

## PRANAYAMA

### *Surya Bhedan Pranayama*

Sit in Padmasana. Place the first two fingers of your right hand on the middle of the eyebrow and close the left nostril with the third finger.

Inhale deeply and quickly through your right nostril.

Now close the right nostril also with your thumb and do Antar Kumbhaka (internal retention of the breath).

Now throw the breath out slowly during this Pranayama. Do it five times.

Try to increase the duration of the Antar Kumbhaka: first do it for half a minute, then increase to 2-3 minutes.

The centre of Dhyana in this Pranayama should be Manipoora Chakra (solar plexus)

### *Benefits and Limitation*

- ✓ This is a Pranayama as well as a technique of arousing the Kundalini Shakti. Surya Bhedan aims at piercing and arousing the Pingaia Nadi.
- ✓ This arouses that part of the brain which is the source of Purusha Shakti. In other words, this Pranayama arouses and increases the latent powers of a person.
- ✓ It provides heat to the body and purifies blood. Its regular practice increases the red corpuscles in the blood significantly, and provides relief in the dreadful disease of leprosy.
- ✓ It invigorates the mind and increases will power.
- ✓ Do not practice Bhastrika and Surya Bhedan Pranayama in summer.