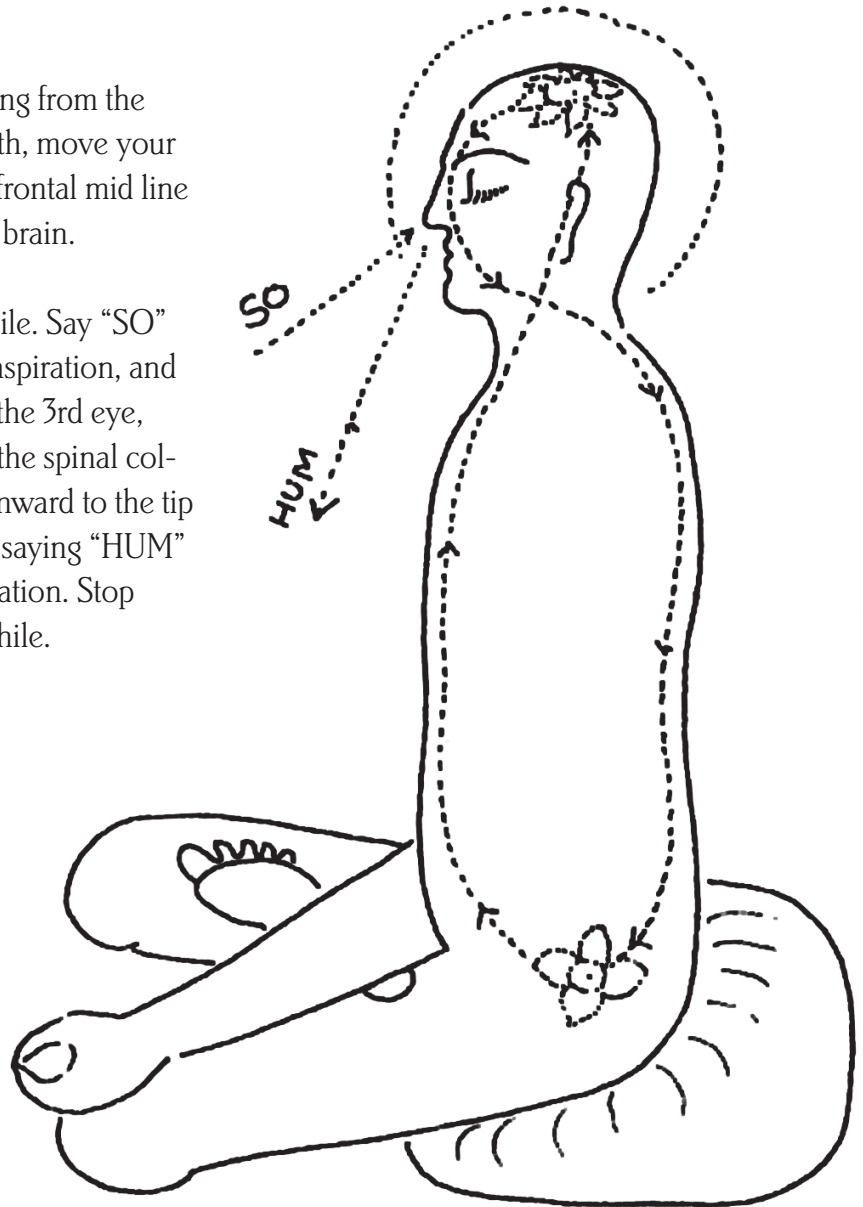


“SO-HUM” KRIYA BREATHING

Feel that you are inhaling from the anus, follow the breath, move your awareness along the frontal mid line to the center of the brain.

Stop there for a while. Say “SO” along the whole inspiration, and exhale down to the 3rd eye, then go back to the spinal column move downward to the tip of the tail bone saying “HUM” along the exhalation. Stop there for a while.



Dr. Vasant Lad