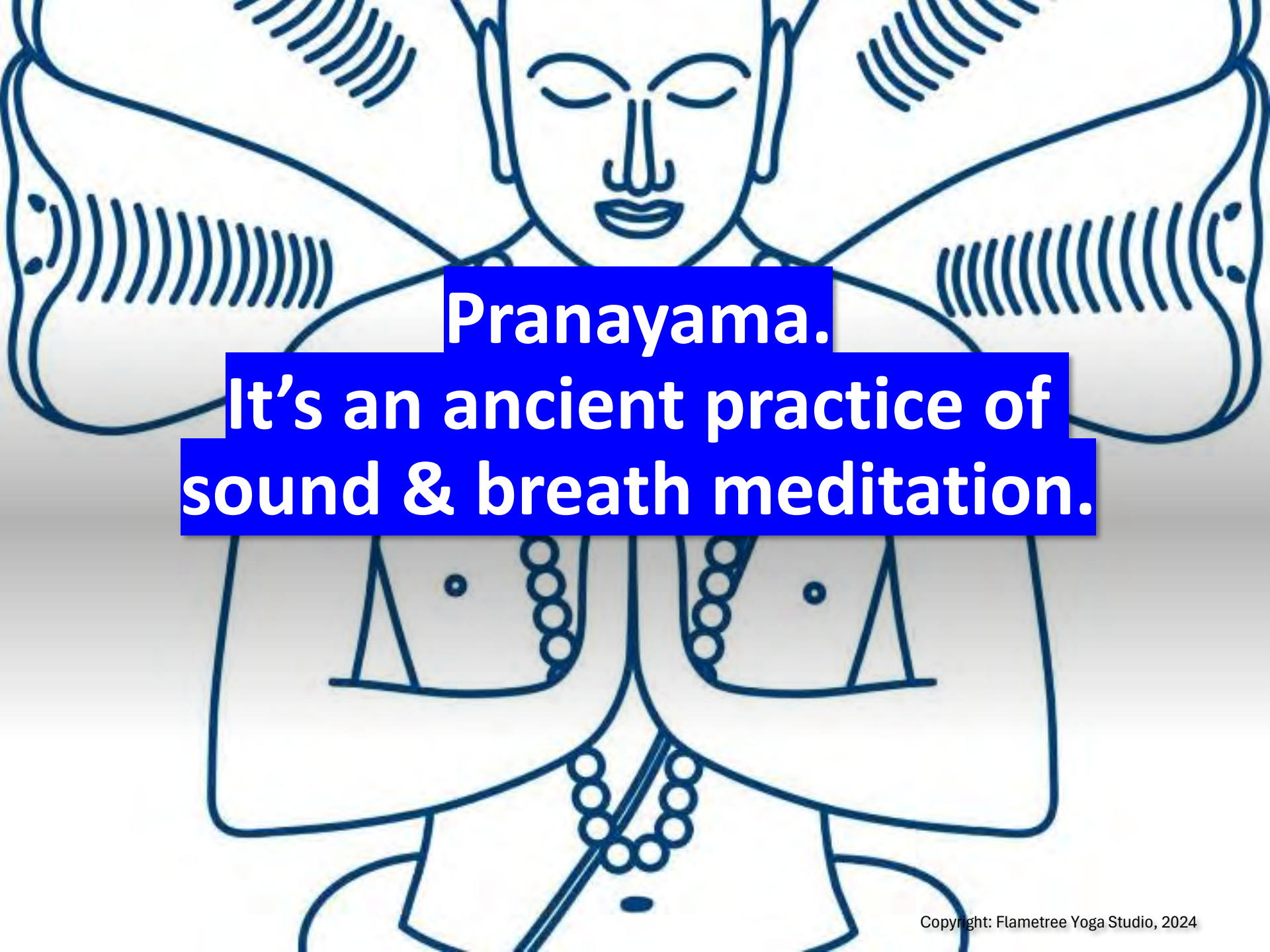


The background features a dark grey gradient with abstract, flowing lines in shades of green and blue. These lines originate from the left side and sweep across the frame, creating a sense of movement and depth. The lines are semi-transparent and layered, giving the impression of ethereal waves or energy fields.

