*apani tarjani aura anguthom ke shirshom ko chhute hue eka gola banaie | koi dabava nahim dalie; anyatha gola koniya ho jaega | aba pancha sekendom taka apani shvasa dhire-dhire aura arama se andara lijie, do sekendom ke lie apani shvasa dharana kijie aura 7 sekendom taka ise bahara nikalie aura eka sekenda ke lie apani shvasa thame rakhie | apa vayu ko apane phephada़om ke upari khandom mem pravesha karati hui mahasusa karenge | apane golom ko akshunya rakhie aura tina anya ungaliyom ko adhi muththi ke rupa mem moda़ie aura phira se apane ghutanom ya jangha para niche ki ora phalaka kie hue rakhie aura usi prakara se shvasana shuru kijie, apa apani shvasa ko phephada़om ke madhya khandom mem pravesha karati hui paenge |   
15-sekenda ke isa chakra ko 5 se 10 bara doharaem | sarvaprathama, apane anguthe ko apani hatheli ke para rakhem jisase ki isaka shirsha chhoti ungali ke adhara ko chhue | aba eka muththi banane ke lie charom ungaliyom ko anguthe ke upara banda kare | apani muththiyom ko apani janghom ya ghutanom para niche ki ora phalaka kie hue rakhie aura shvasana chakra phira se doharaem | apa vayu ko apake phephada़om ke ninna khandom mem pravesha karati hui mahasusa karenge | tina anya mudraem haim jo apako tanavamukta hone mem sahayata karengim aura unhem karate samaya apa shanti aura prashanti ko apake mastishka para tairati hui mahasusa karengem | sabhi anya ungaliyom ko phalae rakhie aura phira se apane ghutanom ya janghom para rakhie lekina isa bara hatheli upara ki ora phalaka kie hue | samanya rupa se shvasana karem aura aba kramika rupa se ise manda karem | aba apa apani tarjaniyom ke shirshom ko apane anguthom ke madhya joda़ ko chhune ke lie niche laie | aba apaki tarjaniyom ke shirsha anguthe ke adhara taka aura adhika niche khisakate haim | hantha khule aura upara ki ora phalaka kie hue haim | apana bayam hantha upara ki ora phalaka kie hue niche apani goda para rakhie | apana dayam hantha upara ki ora phalaka kie hue apane bame hantha para rakhie | yaha gahana tanavamukti ke lie eka mudra hai | yaha mudra buddha aura mahabira dvara dhyana ke lie upayoga ki gayi thi | ina mudraom mem apa sekendom ko na ginem | apa vayu ka antahpratidharana ya bahya pratidharana na karem | basa dekhie, kaise apaka shvasana bina kisi sacheta parichalana ke jari rahata hai | jaba apa pranayama karana jari rakhate haim taba apa apane hathom ki mudraom ko parivartita karate raha sakate haim |  
pranayama mem bandhom ko karate samaya pranayama ke satha mahabandha, hathom ki vishishta mudra upayogi hai |  
apana dayam agutha apani dayim hatheli para rakhem aura sabhi ungaliyom se banda karem | usi prakara apana bayam hantha karem | hanthom ko apani goda para ungaliyom ki ganthem amane-samane chhute hue aura muththiyam upara ki ora phalaka kie hue rakhie | yaha mudra upayogi hai jaba pranayama vayu ke andara ya bahara pratidharana ke satha kiya jata hai | vayu ka pratidharana karate samaya ise tina suraksha kapatom sahita satha-satha karana avashyaka hai | sira age ki ora jukana chahie, thodha़i ko sine ke nikata laya jana chahie, guda ko andara khincha jana chahie, udara ko andara khincha jana chahie aura jaba taka pratidharana jari rahata hai jari rakha jana chahie | yaha maha bandha bhi kaha jata hai | yadi apa pate haim ki apa pranayama nahim kara sakate haim, to ho sakata hai ki apake pasa anukula samaya ya sthana na ho ya ki yaha apaki prakriti se mela na khata ho | koi bata nahim, apa kuchha anya adhika joradara chija़ ki koshisha kara sakate haim, aura jisake lie apako eka shanta aura ekanta sthana ki avashyakata nahim hogi | yaha apaki prakriti ke