

Breathing Exercises to Modify Energy

1. Kundalini Breath For Physical Energy:

Stand with feet placed shoulder width apart with knees bent. Raise both arms above your head as you inhale through the mouth. Quickly exhale through the mouth as you bring the arms down to shoulder height. Inhale immediately as you raise the arms. Repeat for 3 minutes at a moderate pace to begin. Increase time and intensity as you progress.

2. "HA Breath" For Digestion And Joyful Energy:

Stand with feet placed shoulder width apart with knees bent. Place your hands on your lower abdomen and inhale through the mouth expanding the diaphragm. Exhale quickly through the mouth making the sound, HA. Repeat rapidly for 2 minutes.

3. Balancing Breath For Centering Self:

If right handed, place the thumb of the right hand over the right nostril and exhale through the left nostril. Breathe into the left nostril to the count of 8 and hold the breath to the count of 8. Cover the left nostril with the index finger of the right hand and exhale through the right nostril to a count of 8 and hold the breath for a count of 8. Cover the right nostril with the thumb and repeat the cycle ten times.

4. Hong Sah Breath For Calming The Mind:

Inhale through the nose to the count of ten while mentally repeating the word "Hong" as you inhale. Hold the breath for ten counts and then exhale slowly through the mouth as you repeat the word, "Sah" out loud. Then pause for the count of 10 and repeat 10 times.

5. Ola Breath To Quickly Reduce Stored Stress:

Tighten the buttocks and rectal muscles. Pull the stomach in as the inhale is drawn into the upper chest. Drop the head onto the chest and tighten the entire body while holding the breath. Raise the head and exhale while moving the head forward and making a hissing sound.