

Breath awareness

Begin by relaxing the body.

There are three primary types of breath awareness:

Seeing the breath

Hearing the breath

Feeling the breath

Try spending a few minutes using each of these breath awareness techniques.

As you lie on the floor begin to visualize white light entering through the nostrils, traveling down the body and filling the abdomen, filling the lungs. Watching it flow back out of the lungs, abdomen, and nostrils. Just watch the body breathe. Spend a few moments using this technique.

Listen to your body. As you lie on the floor listen for any sounds that the body makes as you simply inhale and exhale. Perhaps your breath is nasally or maybe your stomach gurgles as you inhale. Listen for any sounds that your body makes as you simply inhale and exhale. Spend a few moments using this technique.

Feel your body breathe. As you lie on the floor feel the cool dry air pass through your nostrils drying the back of your throat. Feel your abdomen expand, your lower back expand, and your lungs expand. Feel the lungs contract, the lower back contract, and the stomach contract, the air coming out of your nostrils, warmer and moister. Feel all the sensation you can as you breathe in and out. Spend a few moments using this technique.

More than likely one of these techniques felt more natural than the others. Maybe you have excellent visualization skills or you breathe noisily. Whichever feels most comfortable to you, use that technique whenever you begin Pranayama.