

## **SUN SPIRIT 6 MONTHS HEALING INITIATION FOR MEN**

### BREATHING ENERGETIC PRACTICES

#### **UNIT 1**

##### **Bhramari**

Block your ears with your fingers, breathe gently, keeping your mouth and eyes closed. Breathe in slowly and during the breath out make a gentle "M" sound from your throat.

##### **Surya Bheda (only in the morning)**

Bring your index and middle finger at the level of your third eye. Block your left nostril, practice 9 sharp breaths in through right nostril with slow breaths out still from the right nostril. At the end of the 9 times take a slow breath in through the nose and a long breath out.

Repeat this 3 times.

##### **Nadi shodhana**

Alternate nostril breathing, bring your index and middle finger at the level of your third eye. Starting from the right nostril. Gently breathe in. Hold a couple of second at the top at the level of your third eye. Breathe out through the left. Hold a couple of seconds. Breathe in through the left. Hold again at the top. Breathe out through the right. Hold couple of seconds.

Repeat this cycle 4 times.

##### **1st chakra practice**

- Sit and bring your hands on your knees with hands facing the ground.
- After some slow breaths bring your attention at the base of your body while perceiving the presence of roots going down in the ground, as you will become similar to a plant or a tree. Keep this attitude until you can recall a sense of relaxed heaviness, as if our body feels attracted to the ground.
- Bring your attention to a point about 50cm above your head. Your awareness will try to perceive a white sphere.
- Now invite the presence of this sphere slowly within us as it proceeds towards the base of the spine, so that it can fill with its radiance the base of our body.
- Breathe in really gently, now perceiving the white radiance becoming a spiral moving on itself. When this perception become stabilised you can activate this spiral so that while you exhale you can feel it moving faster and when you breathe in become slow again.
- The spiral rotates from the anterior part of the chakra to the posterior part of it.
- Repeat this last phase of inhaling and exhaling for 7 times while taking little pauses to breathe normally between each cycle.

##### **AUM Chanting**

- Seated in the classic position of meditation bring your awareness to the breath and try to sense it at the base of your body. As you breathe gently start to feel a channel that connect the base of your body with the centre of your brain. As you breathe take the time to sense this channel. Is it open or a bit occluded? When you feel ready chant 7 times the syllables "AUM". Try to lengthen the final "M" sound.