**Why & How To Use Breath & Sound  
Meditation  
By  
Chris Lalor**

# Contents

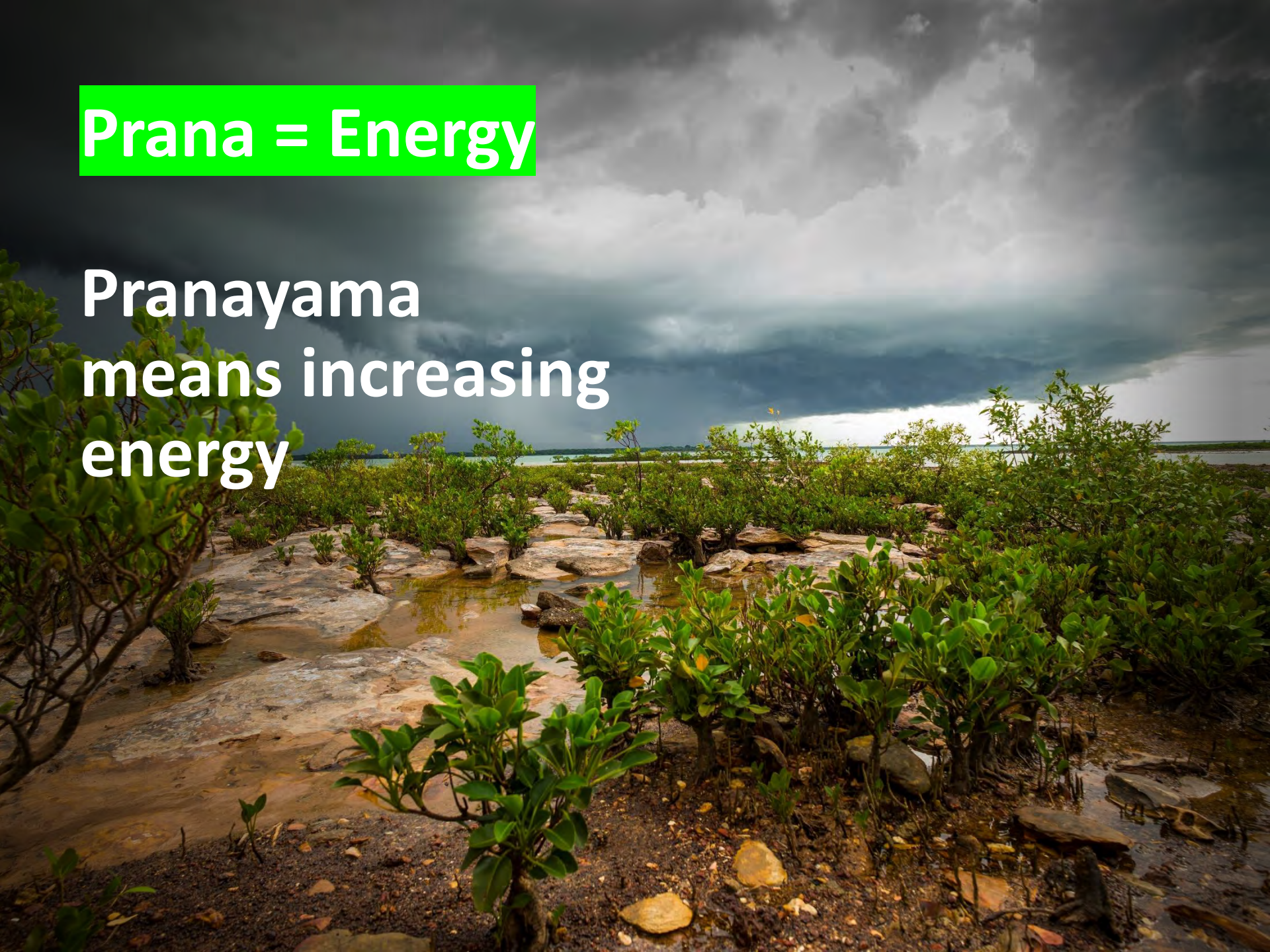
- Energy from sound & breath meditation
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A blue line-art illustration of a deity, likely Lord Venkateswara of Tirumala, with four arms. The top two arms hold veenas (musical instruments), and the bottom two arms hold mridangams (drums). The deity has a serene expression with closed eyes and a slight smile. The background is a light gray gradient.

**Pranayama.**  
**It's an ancient practice of  
sound & breath meditation.**

**Prana = Energy**

**Pranayama  
means increasing  
energy**



Energy from  
abdomen's  
energy "factory".

