spinal column. Exhale. Inhale deep, hold your breath 20 seconds, and stretch your arms horizontally and stretch your spine vertically. Make a T-square. Exhale. Inhale deep, hold your breath 20 seconds, and open up your fingers, making them like steel. Squeeze your entire energy and bring it into your arms. Exhale and relax.

"Whosoever does best, will get the best experience. I can't do this for you, I can only tell you what to do. Use your own diaphragm, move your own central (channel), open up your own chakras, achieve your own results. These exercises are time bound. Within that time you should achieve a sensory system. Take a heavy stroke through the mouth and push it out through the nose.

"In our part we are trying to do our best to give you a healthy, happy and holy prospect. Anybody of you who has nine holes is holy, anybody who does not react to time and space is happy, and anybody who eats little and drinks little is healthy. Principles are simple. But to do all that you need an intuitive mind to control yourself. I hope you will give it a chance."

"You must know reality by intuition. Not by knowledge. (By the time reality becomes knowledge) it's too late."<sup>1</sup>

# Source:

Segmented breath 8:8: Meditation to Prevent and Recover from Burnout,  
<https://www.3ho.org/kundalini-yoga/meditation/meditation-for-burn-out/>

## Meditation for Burn-Out

🕒 11 minutes or less, 12-32 minutes ✨ 1 exercise ❤️ Low activity level 🎵 Has chanting 🧘 Meditation

*This is the best thing to do when you think you are getting burned out. The mudra is a dormant state of energy. We totally zero our authoritative magnetic field. Practice this meditation only when there is time to remain still and relaxed upon completion*

### The Practice

**Posture:** Sit in Easy Pose with a straight spine.

**Mudra:** Fold the thumbs across the palms of each hand until the thumb tips rest at the base of the Mercury (ring) finger. Bring the backs of the hands together in front of the Heart Center and press them together firmly. The upper hands are not as closely pressed together as the backs of the fingers. Keep the arms comfortable and relaxed, and the elbows as loose as possible.

**Breath:** Deeply inhale in 8 equal parts through the nose. Completely exhale in 8 equal parts.

**Eyes:** Focus at the tip of the nose.



# Source:

Whistle Breath: Developing Your Human Kindness, *Pranaa Pranee Pranayam Exploring the Breath Technology of Kundalini Yoga* by Hari Jot Kaur Khalsa page 212

## Developing Your Human Kindness

10-27-75

*Bandhu Dya Kriya*

*Bandhu* means "brother or comrade," *Dya* means "kindness", and *Kriya* means "action."



Sit in Easy Pose with your spine straight, chin in and chest lifted. Place your hands in the mudra. Inhale through the nose in eight strokes (break the inhalation into eight equal segments with a slight pause separating each part so that there is a distinct beginning and end to each segment. In other words, you are inhaling in eight separate "sniffs." Each stroke is about one "nose length." You can feel the breath travel the length of the nose from the nostrils to the eyebrows. Each count of a stroke is about one second, so the eight stroke inhalation takes about eight seconds). Exhale completely and totally with a whistle through the puckered lips. 11 Minutes.

Mudra: Rest your elbows alongside your rib cage. Place your hands in front of your chest, palms facing upward, with the two Mercury (pinkie) fingers touching and the outside part of the base of the palms touching. Keep the Sun (ring) fingers and the Jupiter (index) fingers straight and the thumbs pulled back. Touch the tips of the Saturn (middle) fingers so that they form a triangle. The mudra is held before the heart center in a comfortable, prayerful position, but it does not touch the chest.



# Source:

Lion's Roar: Cleansing the  
Lymph Glands & Energy  
Balancing, *Transitions to a  
Heart Centered World*

## Lion's Roar

It is all right if the hands don't land on the knees. It is more important for the arms to go way back over the head. The elbows may bend a little as the arms go up.

**Posture:** Still in Easy Pose, place the hands on the knees, palms facing up. The hands are relaxed but firm.

**Breath and Movement:** Inhale through the mouth as you lift the arms high up and way back over the head, as if lifting something very powerfully.

On the inhale, make a deep sound of heavy breathing with the mouth open wide, lips rounded in an "O."

As the exercise continues, this sound will become like a lion's roar. As you exhale through the mouth, return the hands to the knees. Move powerfully.



# Source:

Dog's Breath: Boost your Immune System, *Pranaa Pranee Pranayam Exploring the Breath Technology of Kundalini Yoga* by Hari Jot Kaur Khalsa page 187

## Boost Your Immune System

*January 31, 1996*

Sit in Easy Pose with your chin in and your chest out. Stick your tongue all the way out and keep it out as you rapidly breathe in and out through your mouth. This is called Dog Breath. Continue this panting diaphragmatic breath for 3-5 Minutes.

To Finish: Inhale, hold your breath for 15 seconds and press the tongue against the upper palate. Exhale. Repeat this sequence two more times.



This exercise brings energy to your immune system to fight infection. It is a very healing exercise. When you feel a tingling in your toes, thighs, and lower back it is an indication that you are doing the exercise correctly.

# Source:

Sitkari: Medical Meditation to Release the Past, Especially Childhood Anger, *Meditation as Medicine* by Dharma Singh Khalsa, page 182

Online:

<https://kundalini.yoga/kriyas/releasing-childhood-anger>

## 1. Releasing Childhood Anger



1. Sit in easy pose with your arms stretched out straight to the sides. There is no bend in the elbows.
2. Use your thumbs to lock down the Mercury and Sun fingers (pinkie and ring fingers) and extend the Jupiter and Saturn fingers (index and middle fingers). The palms face forward and the fingers point out to the sides.
3. Inhale deeply by sucking air through your closed teeth and exhale through your nose.

🕒 11 minutes

### To End

1. Inhale deeply, hold the breath for 10 seconds while you stretch your spine up and stretch your arms out to the sides, and exhale.
2. Repeat this sequence two more times.

# Source:

Vatskar: *Pranaa Pranee Pranayam Exploring the Breath Technology of Kundalini Yoga*

## Vatskar Pranayam

Sip in the air and bring it to the lungs. Sipping the air – inhale 8 or more times, then exhale slowly. *Vatskar Dhouti Kriya once or twice a day for forty days (but no more than twice a day). It is simple and easy to do but must be done with an empty stomach, not after you've eaten.*

**Breath & Movement:** Sit in Easy Pose with hands on the knees. Make your lips round, in an 'O' shape, and start inhaling the air as if you are drinking it in a series of repeated small sips. Inhale as many sips as you can possibly hold and then stop, close your mouth, hold the breath in, and rotate your belly. Roll the stomach to the left, when the breath has been held in for half its maximum time, reverse the direction to the right. Churn your stomach with your breath held in until you can't hold the breath any more. Then very, very slowly and gently release the breath in one stream through the nose. Total of three cycles.



Thank you 😊  
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