satha mela kha sakata hai yadi yaha adhika joradara hai | aura vaha hai tairaki, adhika uchita rupa se bresta-stroka tairaki | tairaki karate samaya, apa yada karenge, ki jaba apane pahali bara shuru kiya to apane kitana shvasahina mahasusa kiya tha | apako sansa eka nishchita avadhi ke lie dharana karani thi aura phira teji se sansa ka antahgrahana | jaise-jaise apane abhyasa kiya aura adhika anubhavi ho gae sanhalane ki kshamata unnata ho gai | tairaki vyayama ka eka sabase achchha rupa hai, kyonki apa taranashila haim aura apane sabhi padom aura sharira ko pratyeka sambhava disha mem chalane mem sakshama haim | tairaki apako kevala vyayama ki taraha hi nahim sahayata karegi balki isamem pranayama ke sabhi labha sammilita honge | yadi apa ativaja़ni haim to apana vaja़na kama karenge aura yadi apa adhovaja़ni haim to apana vaja़na badha़aenge | jaba yaha kama karata hai, to yaha udariya angom ko niche ki ora dabate hue aura udara ko bahara ki ora phulate hue adhikadhika patala hota jata hai | uchcha shvasana mem, yaha phephada़om ka upari bhaga hai jo vayu se bhara jata hai | madhya shvasana mem, kevala madhya aura upari bhagom ka bahuta thoda़a bhaga upayoga hota hai | udariya shvavasana mem sampurna ninna aura madhya bhaga vayu se bhara jate haim, isalie yaha tinom mem sabase achchha hai | tathapi shvasana ka sabase achchha tarika taba hoga jaba phephada़om ke upari, madhya aura ninna bhaga vayu se bhare hote haim | yaha pranayama shvasana kahalata hai | yaha pratyeka koshika aura mansa-peshi sahita, pure shvasana tantra ko sakriya rakhata hai | bahuta se loga apane munha se sansa lete haim, visheshatah bolate samaya | adatana, bahuta se loga sote samaya apani naka se sansa lena bhula jate haim | yaha adata niyantrita ki jani chahie | shvasana ke apane tarikom para adhika dhyana dijie | dhyana dem aura dekhem ki apaka bachcha kaise sansa leta hai |  
yadi vaha eka uchita adata uparjita karata hai to vaha ise apane jivana bhara rakhega | bahuta se bachche apane munha se sansa lete haim | unaki vriddhi kama ho jaegi, aura thairaॉyada uchita prakara se kama nahim karegi | unako kharaba gale aura taॉnsila ki samasyaem ho jaengi| edanaॉyada munha se sansa lene ka karana pratita hota hai, lekina yaha isake viparita hai yadi hama apane bachchom ko sahi shvasana sikhate haim to unaka edanaॉyada niyantrita kiya ja sakata hai | naka sabhi rakshatmaka yuktiyom se susajjita hai |  
vayu jise hama sansa lete haim, vaha dhula ke kanom aura chhote kitom ko nikalane ke lie naka ke balom dvara chhani jati hai | age phephada़om mem pahunchane se pahale jaba vayu ghumavadara patha se gujarati hai, yadi bahuta thandi hai, to yaha garma ki jati hai, aura yadi yaha bahuta garama hai to thandi ki jati hai, aura isa prakara yaha adhika anukula banai jati hai | hamara shvasana, jitana hama kara sakate haim, ina jaharili gaisom se bachane ke lie parivartita hota hai | edanaॉyada hanikaraka jivanu aura vishanuom se lada़ne ke lie hamari sahayata karata hai jo hamari sansa li isa vayu ke satha a jate haim |  
edanaॉyada upayogi haim, isalie jaba apako taॉnsilaitisa hota hai to unako katavane ke lie jaldabaja़i mata kijie kyonki aksara taॉnsilom ko hatae jane ke bada bhi kharaba gale ki shikayata bani rahati hai | aba hamem vishvasa ho gaya hai ki taॉnsila upayogi haim aura hamare rodhaka tantra ka eka bhaga haim jo hamem bimariyom se lada़ne mem sahayata kara rahi haim | shvasana ke sahi tarike ko sikhane mem hamem dhire-dhire age badha़na chahie aura apane apako adhika thakane se bachana chahie | kisi ki bhi chija़ atyadhikata kharaba hoti hai aura yadi pranayama ke abhyasa ke samaya hama aniyamita ya avyavasthita haim to bhi yaha sacha hai | gahare antahshvasana mem hama phephada़om ko phailakara madhyapata (dayaphrama) ko niche ki ora dhakelate haim | udara ke phailava ne vayu ko hamare phephada़om ke ninna bhaga mem pravesha karane ke lie prerita kiya | sunishchita hone ke lie apa apane hantha ki hatheli ko udara para rakhie aura sanchalana mahasusa kijie | purusha paenge ki yoga shvasana ka prathama charana kathina nahim hai |  
