

Cleansing (Alternate Nostril) Breath

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In this practice, the subtle core of the body is conceived of having a right and left channel along the central channel. This is a revised version of a traditional Yogic breathing practice.

Sit with your back straight, eyes open or closed. On your inhale, bring the breath in through the right nostril, down through the right channel, to the base of your torso. Hold the breath as long as you can without strain. On your exhale, bring the breath up through your left channel, and out your left nostril.

On your inhale, bring the breath in through the left nostril and down through the left channel to the base of your torso. Hold the breath as long as you can without strain. On your exhale, bring the breath up through the right channel and out the right nostril.

On your inhale, bring the breath through both nostrils, down through the central channel of the subtle core of your body to the base of your torso. Hold the breath as long as you can without strain. On your exhale, bring the breath up through the central channel and out through both nostrils.

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With eyes closed, whole body breathing. With eyes open, attune to Fundamental Consciousness pervading body and environment.