

Pranayama-an easy way to meditation

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Opinion

In Meditation, breath training is essential preparation for deep meditation and exploration of self awareness and Self-Realization. Breath is the bridge between the body and the mind. Regulate breath, and the body and mind will follow. Pranayama is a yogic exercise in respiration, the art and science of yoga way of breathing which begins with awareness and ends with greater awareness, resulting in numerous benefits at physical, mental and emotional level. The quantity of air we breathe depends on the depth of respiration. In pranayama, a larger quantity of air is drawn in and out of the body. Lack of knowledge and attention to proper breathing may lead one experience some physical, mental and emotional disorders. On the other hand, regular practice of pranayama enhances the quality and quantity of prana resulting in better state of mind and empowering one to overcome the fear, phobias, worries, tension, conflicts and other negative qualities. "Pranayama" means a pause in the movement of breath or extension of life force. In yoga, the life force, known as prana, refers to the energy that animates, controls, and permeates the world in and around us. Breath, movement, and energy are life, and life is breath, movement, and energy. The yogic practice of pranayama a combines all of these elements into a single integrative experience that is well worth the investment and one that will absolutely generate both inner aliveness and resilience and a powerful outward expression. The only thing you need to do is practice each day. When the ancient seers began their study of the potential of being human thousands of years ago, they soon saw that working with the breath could yield impressive results toward greater aliveness, self-expression, and power. The breath is finest bridge between the mind and body. As per the Patanjali Yoga sutra, pranayama constitutes the fourth part. For the practice of Pranayama, It is important to mastery one of the meditative asana like Sukhasana, Vajrasana, Padamasana if not, finding at least any steady, stable and comfortable sitting pose with head, neck and spine in one line. Maharish Patanjali has described the four types of Pranayama in his sutras while Swami Svatmaram has mentioned eight types of Pranayama (i.e. Kumbhaka). Pranayama practice polishes the capacity of the nervous system to conduct this cosmic creative potential into real. When we practice pranayama every day, we develop a much richer inner life and a deep sense of spiritual balance. When pranayama is followed by a short period of meditation, the connection to inner stillness increases by leaps and bounds and will ultimately create the period of rest, integration, and quietness that we crave in our practice. The Pranayama program at Meditation School Shree Mahesh Heritage, rishikesh, India is perfect for the students seeking to become a Pranayama teacher or to add this qualification to their existing Yoga teaching qualification. The program also recommended for the aspirants seeking for enhancing their energy level to overcome disorders like anxiety, fear, stress, depression, memory loss, poor concentration etc. Participants will learn how to use props and hands-on adjustments to support breath work and will work in study groups to create and teach warm-ups required to pranayama preparation. Lectures will introduce aspects, various ways of breath movements, and parts of the breath and how pranayama practice can be integrated into daily life.

Pranayama practice includes introduction of Deep breathing, Yogic breathing, sama vritti, nadi shodanam, kapalabhati and the most advanced technique, breath awareness or finding a genuine breath. This hour of intimate work will begin with simple stretching and move on to breath work done in lying down and sitting position. The purpose of this program is to provide training in the intricate techniques of pranayama together with its related Kriyas (cleansing actions), Mudras (Hands and body gestures) and Bandhas (physical locks) practices as per the ancient traditional Yoga texts, verified and experienced by the Himalayan Masters. Both Practice as well as philosophical aspects of Pranayama will be taught during this program. Here you get a chance to learn and develop skills of living life spiritual way and especially to become good at helping people with:

1. Addictions
2. Pain Management
3. Manifesting Goals and Dreams
4. Anxiety
5. Depression
6. Insomnia
7. Finding Life Purpose
8. Connecting to Higher Self and Guides

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Conflicts of interest

None.

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