---





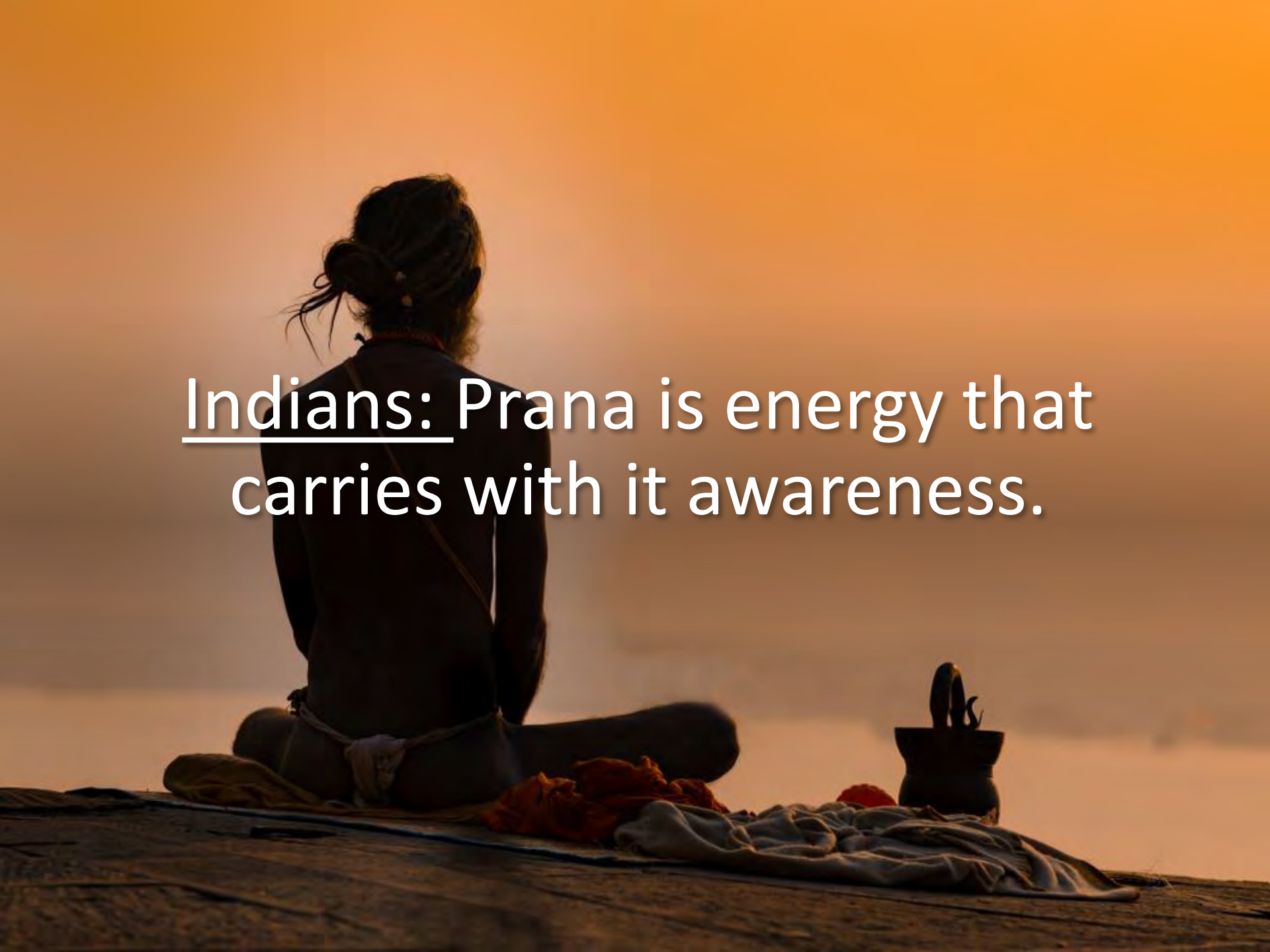
Helps your  
mind  
become  
clear and  
quiet



Ancient Chinese  
energy techniques:

Different direction  
from India...  
Chinese focused  
on everyday  
health.



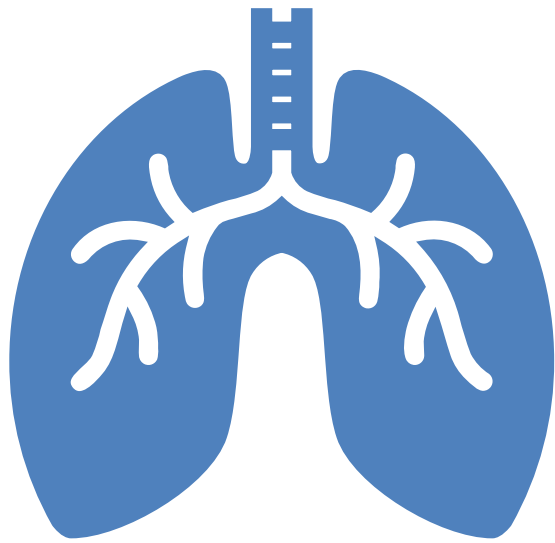
A person is shown from behind, sitting in a meditative posture on a mat on a wooden pier or dock. The person's hair is tied up, and they are wearing a dark top and light-colored bottoms. The background is a soft, golden sunset over a body of water. To the right of the person, there is a small black pot containing some items, possibly a water bottle and a small container. The overall atmosphere is peaceful and contemplative.

