

So Ham Breath Process

For Balancing Energies In The Channels (Surya/ Pingala/ Sun and Chandra/ Ida/ Moon Nadis)
On Either Side Of The Central Channel Of Kundalini up The Spine

Sit with your spine straight as you can.

Place the tip of the index finger and middle finger of the right hand in between your eyebrows,

Place your ring finger on your left nostril, and your thumb on your right nostril.

You will close one nostril at a time—alternating left and right.

You will change which nostril you have closed after each in breath.

Example:

Close the left nostril with your ring finger and breath in the right.

Then open the left nostril and close the right nostril with your thumb and breath back out.

Then breath back in through the same nostril (left).

Then change nostrils to take your next out breath (though right nostril).

On every in breath (no matter which nostril) inwardly chant “SO”

On every out breath (no matter which nostril) inwardly chant “HAUM”

Continue the practice for 10-10 minutes.