

PRANA AND PRANAYAM

Prana is the life force that permeates everything.

Prana comes in on our breath, yet is not the breath.

Prana enters us through our foods, thoughts, sights, smells...in other words the five senses including our surroundings. Being in nature is prana rich - especially near mountains, water, trees and wildlife.

Prana is the moving force - the fuel for all energy in motion.

Prana:

- helps to maintain health
- is the first unity of energy that is created
- is radiance of life itself
- powers up the machinery including our bodies
- is the inner irrigation system
- flows in different directions - like water flows in the ocean.

It is said that a Yogi is “*one who has more prana on the inside versus the energy that leaks out.*” A yogi is one who is filled with this life force energy.

When prana is leaked out we are apt to be:

- overwhelmed
- anxious
- scattered
- unconsciousness
- feeling unwell - not as healthy and vibrant.

Prana leaks out in a number of ways including:

- too much movement or too much stimulation (i.e., noise, lights)
- overthinking or worry
- stress
- too much time on computer, cell phone
- when we do things that are not in alignment with what is right for us



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PRANA AND PRANAYAM, CONT.

Lack of movement creates stagnation. We need to move our bodies often to circulate and keep prana moving.

We need to breathe deeply to circulate and clear blocks, old stories, pattern, etc.

Prana is the entry point of radiant health

Prana = food = nourishment

Prana is infused with intelligence far superior than our own mind.

Prana is inner guidance. Fresh prana removes the veil that clouds our sense self - our true self - the deepest self.

Prana removes the veil of darkness that hides the innate wisdom of the body and mind.

With **Pranayam**, we use the breath to shift the frequency of the mind which gives us direct access to the truth.

If we want to train the mind to become servant of the soul, we need the influence of the breath.

To change a pattern we need to change the mind. We cannot change the mind with our own surface mind. We need far more help. We need to stop believing the surface mind. The surface mind takes us away from the truth.

To reclaim our energy, we need to stop putting attention on what no longer serves us and place it on the infinite wisdom that we are - the wise intelligent beings that we are.

The entry point is the breath.

First step - # 1 key - even inhale and exhale. This is the key to a pain free state.

First step: breathe in an optimal way - diaphragmatic breathing

Remember: Shallow breath - fast mind - troublesome thoughts.
Slow breath - mind quiets

As is the breath - so is the mind.



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