

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, with a bright, multi-colored energy field radiating from their head. The field is composed of numerous thin, glowing lines and larger, circular, mandala-like patterns. The overall effect is one of spiritual energy and visualization.

# **MODULE THREE**

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## **Practice Breathing Visualization**





## 3.1 Instructions

### 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: Breathing in and Pause

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. (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.

### Step 3: Count your mantra silently with visualization

While you are holding your breath, 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 (Picture A and B).

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 4: 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 5: Take a break and repeat**

Gently bring your breathing back to its normal rhythm and then repeat the first 4 steps 7 times.

**Step 6: 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?



## Notes:



## Questions:

