

~ Alternate Nostril Breathing ~ Pranayama ~ Awakening the Nadis ~

Pranayama is an aspect of Yoga that deals with breathing. It is the breathing process or the control of the motion of inhalation, exhalation and the retention of vital energy. Proper breathing is to bring more oxygen to the blood and to the brain, and to control Prana or the vital life energy. Alternate Nostril Breathing. Pranayama brings about the quick purification of the nadis” or subtle energy. Out of all the breathing techniques included in pranayama, alternate nostril breathing is of particular interest and the most beneficial. This technique consists of breathing cyclically through both nostrils: one inhales through the left, and exhales through the right, and begins the process again inhaling through the right. This pranayama manipulates the flow of energy through the *nadis* (subtle energy channels) in your body and ultimately brings about a balance of both stimulation and relaxation.

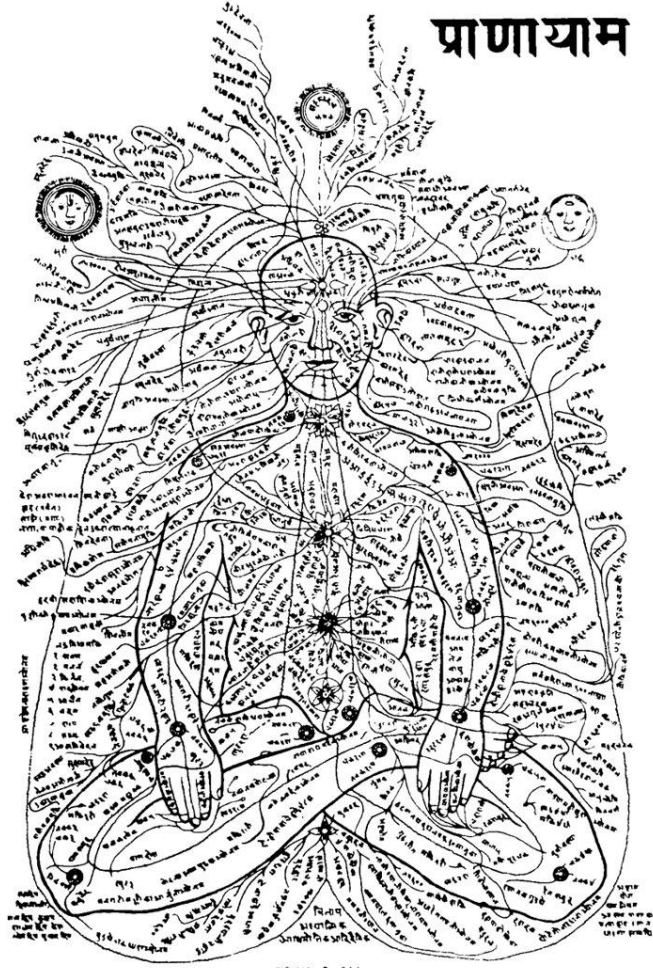
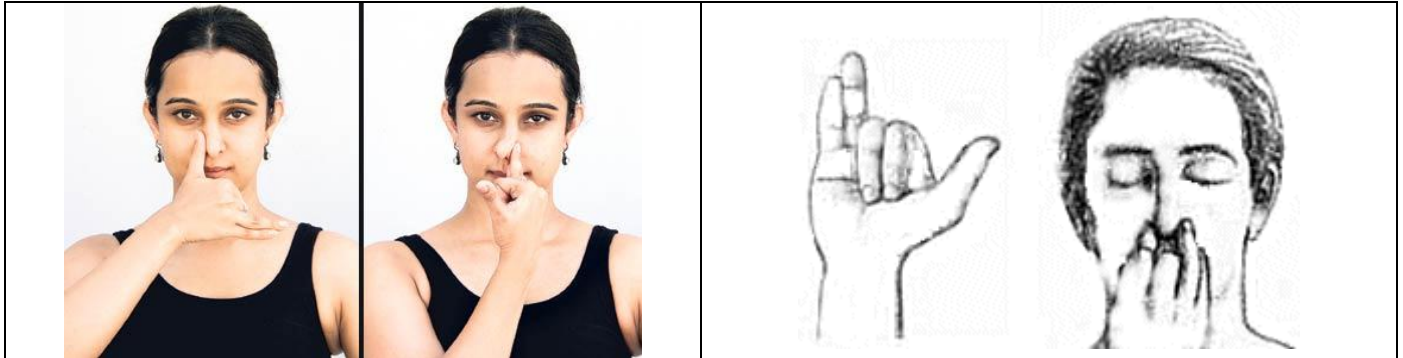


Figure 1 The 70,000 + Nadis Subtle Energy Around the Body

Sequence:

1. Using your right hand close your nostrils:
 1. Tuck your index and middle fingers into the palm of your hand.
 2. Use your thumb to close your right nostril.
 3. Use your ring and little fingers together to close your left nostril.
2. Breathe in through the left nostril closing the right.
3. Hold breath, closing both nostrils.
4. Breathe out through the right nostril keeping the left nostril closed.
5. Breathe in through the right nostril keeping the left nostril closed.
6. Hold the breath, closing both nostrils.
7. Breathe out through the left nostril keeping the right closed.
8. Count to two when inhaling, hold for the count of eight then exhale to the count of four.
9. Start with eight rounds build up to sixteen rounds.

Using Mantras during Pranic Meditation

If you meditate with a partner they can speak quietly a mantra sequence during your prana meditation like:

” I am breathing and inbreathing the Breath of the Holy Spirit that sustains all life ... for example.”

