



Clarity of Thought (Expanding the Lung Capacity)

1 exercise 18 min - 18 min *LOT Archives*

This kriya expands and purifies the lungs. The greater the lung capacity, the greater is the intake of oxygen. In turn this allows the blood to be more effectively cleaned, allowing for a greater resistance to disease. Cleaner and more oxygenated blood helps the brain and other organs work better. Practice this kriya on an empty stomach.

1. Expanding the Lung Capacity

Comments: *"If you can keep the ribcage forward during both inhale and exhale, your lungs can have a powerful reaction. You can purify the entire material which is stuck there. Otherwise we don't have any procedure to clean lungs. Everybody can talk about it, nobody can do it. This is one procedure you can do...Now you have to basically understand our body is based on prana and prana do enter our body through the breath of life. Air is not prana. Air is the medium for prana. Some people think air is the prana. No, air is the medium for prana and because of this graceful medium we live and God has made lungs if you look at them, they are like two big mangoes hanging with one cord. Biggest, biggest organ in the body. Purpose is to clean the air, take out of it the pranic energy and the oxygen both. Pranic energy and the oxygen both. Oxygen purifies the blood, gives back to its red corpuscles. The prana gives the life. All movements in the body are because of the prana. If oxygen can only do it, then every problem is solved. Then all we can do is put a cylinder of oxygen at the back of a person, he will live. No. It doesn't work that way...The contact of the cosmic body, which we call the subtle body or auric body, all these name exist, with the physical body is very unique. But if your lungs capacity will shrink, the rate of oxygen you can take in will shrink. Therefore, clean blood will be less. Less clean blood will expose you to infections." –Yogi Bhajan*

Equal Breath Holds (15 minutes)

1. Sit straight in Easy Pose with the hands resting on the knees.
2. Pull the lower rib cage forward as far as possible, and keep it forward throughout. Do not lean.
3. Hold the head and neck in chin lock. Make the eyes 1/10th open.
4. Inhale deeply through the nose and hold the breath in. Then exhale completely through the mouth and hold the breath out.
5. Create your own rhythm, timing your breath in equal halves. First inhale-hold, then exhale-hold. Set a consistent maximum length duration based on your lung capacity.

To End

1. Inhale deep, then exhale.
2. Again inhale deep, then exhale.
3. Immediately begin the next part.

Breath of Fire (3 minutes)

1. Begin Breath of Fire.
2. Continue holding the posture, ribs forward, and breathe powerfully.

To End

1. Inhale, and relax.

Eye Focus 1/10th Open

Breath Breath Holds, Breath of Fire



