

Nadi Cleansing—"U" Breathing

Originally taught by Yogi Bhajan in 1969.

Sit in Easy Pose or Lotus Pose with a straight spine. When practicing this *pranayam*, be sure you have an empty stomach or have eaten very lightly.

EYE POSITION: Fix the eyelids 1/10th open and gently roll the eyes upward slightly to enhance your mental focus. Concentrate through the Brow Point. Relax the eyelids so they do not flutter.

MUDRA: Use the right hand to regulate the flow of breath through the nostrils. Block the right nostril with the thumb tip and the left nostril with the index finger. The index and thumb form the "U."

BREATH PATTERN: The ratio for the length of breathing is **1 (inhale): 4 (hold): 2 (exhale)**. Create the following breathing pattern:

Inhale through the left nostril. **(1)**

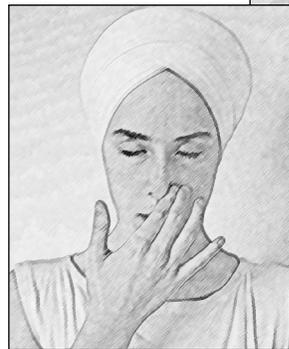
Hold the breath in. **(4)**

Exhale through the right nostril. **(2)**

Inhale through the right nostril. **(1)**

Hold the breath in. **(4)**

Exhale through the left nostril. **(2)**



MANTRA: This breath can be done without mantra. But rather than just counting the rhythm or the sound of the breath, mantra helps to maintain the rhythm and adds subtle benefits. You can use the Bij Mantra, *Sat Naam* or the Gur Mantra, *Wha-hay Guroo*. For example, on the inhale, repeat *Sat Naam* **8 times**. Hold as you vibrate, *Sat Naam* **32 times**. Then as you exhale, repeat *Sat Naam* **16 times**. Or you can use *SA TA NA MA*, inhaling to **1 cycle**, holding for **4 cycles**, exhaling for **2 cycles**.

VISUALIZATION: In addition to the breath ratio and the mantra, you can visualize the path of *prana*. Inhale and visualize light flowing down the side of the spine to the base of the spine, on the same side as the breath-in nostril. As you hold the breath in, feel and see the light swirling and growing, with increasing heat, in a cauldron at the base of the spine under the Navel Point. As you exhale, see the light travel up the other side of the spine and out the nostril to the Infinite.

TIME: Continue for **15-62 minutes**.

TO END: Sit in a deep meditation for a **few minutes**.

COMMENTS

This technique was given by Yogi Bhajan in an intensive training in 1969. It is a classical technique, which is referred to in the *Gheranda Samhita* as a "perfect cleanser." Yogi Bhajan explained that this is a purifying practice which, if done as a regular *sadhana*, "burns the karmas" of many lives. The karmas are coded in the structure of the aura, the flow patterns of the subtle *nadis*, and in the deep structure of the mental body. This breath creates a powerful neutral balance of *prana* and *apana* in the system and encourages the flow of kundalini into the central channel of the spine, the *sushmuna*. Every serious student should spend some time perfecting the benefits of this *kriya*.