Tip:

- Try to make the inhalation and exhalation of equal length.
- Take care not to strain bring the air to the bottom of the lungs and the belly should expand.
- Try to make every breath soft, easy and gentle.
- Count to two when inhaling, hold for the count of eight then exhale to the count of four.

Benefits:

- Pranayama restores the natural balance in your breathing.
- It will remove tension, fear, and worry and will make the mind calm, poised and serene.
- Through the practice of this Pranayama, happiness, health, vigour and melodious voice can be attained.

Caution:

- Extending a series for so long can also cause dizziness.
- Comfort and not reckless excess should guide your motives and manner of doing.
- Excess in practice may induce dizziness, drowsiness and loss of consciousness.
- An increase in Psychic experiences will appear over time as you develop with purity the Nadis subtle energies like clairvoyance, intuition, inner visions etc so take your time and let it come naturally.

Tip: Take this new energy and apply it to the path of Karma Yoga Service

**Awakening the Nadis and Subtle Energy
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Benefits:

- This pranayama makes you relaxed and revitalized.
- It revives and stimulates the nervous system and the circulatory system.
- Prana breathing clears the mind of confusion and enhance your powers of focus.
- Over time you develop powers of recovery from stress and illness.

Visualizing the Seven Rays during Prana meditation:

Gods 7 Rays	Attribute and Quality	Chakra	Color	Ascended Master	Archangel
Ray 1	Power and Will	Throat (5th)	Blue/White	EL Morya	Michael
Ray 2	Wisdom, Intelligence	Crown (7th)	Yellow Gold	Kuthumi Master ASun	Jophiel
Ray 3	Love and the Higher Mind	Heart (4th)	Pink Rose	Paul the Venetian Artist Lady Akasha	Chamuel
Ray 4	Harmony thru conflict, Beauty, Art	Base of the Spine (1st)	White Crystal	Serapis Bey	Gabriel
Ray 5	Knowledge and Gods Natural Science	Third Eye (6th)	Green Gold	Hillarion the Healer	Raphael
Ray 6	Devotion and Idealism, Gods Peace	Solar Plexus (3rd)	Gold Ruby	Master Jesus Lady Nada	Uriel
Ray 7	Transformation and Divine Alchemy, Ceremony, Freedom	Seat of the Soul (1st)	Violet Purple	Beloved Saint Germain	Zadekiel

Activating your Subtle Energy through the Seven Rays

Each ray manifests through its own color. For those who can "see" these colors, they may sometimes appear different. Why? Each ray has a color on the material plane (as in the chart featured above), and also has an esoteric or spiritual color. In general, a study of the rays and a mastery of what they represent is a key element in our evolution. This is because the rays govern all of God's creation and our understanding of the rays helps us learn about ourselves and our part in the cosmos. We can call upon and in time command the energy of any of the rays for our personal evolution and for planetary service. Example meditation: I am inbreathing and out breathing the Violet Flame of Transmutation and Gods Freedom as one example.



I AM AFFIRMATIONS

I AM THAT I AM.

I AM alive forevermore.

I AM Abundant, Celestial Life everywhere made manifest.

I AM Alpha and Omega, the First and the Last.

I AM Eternal Youth and Beauty.

I AM God, the One without a second.

I AM here, and I AM there.

I AM Limitless, Omnipresent Substance bringing everything into form.

I AM Perfect Sight and Hearing.

I AM the Active Presence of God, the Source of all Life and Intelligence.

I AM the Ascension in the Light.

I AM the Bread of Life.

I AM the Eternal, Transcendent, Electronic Body of Ascended Master Light.

I AM the Good Shepherd giving Life to all.

I AM the Guardian Presence.

I AM the Healing Presence.

I AM the Illimitable Light of God everywhere made manifest.

I AM the Kingdom. I AM the Power. I AM the Glory of Love conquering all.

I AM THAT I AM

Calls for Victory

Beloved Mighty I AM Presence and Beloved Mighty Victory!

Turn this and every human condition in my experience upside down and bring an Ascended Master Miracle of your Victory out of them.

I claim your Ascended Master Consciousness and Attainment of Victory and Perfection as the only Governing Presence in my mind, my body, my feeling world, and every particle of my spiritual, personal, financial, business, and legal affairs, and the affairs of every Child of the Light throughout America and the world.

Oh My Beloved IAM Presence, surround me now with Thy invincible tube of Light, and see to it that this Light is maintained, sustained, and self sustaining.

Oh My Beloved IAM Presence, I call forth now the full activity and application of the Law of Forgiveness and the Violet Flame to cleanse and purify any energy that I have ever misqualified in any way, even it's cause, effect, symptom, record, remembrance and consequence. And see to it that this all powerful and complete activity and application of the Law of Forgiveness and the Violet Flame is maintained, sustained, and self sustaining.

Oh My Beloved IAM Presence, go ahead of me this day and make the way clear, plain, safe, easy, prosperous and fun. Establish Thy Perfect Harmony, Love, Peace, Success, Timing, Knowing, Joy and Happiness, Prosperity, Well-being, Supply and Protection in all that I have, in all that I desire and require, in all the places that I go, and in all that I think, feel, say and do; and see to it that they are maintained, sustained, and self sustaining.

**Oh My Beloved IAM Presence, and Beloved Great Beings of Light, make everything in my world this day and every day, everything that I think, feel, say, and do, part of the Victory of the Ascended Masters Divine Plan fulfilled through the Ascended Masters Pure White Fire Love Substance from the Great Central Sun, to the good of all concerned, to the Glory of God.
I AmThat IAM! So be it!**