

## Ten-Stroke Breath to Experience the World Beyond

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Sit in Easy Pose with a straight spine. Split your fingers into a “V” so that the Mercury (pinkie) and Sun (ring) fingers are together and the Jupiter (index) and Saturn (middle) fingers are together. The thumbs spread away from the hand. The base of the hand is approximately at shoulder level with the palms facing forward. The hands and elbows are vertically aligned. Evenly press the shoulder blades together so that you keep inside edges of them parallel to each other. Look at the tip of your nose.



Inhale through the nose in ten equal strokes  
(about 2 strokes per second = 5 seconds for the inhalation).

Exhale through the nose in ten equal strokes  
(about 2 strokes per second = 5 seconds for the exhalation).

Practice time is 11-31 Minutes.

To Finish: Inhale, stretch your arms up over your head, and hold the breath 5-10 seconds as you stretch your spine upward. Exhale and repeat this breath sequence two more times. Give yourself plenty of time to relax and return to normal after practicing this kriya.

“Looking at the tip of your nose concentrates on and directs the optical nerve which is the nearest to the sensory system of the brain which thinks, imagines, and does. By splitting the fingers you are controlling both hemispheres of the brain. Separating the thumbs splits the ego.

“It creates a different state of consciousness to carry you through this confined, limited situation to a very unconfined situation. In this way you may know that beyond your world there is another world and you may start searching for that world.

“There is definitely a technique of the mind as there is a technique of the machinery. Within the human machinery, if the meditative mind can be achieved and used, mankind can bring all the happiness to itself.”



Side view of arm position.