

Meditation: Your Pathway to Connection

Kirtan: Chanting Meditation

Om

Jaya Ganesha Jaya Ganesha

Jaya Ganesha Jaya Ganesha Pahimaam

Sri Ganesha Sri Ganesha

Sri Ganesha Rakshamaam

Saravanabhava Saravanabhava

Saravanabhava Pahimaam

Subramanya Subramanya

Subramanya Rakshamaam

Jaya Saraswati Jaya Saraswati

Jaya Saraswati Pahimaam

Sri Saraswati Sri Saraswati

Sri Saraswati Rakshamaam

Jaya Guru Siva Guru Hari Guru Ram

Jagad Guru Param Guru Sat Guru Shyam

Om Adi Guru Advaita Guru Ananda Guru Om

Chid Guru Chidgana Guru Chinmaya Guru Om

Hare Rama Hare Rama Rama Rama Hare Hare

Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Yoga Meditation Exercises : Alternate Nostril Breathing for Meditation

BREATHING EXERCISES

Alternate Nostril Breath:

Benefits:

- Has a marvelously calming effect on the nervous system
- Helps to overcome insomnia
- Relaxes and refreshes the body
- Purifies the bloodstream and aerates the lungs
- Soothes headaches
- Improves digestion and appetite
- Helps to free the mind of anxiety and depression

Technique:

1. Sit in a comfortable cross-legged position with your back straight.
2. Raise your RIGHT hand and place your ring finger against your LEFT nostril, closing it off.
3. Inhale deeply and slowly through the RIGHT nostril to the count of 4.
4. Close off the RIGHT nostril with your thumb and hold the breath for a count of 1-4.
5. Open the LEFT nostril and exhale to the count of 4-8. The longer you can make the exhalation, the better. Concentrate on completely emptying the lungs.
6. Breathe in through that same LEFT nostril to the count of 4.
7. Close off the nostril with the ring finger again and hold to the count of 1-4.
8. Exhale through the RIGHT nostril to the count of 4-8. This makes up one round.
9. Repeat these rounds of alternate nostril breathing five more times, or for up to ten minutes if you are concerned about insomnia.
10. Practice a ratio of 4:4:8, if at all possible. Increase this to 8:4:8 eventually, then 8:8:8, after some months.

Do's and Don'ts:

DO practice the Alternate Nostril Breath whenever you need calming - if you are nervous, upset or irritable.
DON'T push yourself with the holding position or by increasing the ratio until you are comfortable doing so.
DON'T make the breathing rhythmic, instead it should be smooth and slow. You can work on making it inaudible eventually.
The importance of this particular breath cannot be over-emphasised. The body and mind are closely interrelated and one influences the other to a much greater extent than medicine admitted to for many years. As an all-around "soother", the Alternate Nostril Breath is incomparable.

-From Gaia Naturopathic Clinic