

NADI SHODHANA CLEANSING

Alternate nostril breathing.

Creates whole brain functioning by balancing the right and left hemispheres. Purifies the ida and pingala nadis. Creates a deep sense of well-being and harmony on the physical, emotional and mental levels.

To Practice:

Sit in Easy Pose or Lotus Pose with a straight spine. Practicing on an empty stomach is best.

Eyes: Eyes closed. Concentrate through the Brow Point-the space a little above and between the eyebrows.

Mudra: Bend the first finger and middle finger to the base of your thumb (right hand). Block the right nostril with the thumb tip and the left nostril with the index finger.

Breath: The ratio for the length of breathing is 1 (inhale): 4 (hold): 2 (exhale). Create the following breathing pattern: Inhale through the left nostril. (1) Hold the breath in. (4) Exhale through the right nostril. (2) Inhale through the right nostril. (1) Hold the breath in. (4) Exhale through the left nostril. (2)

Mantra: This breath can be done without mantra. But rather than just counting the rhythm or the sound of the breath, mantra helps to maintain the rhythm and adds subtle benefits. You can use the mantra SA TA NAMA, inhaling to 1 cycle, holding for 4 cycles, exhaling for 2 cycles.

Visualization: In addition to the breath ratio and the mantra, you can visualize the path of prana. Inhale and visualize light flowing down the side of the spine to the base of the spine, on the same side as the breath-in nostril. As you hold the breath in, feel and see the light swirling and growing, with increasing heat, in a cauldron at the base of the spine under the Navel Point. As you exhale, see the light travel up the other side of the spine and out the nostril to the Infinite.



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Time: Continue for 15-62 minutes.

To End: Sit in a deep meditation for a few minutes.

Comments This is a classical technique, which is referred to in the Gheranda Samhita as a “perfect cleanser.”

This is one of the best breathing practices to do before meditation. It helps to cleanse subtle impurities and energies that maintain low levels of disturbance. By doing so, it helps to create a balanced mental state.



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