

Breathing Exercises

#1

stand, hands on diaphragm
open mouth as to yawn
inhale - diaphragm out as you inhale
5-10 times
good for meditation

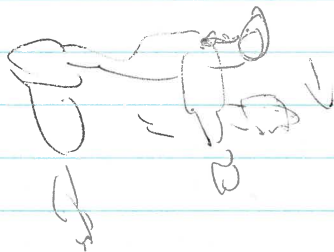
#2

Palms together in front
as you inhale - palms apart
exhale - palms come together

Purpose - develop a sense of peace
becomes aware of vibrational frequency

#3

stand - arms out straight in front
inhale
hold - close mouth, bend forward
A bounce up & down trunk only 5 T



on 5th bounce, return to upright position &
exhale

Purpose - increases diaphragm capacity & elasticity

#4.

stand, hands on diaphragm
open mouth, inhale
exhale a saw Huh, huh, huh

Purpose - develops force & volume

#5 - Kinsey Breaths

stand, inhales & think of a color
hold - to count of 3 - (work for 9)
exhale - shh sound
3-5 T

Purpose - to energize body

#6 - Butterfly Breaths

stand, inhale & rotate arms for
swimmer's butterfly stroke
hold - close mouth to count of 10
& hold arms out from sides - no movement
exhale - lower arms slowly
2 T only

Purpose - to develop breath control & posture

#7 - The Windygio

stand - feet apart, arms out from sides, flex knees
inhale - rotate torso
hold - count of 10, no movement
exhale - rotate arms & torso
2 T only

Purpose - expand lung capacity, increase concentration

#8. Discrimination Ex
sit, breathe in thru nose
inhale - exhale quickly several times

Purpose - to expand discrimination center (between eyes)
develops awareness & sensitivity to program & other
actors conscious awareness

#9. Reverse & Give Ex
stand - arms out in front, palms up
inhale, through nose push diaphragm out
& T (staccato like) bring hands up toward
chest as you count
hold for 8
exhale - sound sshh! & staccato breaths
slowly unjolt hands & arms to original position
count to 8
2 T (over to H)

Purpose - increase energy & co-ordination between mental
& physical bodies.

#10 Head Roll Ex.
inhale stand, nose breaths, diaphragm out
hold roll head clockwise r to l in a circle
then roll to r come back to center, roll
to l come back to c.
exhale - sshh!
inhale
hold - do counterclockwise & reverse single rolls
exhale - sshh! This is one cycle do 4.

Purpose - to consciously center, give flexibility & balance.

#11 Walking Kriya

inhale - standing on 1 foot, take 8 steps as you walk & inhaled mouth open - march style
hold - around face (pivot)
exhale - w/ foot starts, walk back to where you started

2 T inc. to 4 T

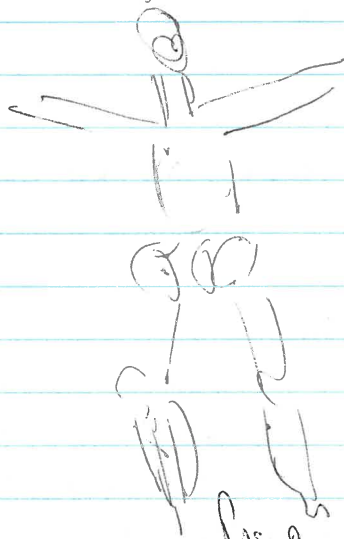
Purpose - to develop confidence

#12 - Kundalini Flow Kriya

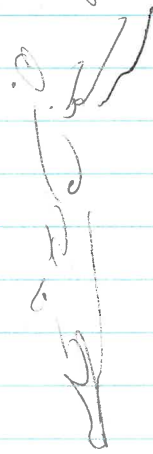
stand - arms out in front pointing downward
bend knees & bend forward slightly
Inhale - move arms outward w/ a sweeping motion until fully extended - shoulder height Pos. 2



inhale
Pos. 1



Pos. 2



Pos. 3

Exhale - as you return to Pos. 1 then stand erect & bring arms up over head
Pos. 3

Purpose - to unblock the Kundalini flow.

3 T

#13 The following Ex.

sit, inhale then nose

hold it as you do say Hum!

Exhale - saying hummmmm

H T J or as often as possible

Q whose - to bring a flow movement between the
respiratory bodies - local protection around water (use)
intrinsically in your psychic space.

From W. David - Harmonics of Color, Sound & Vibration

Viewing Auric Color

Focus sight on forehead - 5-10 sec.
raise to above head - after a few sec. auric field
will be seen.
can be done using shoulders

Synthesis State

Exemplification - a state of creative meditation

Acceptance - recognize the necessity to experience - without
a witness - no judgment. Experiences are stepping stones
to higher levels of awareness.

Harmonious - love in action.

To develop synthesis -

closed breathers - also a

Concentrate a color JJ

listen to music

Concentration - paint a blue picture

wear blue clothing

sing B - O

exercise 1, 3, 8

Attentive Focus -	yellow	H	note E	ex. 2, 7
Discipline	"	A	E	5, 6, 7
Enthusiasm	red	E	D	4, 5, 12
Responsiveness	open	A	C	9, 11
self motivation	red	E	F	1, 9

Quality Trait	Color	Sound	Note	Breathing Ex
contemplation-	Blue	O	B	1, 3, 9
effective speech	red	F	D	3, 6, 9
analysis	orange	F	G	2, 6, 11
non-attachment	Blue	O	B	1, 3, 8
calm relaxation	violet	OM	A	1, 3, 10
recognition	yellow	A	E	2, 4, 8
perception	green	A	C	5, 6, 7
differentiation	yellow	A	E	2, 7, 8
no-attachment	orange	E	G	6, 7, 12
Experience	green	A	C	2, 5, 7
acknowledgment	yellow	A	E	2, 7, 12
responsibility	purple-violet	U	D	5, 8
awareness	orange	F	G	3, 5, 11
holding	violet	OM	H	3, 4
love	Blue	O	B	1, 10
openness	purple-violet	U	F	1, 3
Non-diminishing Karma	green	A	C	2, 11
Respect	orange	F	G	3, 7, 12

Not more than 2 - 3 ex. per day