

DAILY PRACTICES

A word of warning

All those who meditate by sitting in only one position for long periods of time will have digestion trouble, clogging of the blood, constipation, trouble in the spinal cord and pain in the joints of the leg. For them it is prescribed to follow a few Asanas and breathing exercises as indicated in the Morning Meditation Scheme. In Meditation complete metabolism retards, so it is to be counter acted by suitable yogic postures and breathing practices.

In short half an hour is more than enough to go into Samadhi and come back after Pratyahar (flow of Sushumna).

Our first aim will be to create the flow of Sushumna (Pratyahar) before starting meditation. For this purpose we use a few important postures and breathing exercises, They are :

Posture Exercises:

1.	Soorya Namaskar	5 rounds	2 minutes
2.	Sabasana		1 minutes
3.	Supta Vajrasana		1 minutes
4.	Paschimottasana	7 times	2 minutes
5.	Shashankasana		4 minutes
6.	Veepareetkarni		3-5 minutes
7.	Matsyasana		3 minutes
8.	Maha Bandha		3-5 minutes
9.	Agnisar Kriya		3-5 minutes

Breathing Exercise

1.	Bhastrika (charging breathing)
2.	Kapal-Bhatt (cleansing breathing)
3.	Ujjayi (psychic breathing)
4.	Bhramari (vibrating breathing)
5.	Sheetali (cooling breathing)
6.	Sheetakari (cooling breathing)
7.	Nadishodhana (alternate breathing)
8.	Nasikagra (looking at the tip of the nose and watching the breathing).

Out of this lot, one should choose a few exercises for oneself, which are appropriate for bilateral breathing. We suggest numbers 1, 2, 3, 4, 5, posture exercises and 1 & 3 of the breathing exercises. Feel the flow of bilateral breathing (Sushumna) flow.