



Dr. K's Guide to Mental Health

Practice | Prana Shuddhi | Notes

Prana Shuddhi purifies our vital life energy and begins to activate the third eye chakra. This practice should be done after 2 weeks of daily practice of Anuloma Viloma.

Practice Instructions:

- Now that you can detect the breath in each nostril, now detect them going up both nostrils
- Feel your breath and imagine the flow as an inverted "V" going to the eyebrow center (space between your eyebrows)
- Exhale from your eyebrow center outward

Practice Nadi Shuddhi, Anuloma Viloma, and finally ending with Prana Shuddhi for a total of 20-30 minutes a day.

After cleansing our **Ajna Chakra (eyebrow center)** through Prana Shuddhi, you are now prepared for doing other Ajna Chakra activating practices. Advanced Ajna chakra practices should be done under the guidance of a guru, or spiritual teacher.