

that is, when the body feels light and a feeling of happiness pervades the body it is then that the practice of suspension should be undertaken. For, then the organ of breathing can be firmly stopped, and one can easily remain without breath for a long time. As the breath is stopped when the feeling of comfort pervades, the state of suspension is felt as still more full of happiness. Afterwards when that feeling becomes tense, the effort may be relaxed and normal breathing may be resumed. As a slight quantity of air remains within the lungs, and most of it is absorbed, after suspension inhalation becomes necessary and not exhalation. Not only that, inhalation is then indispensable for it stops movement of the heart. Therefore, suspension should be practised with such a small quantity of air within the lungs that inhalation would become necessary after suspension.

At first, after one practice of suspension, normal exhalation and inhalation should be done several times. When, however, the practice has been perfected, suspension can be undertaken without interruption. It is needless to say that during the practice of suspension also, it is necessary to keep the mind like a void fixed to an internal region (preferably about the heart). Otherwise, the practice will be fruitless so far as Samādhi is concerned.

Desired result may be achieved by the practice of either the external or the internal operation. Suspension should be practised for the development of 'Udghāta'. This suspension itself is finally transformed into the fourth form of Prāṇāyāma, which marks the perfection of Prāṇāyāma. In practising the external and internal operations, care should be taken that exhalation and suspension as well as inhalation and suspension take place harmoniously in one unbroken effort, that is, inhalation and exhalation should become subtle and imperceptibly get lost in the suspension.

The following points should be remembered by one who practises Prāṇāyāma :

(a) By feeling the internal touch sensation along with inhalation and exhalation, the Sāttvika feeling, or happiness, and lightness (ease) have to be brought out. Prāṇāyāma performed