

The background of the entire page is a vibrant purple and pink abstract design. It features a central silhouette of a person in a meditative pose (Padmasana). From the head of the silhouette, a bright, multi-colored energy field radiates outwards, resembling a sunburst or a complex web of light. The field is composed of numerous fine, intersecting lines and larger, glowing circular patterns. The overall effect is one of spiritual energy and transformation. The text is overlaid on this background, with the title 'MODULE FIVE' in large, bold, black letters, and the subtitle 'Breathing With Mudras And Colour Shield To Charge Energy' in a smaller, bold, black font. The logo 'y² education' is positioned below the subtitle, and the copyright notice is at the very bottom.

# **MODULE FIVE**

## **Breathing With Mudras And Colour Shield To Charge Energy**





If this exercise is done daily and regularly, you will really notice how your colour awareness develops; you will be able to visualize the colours much more strongly your breathing will become smoother. This helps to balance and enhance your body's energies and re-activate all your chakras.

## 5.1 Instruction

### Step 1: Sitting /or Lying Down

Sit or Lie down somewhere quiet in a comfortable position, keep your shoulders relaxed and eyes closed, consciously relaxing your body from the top of your head to the tips of your toes and start to bring your attention to your breathing.

### Step 2: Situation or a challenge you want to work on

Think of a particular area of your life you want to improve or a challenge that you would like to overcome during this session. To check that a particular area of your life is related to a certain chakra, (refer to picture E)

**For example:** You might feel that you are not being heard or are being misunderstood by others and you want to improve your communication skills; you want to be able to share with others who you really are and own your message and speak up for yourself. This is related to Throat chakra. Refer to pic E.



### **Step 3: Using Mudras**

You will use that particular Mudra representing the chakra you want to work on. (Refer to picture F), throughout the entire session. For example, once you find the Mudra that represents the throat chakra, hold that hand gesture or Mudra during the entire session.

### **Step 4: Breathing In**

When you are ready, keep your eyes closed and your mouth/lips sealed. Take a long deep breath in through the nose and visualize that you are drawing or absorbing the purest energy from the ground and hold it TIGHTLY. (Refer to picture D)

**Tip 1:** It doesn't matter if you sit on your chair, on the ground or lie down in position; preferably sitting in nature as nature has the strongest energy.

Also, visualize that you breathe in the colour that represents the chakra you want to cleanse and recharge.

**Tip 2:** Breathe in with the colour you tune in to. If in any doubt, you can choose a rainbow of all colours or just use the colour White.

### **Step 5: Count silently with visualization**

Creating a shield While you are holding your breath with that colour, count silently with this special mantra "Om". And while you are saying your mantra "Om", visualize the sound going through the GREAT HOLE simultaneously like a volcano explosion with that colour (Picture A and B).



As you visualize that each explosion is going through the top of your head, creating a colored shield around you, and you feel fully protected by your shield, start expanding it to include the person next to you. See how it feels to include them under your protection and wish them calmness and happiness. Continue expanding your shield to include your family, colleagues, community, until the entire world is covered by your positive color.

You can also visualize that shield is creating protective barriers to stop the negative energy coming into your life, whichever way you like to visualize.

It goes Like..1 ..Om... 2 ...Om... 3... Om... 4... continue for as long as you can until you cannot count any more

**Tip 1:** Counting helps you to focus and sets you up to measure your progress. (When I first started this breathing exercise, I could only go up to a count of 7 or 8, but as I now practice more regularly, I can count up to 25 on an average).

**Tip 2:** Whenever other thoughts, images, sounds or sensations come to your mind, simply notice them, let them go and then gently bring your attention back to your breathing.

### **Step 6: Release Your Breath with BREATH OF FIRE for 5-10 seconds**

When you feel that you cannot hold your breath any longer, then release your breath with Breath of Fire (breathe in and out rapidly with your diaphragm muscle).



### **Step 7: Take a break and repeat**

Gently bring your breathing back to its normal rhythm and then repeat the first 6 steps 7 times. (Each time, you can either choose one colour to focus on or you can choose 7 different colours according to the 7 different chakra colours. Refer to Picture E).

### **Step 8: Come back to your awareness and reflect**

Gently bring yourself back and become aware of the space around you and its sounds. And reflect on all the questions below:

- Were you fully present during the whole session or were your thoughts drifting away?
- Did your counting become loud or quiet, slow or fast during the session in your mind?
- Did you feel any tension, pain or discomfort when you did your mantra? Which part of the head felt this discomfort, your forehead, the top of your head or the back of your head?
- What else did you feel during the session?
- What colour did you tune into?
- Take note of how it feels when you fill your head with this wonderful coloured light.
- Continue to notice the colour and the sensations that it brings.

## **4.2 Summary**

1. Practice Module 5 at least thrice a week to notice the differences.
2. Write the differences that you have felt and how it benefits your life in your journal.
3. Send a 3 minute testimonial video to win a special Self-Love guided meditation valued at \$66.66.
4. Share or recommend this program to 2 friends to get \$200 Credit from Y Square Education.



## Notes:



## Questions:

