

LA870 960411 Dog Breath, the enhanced intuition

Eyes: Open. Set your body perfectly still, and stare straight ahead. Feel like a lion.

Mouth: **Open your mouth, stretch your tongue all the way out, and begin a panting breath through the open mouth. This breath is called “Dog Pranayam.” Really pump the navel as you do the breath -- the hammer effect from the navel to the tongue should be very strong.**

Time: 11 minutes.

End: Two times - Inhale, keeping the eyes open, tongue very far out. Hold 15 seconds. Cannon fire the breath out. Then a third time: Inhale deep, deep, deep, exhale all out, and hold it out for the count of 11 (15 seconds).

Relax, by breathing in and out hard through the nose (not the mouth!) for a couple of minutes to normalize yourself.

Comments/Effects: This breath opens up a part of the brain which can give a person certain sensitivities and enhanced intuition. It is a panting type breath that dogs do which enables them able to hear high frequency sounds and have the sensitivity to feel when earthquakes are coming. You'll start seeing, reading things differently if you do this exercise at home. You can hear the unheard. It will also help to eliminate weakness. In addition, this breath is said to get rid of viral diseases. **audio kriya**



[Tej Kaur's Research – Conscious Communication]