

Kundalini Yoga Corner: *Pranayam for Clarity in the Midst of a Storm*

Here's a breathing exercise that you can do almost anywhere, anytime, especially if you just experienced a situation where you lost perspective of what you need to do from a caring and loving place.

Inhale long and powerfully through the left nostril, blocking the right nostril with a finger. Exhale long and powerfully through the right nostril, blocking the left nostril with a finger. Continue for 5 minutes.

This works extremely well and quickly and engages your neutral mind to see more clearly. Inhaling through the left nostril engages your creative right brain, and stops engaging the left analytical brain. It is calming.

The neutral mind is the gift of Yogis. Prior to Yogis, we knew of the ability to discern to see potential. The ability to discern is related to the negative mind, and the ability to see potential is related to the positive (or divine) mind. With the negative and positive minds, we can think up a list of pros and cons when we don't know what decision to make, or how to see available options. The negative mind will be cautious, the positive mind enthusiastic. Both have short lived energy to carry you through any worthwhile journey, and either one can be off balance. They give us the experience of a roller coaster of emotions and arguments. The neutral mind has the ability to look at the negative and positive minds' inputs and remain neutral as a good mediator would be. The neutral mind does not argue with either the negative or the positive minds. It takes in the information and lets it settle, until a solution that is win-win for all involved is found.

Yogi Bhajan once commented that the early forms of yoga were systematized 100,000 years ago. There were reformulated in later cultures at 80,000, 40,000, and 10,000 years ago, and they are being reformulated now. The neutral mind came to my awareness when I found myself between my mother and Lillian. My mother, a devout catholic, felt very uncomfortable with Lillian's outspoken defense of feminist right. My mother and Lillian both felt I owed my alliance to each one. I learned right then that there was another path. I listened to then and noticed that the argument about feminism was superficial; the argument was really about mother and daughter-in-law dynamics. This was almost 20 years ago. I did not know about yoga back then.

The Pranayam, or breathing technique described above is one that I use regularly because it's so easy to react both in and to situations. But reacting never feels really satisfying. A few weeks ago, at a time when I felt bombarded by a situation, and others around me, I started the breath. Within five minutes, I no longer felt pressured. Instead, I wanted to talk to everyone involved and ask them questions about their decision, potential consequences and what might be best. My own sense of power and integrity were unscathed.

- With Awtar Singh

Try it! Try this Yogic breathing technique and let us know how it affects you. Write to us at contact@NaturesWisdom.us



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Yoga Alliance.

As a spiritual teacher Luc is called to give presentations in and outside of Rochester. He wants to create a self-sustaining community which is materially and spiritually balanced, and where everyone's gifts are appreciated and counted on. His unique blend of healing and spiritual counseling brings to his students and clients the clarity and self-love that helps them move forward on their path.

Luc has a Ph.D. in biostatistics and worked in academia and then the pharmaceutical industry for over 10 years. He has been a writer/columnist for the Rochester based health magazine Nature's Wisdom since its inception in 2003.