

# ADVENTURES IN CONSCIOUSNESS™

## Alternate Nostril Breathing

This exercise purifies the internal energies for healing, calms the mind, relaxes you and increases your energy level. This is a treasure.

1. Sit in a comfortable cross legged or sitting position.
2. Use your right hand and bring your thumb to the right side of your nose and your ring finger to the left side.
3. Close off your right nostril with your thumb.
4. Inhale through your left nostril. (5 seconds)
5. Close off your left nostril with your ring finger. Both nostrils closed hold one second
6. Open and exhale through your right nostril. (5 seconds)
7. Inhale through your right nostril. (5 seconds)
8. Close off your right nostril with your thumb. Both nostrils closed hold one second
9. Open and exhale through your left nostril. (5 seconds)
10. Inhale through your left nostril. (5 seconds) Right nostril is still closed.
11. Continue alternating 3 to 5 times.
12. On the last round, when you breathe in through the right, and your left nostril is closed, then close right nostril so both are closed. Hold for 5 seconds. Then open both nostrils evenly at the same time and breathe out slowly. Sit and be aware of your face tingling, the energy moving. That's the beginning of the unblocking of the energy channels in the body. That sensation is welcome. It is a sign that the energy is unblocking in the channels and the purification process is starting of you internal energies.

It takes about 6 months of daily practice for your energy channels to become purified. This exercise should be done morning and evening (and at noon, if you have the time) for the rest of your life to keep your channels purified. This is very good for your health.

NOTE: If you have any breathing problems do not do the holding, just go from one nostril to the other. This is the simple version of this breathing exercise.

These exercises should be done at least one half-hour before or after you eat or shower. If your stomach is full of food it blocks the flow of energy. And the body has to cool off before or after bathing.