

NirviKalpa Samadhi Pranayama

Instructions

You may start your day and/ or any meditation session with a practice called Nirvikalpa Samadhi Pranayama. In essence this practice is nostril breathing in coordination with the chanting of two powerful bijas (seed letters).

1. In the morning when you first awaken, get up and use the toilet but DON'T drink any water, eat or bathe.
2. Return immediately to your bed or meditation room and sit comfortably to meditate.
3. Place your right thumb (earth finger) to the right side of your nose and your right ring finger (water finger) to the left side.
4. Close your right nostril with your right thumb.
5. Inhale through your left nostril, silently repeating, **“YAM”**.
6. Close your left nostril with your ring finger.
7. Open and exhale through your right nostril, silently repeating **“MAM”**.
8. Continue breathing and inwardly chanting the bijas as out lined in steps 4 through 7, You can repeat the bijas several times per inhalation and exhalation, or a single time chanted very slowly.
9. Focus your attention on the sensation of breathing, the air passing through your nostril, the lungs and chest expanding, the abdomen pulling the diaphragm down and the belly rising.
10. Continue for minimum 10 minutes maximum 15 minutes. Once you feel the altered state of consciousness keep going for about 1-2 minutes more and then you can just float in the feeling.