striyam jinhonne khela-kuda mem bhaga nahim liya hai ya vyayama nahim kiya hai ve ise kathina paengi |  
lekina ve sabra aura ichchha shakti se apani kathinai ko para kara lengi | yaha dhyana dena ruchikara hoga ki jo vyakti udariya shvasana nahim kara sakata hai usako pachana samasyaem haim, kabja़ aura striroga sambandhi gada़bada़iyam hoti haim | dusare charana mem hama madhya shvasana ko samavishta karane ki koshisha karate haim | hama apani ninna pasaliyom ko aura chhati ke madhya bhaga ko phailate haim jisase ki thoda़a thoda़a karake vayu madhya chhati mem pravahita hoti hai | tisare charana mem antah shvasana ke samaya chhati ka pura phulava karate haim | apa vishvasa karenge ki chhati ke phulava dvara pure antah shvasana ke bada aura sansa andara le sakate haim | yaha phephada़om ko sahara dega aura upari phephada़om ko vayu se bharane mem sahayata karega |   
abhyasa mem hama bina rukavata ke eka kriya kalapa se dusari mem dhire se chale jate haim | eka ora se dekhane para, yogi shvasana udara ke upara ki ora se eka taranga ki taraha ki kriya kalapa dikhati hai |  
bahya shvasana ke samaya, usi krama mem naka se eka dhimi layatmaka vidhi mem usi prakara se karem |  
pahale hama udara mem khinchate haim, ninna pasaliyom ko eka satha dabate haim aura antatah hama hansali aura kandhom ko niche karate haim | bahya shvasana ke samaya, hama udara aura pasaliyom ko eka satha isa stara taka dabate haim ki bahuta thoda़i vayu pichhe shesha raha jae | pranayama ke isa sabase asana rupa ka abhyasa, achchha ho ki khali peta mem subaha aura shama karem | ise pratidina eka minata karane se shuru karem aura dhire-dhire isa samaya ko pancha minata taka badha़aem | aba apa gahare yoga shvasana mem jane ke lie taiyara haim | yaha shvasana sardi aura khasi ki pratirodhakata badha़ane mem sahayata karega, aura yadi apa shvasanali shotha se grasta haim to yaha sahayata karega | jivanu ka virodha karane ke lie eka achchha svastha phephada़a utaka vikasita karega | eka hina manogranthi vale ya eka aparadha bhavana vale lada़ke aura lada़kiyam apani chhati ko eka satha dabate hue apane kandhom ko age khinchane ki ora pravritta hote haim | yaha eka kharaba adata hai aura yaha bedhangi mudra unake phephada़om mem kama ऑksija़na jane deti hai | khinche hue kandhom vale aise bachchom mem kama vriddhi aura kharaba svastha hone ki sambhavana hoti hai | bahuta se mamalom mem halki shvasana ki adata ko parivartita karake bahuta sara sudhara prapta kiya ja sakata hai | gahare shvasana se adhika ऑksijana phephaड़om taka pahunchata hai| jaba ऑksijana rakta vahiniyom dvara pravahita hoti hai to adhika ऑksijana hamare sharira ke vibhinna angom taka pahunchegi aura unaki karya pranali ko behatara banaegi| hridaya svastha hoga aura apaka bachcha adhika phurtila aura srijanashila banega| vyayama ke daurana bhi shvasana kriya baढ़ti hai aura ऑksijana apurti mem vriddhi hoti hai parantu kasarata karate samaya mansa peshiyom dvara yaha upabhukta ho jati hai| yoga shvasana ke daurana hama phira bhi isa atirikta urja ko ekatrita kara pranashakti ko baढ़ate hai| hama bina thakavata ke lambi avadhi taka karya kara sakate haim|*