

Master's Degree Course Study Modules

VOLUME 2



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BREATHING TO A SPECIFIC AREA

***THIS METHOD TAKES YOU ONE STEP FURTHER.
YOU CONCENTRATE ON ONE SPECIAL PROBLEM AREA.***

- ▶ This method takes you one step further. You concentrate on one special problem area.
- ▶ This technique can be utilized anywhere, not only while you are flat on your back. You can be driving to work, talking with someone over the phone, etc.
- ▶ Start with the basic rhythmic breathing.
- ▶ Then, inhale Prana.
- ▶ **When you exhale, send this Prana to the area that is causing you pain or discomfort.**
 - For example, if you have pain in your chest, inhale and think, while you are holding, that you are directing this Prana to the chest area that is full of pain, stimulating the area and energizing it.
 - When exhaling, think that you are driving out the pain, driving it entirely out of your body.
- ▶ Do this cycle for three breaths.

BREATHING FOR CIRCULATION

THIS THIRD TECHNIQUE IS BENEFICIAL IF YOU HAVE POOR CIRCULATION.

- ▶ This third technique is beneficial if you have poor circulation.
- ▶ Start with rhythmic breathing.
- ▶ Then, inhale Prana. Hold the breath while thinking that you are going to be exhaling the energy of blood.

- ▶ Drive it down to the fingertips and to the toes, increasing the circulation and flow of blood throughout the body.
 - ▶ **This technique works well for thawing cold toes in the morning – it really works!** If your toes are cold, it means that your blood is not circulating well to that part of your body; the area is not receiving energy and, consequently, the vital life force is being cut off.
 - ▶ This is a very simple way to increase the circulation. It is merely a matter of using your subconscious mind to work for you.
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BREATHING FOR ENERGY – THE BREATH OF FIRE

THIS FOURTH BREATHING FORM IS USED FOR RECHARGING ONESELF WITH ENERGY.

- This fourth breathing form is used for recharging oneself with energy.

When you feel tired, low in energy, and want to stimulate your body to create new energy, use this technique.

- **It works more effectively than almost anything I've seen – including vitamins – to GENERATE QUICK ENERGY.**
- **It is a matter of using breath to charge your body.**
 - ▶ This is achieved by rapidly breathing in and breathing out the Prana.
 - ▶ It is called the “breath of fire,” because as you do this breathing, you begin to feel like you are on fire. You can actually feel the energy radiating from you.
 - ▶ You inhale as deeply as you can, and then exhale – both through the nose.
 - ▶ Do this very rapidly, and you will direct energy throughout your whole being.
 - ▶ The more intensely you do this, the more you will feel the effects.
 - ▶ Don't be afraid of using this technique. You will get as much out of it as you put into it.

You are going to find yourself completely cleansed and energized after applying the Breath of Fire method -- HOWEVER, YOU MUST START SLOWLY.

At first, only practice the Breath of Fire for two minutes. Later, you can extend it to five minutes. I must caution you, however, NOT TO OVERDO IT.

- If you are not careful to follow these guidelines, you might faint. You could overcharge your system, short-circuit it and black out.
 - This will not happen, however, if you start slowly, and allow your body to become used to this fantastic technique. It is a powerful way to start the day.
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BREATHING FOR BALANCE AND HARMONY – THE YOGA BREATH

THIS FIFTH FORM OF BREATHING IS VERY EFFECTIVE FOR BRINGING THE BODY INTO BALANCE SO THAT THE WHOLE BEING CAN WORK IN HARMONY.

- ▶ This fifth form of breathing is very effective for bringing the body into balance so that the whole being can work in harmony.
 - ▶ It is extremely simple and can be practiced anywhere at any time of the day. You will find that the effects are tremendous.
 - ▶ Hold your left nostril closed and breathe in through the right nostril. Hold for one second.
 - ▶ Then close off your right nostril and breathe out through the left nostril.
 - ▶ Now, breathe in through the left nostril; hold for one second and breathe out through the right nostril.
 - ▶ If you do this for five minutes, you will find yourself in a peaceful, calm state, totally in tune with yourself. This is an extremely beneficial technique.
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GENERAL BREATHING TREATMENT FOR HEALTH AND WELL-BEING

- We can see that with the above techniques, we have learned how to:
 - **Inhibit Pain**
 - **Direct Circulation**
 - **Recharge The Body**
 - **Do Alternate Breathing**
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- **We will now combine those methods into ONE GENERAL TREATMENT we can use for ourselves, or for teaching others, for the improvement of their health and well-being.**
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- First, lie down and relax as you establish a rhythmic breathing pattern, using Prana for stimulation and/or driving out pain.
- Direct the circulation with your mind, *filling your whole body with this Prana energy.*
- Try to feel, as you breathe in, that you are not just breathing through your nose. **Feel that every single part of your body is drawing in Prana.** Feel that you are breathing through your hands, your bones, your head, and that your entire body – not just your nose – is drawing in air.
- Then, as you exhale, picture that the exhalation is not just through your nose, but that **your whole body is sending out any negative force it may have contained.**
- **You are being stimulated by this energy that you are drawing into every single pore of your body. Practice this until you feel that your entire being is charged with energy.**
- **After this has been established, concentrate on sending this Prana into each of the seven psychic (vital energy) centers of the body.**
 - ▶ These are called the chakras, a Hindu term (*see Volume I of the Masters Degree Modules for more details on the chakras.*)
 - ▶ The chakras are located at the base of the spine, the spleen, the navel, the heart, the throat, the forehead (Third Eye), and the crown center.
- End the treatment with a sweep of the entire body with the energy you have accumulated. At this point, you should be sitting up straight.
- You will find this to be a very helpful and beneficial general treatment.

THIS TREATMENT ALSO SENDS THE KUNDALINI ENERGY UP FROM THE BASE OF THE SPINE; THAT IS SPIRITUAL ENERGY, RISING AND FILLING YOUR ENTIRE BEING.

- This treatment also sends the kundalini energy up from the base of the spine; that is spiritual energy, rising and filling your entire being.
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