

Sadhana Practice Guide

There are many different methods and techniques to practice Pranayama, Meditation, & Chanting. The key is that it is a **PRACTICE**, even if it is just for 5 minutes a day!

The journey IS the destination.

I. Ground & Tune in

1. **Find a comfortable seat** (literal meaning of “asana”)
2. **Pratyahara –Withdrawing the senses from the external, drawing awareness within** - Bring awareness to the sounds and sensations all around you, to the Natural/Organic Breath, follow the natural pause at the beginning and end of each breath, Bring awareness to your heartbeat, how you feel today, scan your body for any place of tension or holding, observe the functioning of all 5 senses...
3. **Chanting the Sacred Sound “Aum” – 3 x**, followed by mantra

II. Pranayama

1. **Ujayi - Ujayi” triumphantly uprising” or “victorious” breath**, so called as it refers to the triumphant uprising of prana through the sushumna nadi. Also known as “Oceanic Breath” or “Darth Vadar Breath” as we create an audible sound as we close and tone the epiglottis muscles at the back of the throat.

Practice:

Rhythmic Breath – Equalize the lengths of inhales & exhales, for example, Breathe in for four counts and breathe out for a count of 4.

Extending the Exhale –Lengthen the exhale, working comfortably towards twice the length of the inhale, a ratio of 1:2, so for example, breathe in for a count of 4, then breathe out to a count of 8. You can also include a light breath retention, or “kumbhaka” after each breath.

2. **Nadi Shodhana - Alternate nostril breathing** (minor variations called Sukha Pranayama & Anuloma Viloma). Clearing the “Ida” and “Pingala”, or the sun and moon energy channels that spiral around the sushumna channel, intersecting at each chakra.

Practice:

Take **Vishnu Mudra**, bringing the index and middle finger to the center of the palm, closing the right nostril with the thumb and the left nostril with the ring finger.

One complete round = Left to Right, Right to Left.. Complete 5, 9, 12, or 16 + rounds

III. Meditation - E.g. Breath awareness, 3rd Eye, Sacred Space of the heart, mantra...

Practice: Start with prayer, asking for guiding or offering gratitude, then watch the breath, watch the spaces between the breaths, witness and label each arising thought.... Begin with 5 minutes, and then gradually extend the time you spend in stillness each day ☺

IV. Closing Prayers/Gratitude:

1. **Reflect on the Intention** and on how the body/mind/spirit is feeling
2. **Cultivate Gratitude**
3. **Chant Om** 3 times followed by Mantra