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BREATHING TECHNIQUES

Excerpts from: *Meditation* by Sri Chinmoy

Becoming aware of your breath

Proper breathing is very important in meditation.

When breathing, try to breathe in as slowly and quietly as possible, so that if somebody placed a tiny thread in front of your nose, it would not move at all. And when you breathe out, try to breathe out even more slowly than when you breathed in. If possible, leave a short pause between the end of your first exhalation and the beginning of your second inhalation.

Breathing in peace and joy

The first thing that you have to think of when breathing is purity. When you breathe in, if you can feel that the breath is coming directly from God, from Purity itself, then your breath can easily be purified.

Then each time you breathe in, try to feel that you are bringing into your body peace, infinite peace. The opposite of peace is restlessness. When you breathe out, try to feel that you are expelling the restlessness within you and also the restlessness that you see all around you. When you breathe this way, you will find restlessness leaving you.

After practicing this for a few times, please try to feel that you are breathing in power from the universe. And when you exhale, feel that all your fear is coming out of your body. After doing this a few times, try to feel that what you are breathing in is joy, infinite joy, and what you are breathing out is sorrow, suffering and melancholy.

Cosmic energy

Feel that you are breathing in not air but cosmic energy. Feel that tremendous cosmic energy is entering into you with each breath and that you are going to use it to purify your body, vital, mind and heart. Feel that there is not a single place in your body that is not being occupied by the flow of cosmic energy. It is flowing like a river inside you, washing and purifying your whole being. Then, when you start to breathe out, feel that you are breathing out all the rubbish inside you – all your undivine thoughts, obscure ideas and impure actions. Anything inside your system that you call undivine, anything that you do not want to claim as your own, feel that you are exhaling...