

# THE IMPORTANCE OF YOGIC BREATHING

The breath is a fundamental tool for the student of Kundalini Yoga. To become proficient with it is key to seeing clearly our emotional world, opening ourselves up to our creative potential, dealing with the changes in our energy levels, strengthening our health and developing our concentration. Control of the breath begins with a study of its basic nature.

For the Kundalini Yogi the breath is a physical action and represents the subtle force that is alive in the body and the mind called “Prana.” As a student of yoga it is interesting to investigate and give the importance that the breath warrants. Think of it as something much more complex than the simple experience of breathing. Consider that the breath and its movements are connected to the changes and flows of your emotions and thoughts. Without a doubt, there is a close relationship between breathing and the words we choose to communicate.

Both the act of breathing and the words we pronounce determine the form and direction of our lives. In effect, they create a platform from which all other things are constructed and take form. If you can take advantage consciously of the full capacity of your breath and sound (the word, the breath and greater vibration), you will be able to direct your life with greater creativity and be able to reach your potential as a human being.

A yogi is always aware of the two-sided nature of perception and experience. The breath is both gross and subtle. It is both “mine” and “not mine.” It is both automatic

## **PRANAYAMA:**

*Prana: Life Force*

*Ayana: Extensión, expansión, length, regulation, control*

*Pranayama: Extension of one's Life Force*

## **PARTS IN PRANAYAMA:**

*Puraka: Inhalation*

*Rechaka: Exhalation*

*Kumbakha: Retention*

and conscious. The breath shares the nature of both the earthly and the heavenly views of things. The breath and the Word interact to create the matrix of our life and consciousness.

Breath and Word are intimately intertwined. In the etheric realms of the metaphysical creation of the universe, the first thing, after the existence of God, is the Word. The Word is a manifested pattern that is the necessary seed for anything to exist at all. After that infusion of cosmic genetics, there is the energy of Prana or subtle breath. That energy moves the “Gunas,” the three qualities of the Trinity that weave and compose in their varied blends all our experiences. So, in the Heavens, first is the Word, followed by its servant the breath, Prana.

Throughout time wise sages have told us that to ascend to the Heavens, to become subtle in our perception and to command the creation of our destiny, we must first cultivate the breath and then value each word we speak aloud or mentally. The easiest approach to this practice is to use and control the physical breath. This will lead to command of our words and emotions. Then we can create a subtle stillness in the Prana of the mind, which opens our sensitivity to the Word, shaping the greater play of life and consciousness.