

# Cobra breath

*From Satanism Wiki*

Cobra breath is an all-in-one breathing technique, a direct advancement towards the Kundalini's ascension. The breath is very natural, in order for the Cobra breath to work you need strong sexual energy (strong Chakras).

Its important to remember to don't push yourself too far with breathing exercises, as you may end up damaging your nervous system. One way of realizing if you are doing too many rounds, is your words and speech patterns slurring. If that happens, simply decrease the number of rounds and/or number of counts.

## How to do

- Sit down, preferably with your legs crossed and your spine straight.
- Press your tongue against the roof of your mouth lightly, but keep a very small space open to inhale
- Contract your anus and hold. Don't apply too much pressure, just contract it.
- Breathe in through your nose like you do in Yoga breath, and focus (**not directing**) on energy climbing up your spine from your base Chakra out of your Crown Chakra.
- Hold your breath for 5, 8, 10 counts: Do as many counts as you are comfortable with, **never** push this.
- Widen your mouth like a smile, so when you exhale with your tongue pressed against the roof of your mouth, you will make an hissing sound naturally.
- Exhale like you do in Yoga breath
- Wait for the sexual energy to rise and meditate on it

The above constitutes **one round**. For newbies it's best to do 2 or 3 rounds, for average meditators it is ok to do from 4 to 8 rounds, and for advanced ones, as many as you feel comfortable with.