

# 1. Instructions On Pranayama

2. Early morning sit for the Yogic practices. Practise Pranayama in a dry, well-ventilated room. Pranayama requires deep concentration and attention. Do not keep anyone by your side.
3. Before you sit for Pranayama practice, thoroughly clean the nostrils. When you finish the practice, take a cup of milk or light tiffin after 10 minutes.
4. Strictly avoid too much talking, eating, sleeping, mixing with friends.
5. Pranayama can also be performed as soon as you get up from bed and just before Japa and meditation. It will make your body light and you will enjoy the meditation. You must have a routine according to your convenience and time.
6. Do not shake the body unnecessarily. By shaking the body often the mind also is disturbed. Do not scratch the body every now and then. The Asana should be steady and as firm as a rock when you do Pranayama, Japa and meditation.
7. In all the exercises, repeat Rama, Siva, Gayatri, or any other Mantra, mere number or any other time-unit according to your inclination. Gayatri or OM is the best for Pranayama.
8. In the beginning you must observe some time-unit for Puraka, Kumbhaka and Rechaka. The time-unit and the proper ratio comes by itself when you do the Puraka, Kumbhaka and Rechaka as long as you can do them comfortably. When you have advanced in the practice, you need not count or keep any unit. You will be naturally established in the normal ratio through force of habit.

9. For some days in the beginning you must count the number and see how you progress. In the advanced stages, you need not distract the mind in counting. The lungs will tell you when you have finished the required number.
10. Do not perform the Pranayama till you are fatigued. There must be always joy and exhilaration of spirit during and after the practice. You should come out of the practice fully invigorated and refreshed. Do not bind yourself by too many rules (Niyamas).
11. Do not take bath immediately after Pranayama is over. Take rest for half an hour. If you get perspiration during the practice, do not wipe it with a towel. Rub it with your hand. Do not expose the body to the chill draughts of air when you perspire.
12. Always inhale and exhale very slowly. Do not make any sound. In Pranayamas like Bhastrika and Kapalabhati, you can produce a mild or the lowest possible sound.
13. You should not expect the benefits after doing it for 2 or 3 minutes only for a day or two. At least you must have 15 minutes' daily practice in the beginning regularly for days together. There will be no use if you jump from one exercise to another every day.
14. Patanjali does not lay much stress on the practice of different kinds of Pranayama. He mentions: "Exhale slowly, then inhale and retain the breath. You will get a steady and calm mind." It was only the Hatha Yogins who developed Pranayama as a science and who have mentioned various exercises to suit different persons.

15. A neophyte should do Puraka and Rechaka only without any Kumbhaka for some days. Take a long time to do Rechaka. The proportion for Puraka and Rechaka is 1:2.
16. Pranayama in its popular and preparatory form may be practised by everyone in any posture whatsoever, sitting or walking; and yet it is sure to show its benefits. For those who practise it in accordance with the prescribed methods, fructification will be rapid.
17. Gradually increase the period of Kumbhaka. Retain for 4 seconds in the first week, for 8 seconds in the second week and for 12 seconds in the third week and so on till you are able to retain the breath to your full capacity.
18. You must so nicely adjust the Puraka, Kumbhaka and Rechaka that you should not experience the feeling of suffocation or discomfort at any stage of Pranayama. You should never feel the necessity of catching hold of a few normal breaths between any two successive rounds. The duration of Puraka, Kumbhaka and Rechaka must be properly adjusted. Exercise due care and attention. Matters will turn out to be successful and easy.
19. You must not unnecessarily prolong the period of exhalation. If you prolong the time of Rechaka, the following inhalation will be done in a hurried manner and the rhythm will be disturbed. You must so carefully regulate the Puraka, Kumbhaka and Rechaka that you must be able to do with absolute comfort and care, not only of one Pranayama but also the full course or required rounds of Pranayama. I have to repeat this often. Experience and practice will make one perfect. Be steady. Another important factor is that you must have efficient control over the lungs at the end of Kumbhaka to enable you to do the Rechaka smoothly and in proportion with the Puraka.

# SEVEN DANGERS OF LIFE

## Don't Do's After Meal

### [Danger 1]

Don't smoke- Experiment from experts proves that smoking a cigarette after meal is comparable to smoking ten cigarettes (chances of cancer is higher).

### [Danger 2]

Don't eat fruits immediately - Immediately eating fruits after meals will cause stomach to be bloated with air. Therefore take fruit one to two hours after meal or one hour before meal.

### [Danger 3]

Don't drink tea - Because tea leaves contain a high content of acid. This substance will cause the Protein content in the food consumed to be hardened and thus difficult to digest.

### [Danger 4]

Don't loosen your belt - Loosening the belt after a meal will easily cause the intestine to be twisted and blocked.

### [Danger 5]

Don't bathe - Bathing will cause the increase of blood flow to the hands, legs & body thus the amount of blood around the stomach will therefore decrease. This will weaken the digestive system in our stomach.

### [Danger 6]

Don't walk about - People always say that after a meal walk a hundred steps and you will live to be ninety nine. In actual fact this is not true. Walking will cause the digestive system to be unable to absorb the nutrition from the food we intake.

### [Danger 7]

Don't sleep immediately - The food one intakes will not be able to digest properly. Thus will lead to gastric and infection in the intestine.