Indians: Prana is energy that carries with it awareness.



The background is black with several abstract elements: a large white circle with a thick orange border on the left; a smaller orange circle at the top right; a pink circle at the bottom left; a large pink circle at the bottom right; a white zigzag line on the left; and four white diagonal lines on the right.

**Indians:  
Exploring prana  
to alter  
consciousness**



In recent years, breath meditation has surged under the name **“Breathwork”**.

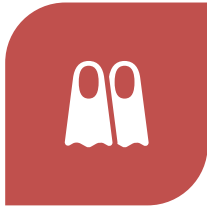


“Breathwork” is popular due to James Nestor’s research.



He showed importance of nose breathing... via blocking his nose (with silicon), for 10 days.

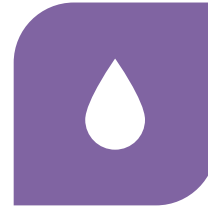
# Some impacts of blocking nose for 10 days



SNORING INCREASED  
4,820%



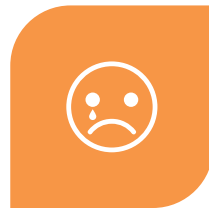
SUFFERED OBSTRUCTIVE  
SLEEP APNEA AT  
DANGEROUS LEVELS



LOST 40% MORE WATER  
FROM BODY



INSOMNIA



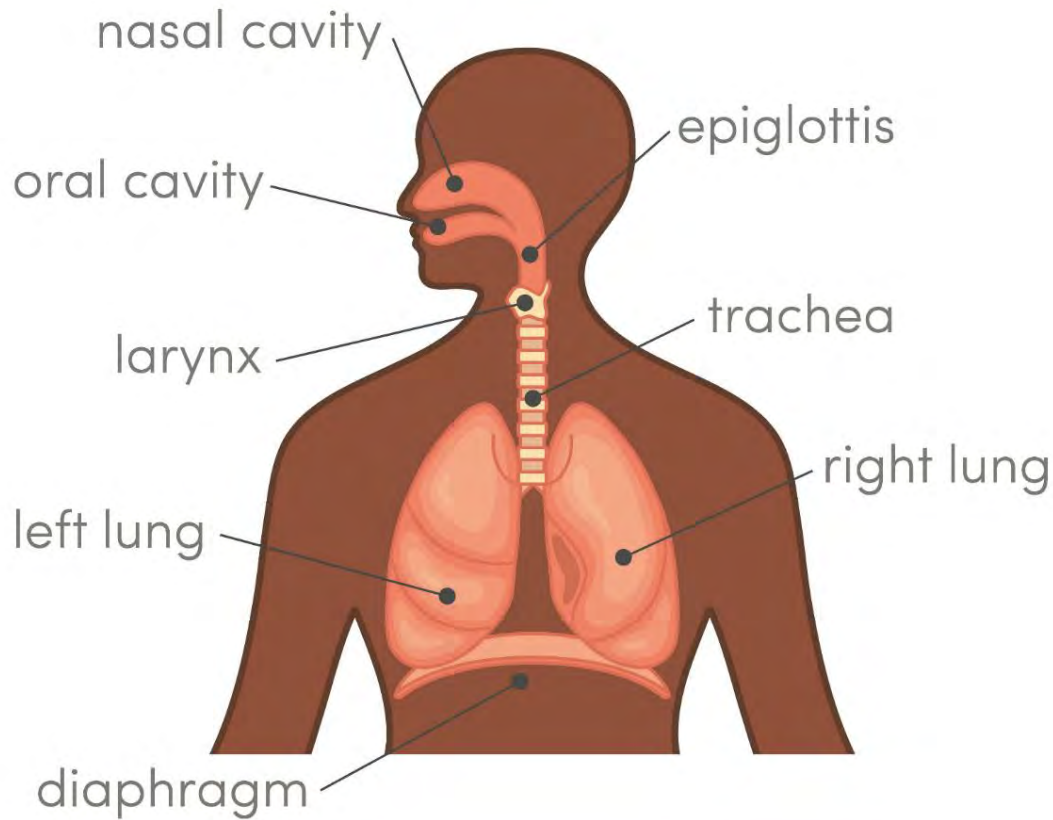
MOOD DISORDERS



SINUS HEADACHES

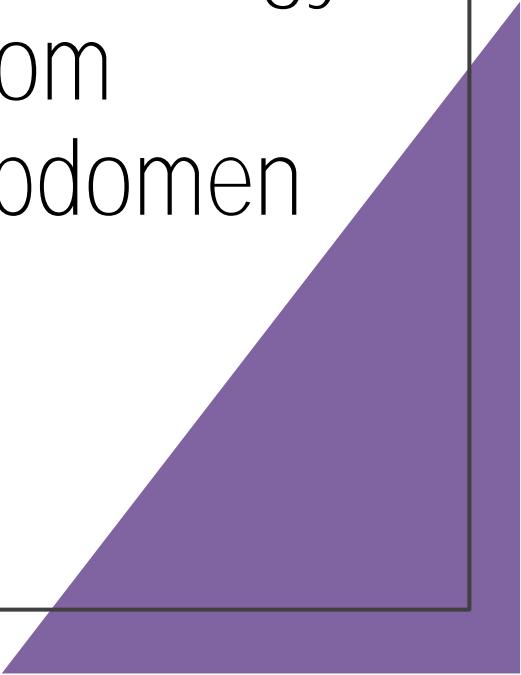
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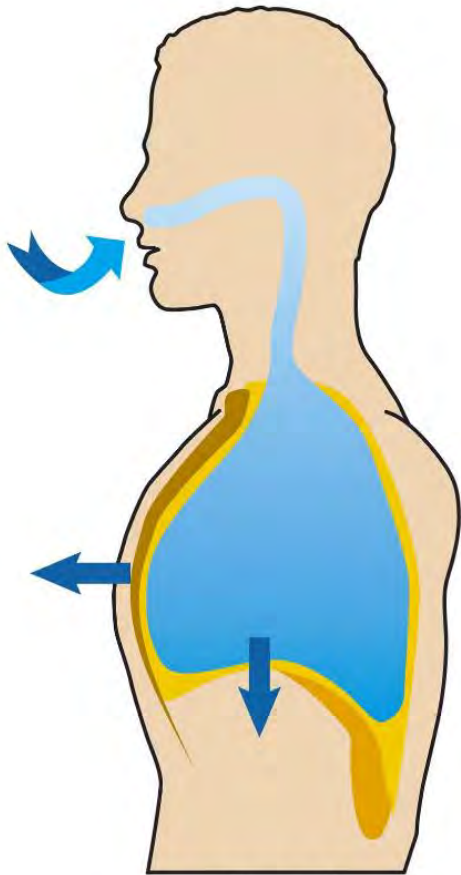


THE RESPIRATORY SYSTEM

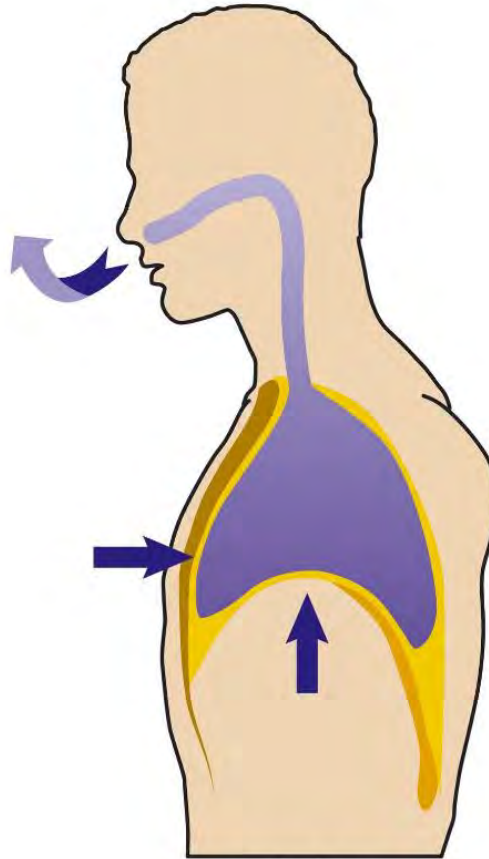
Using  
breath to  
get energy  
from  
abdomen



The movements of the chest during breathing.



Breath



Exhalation

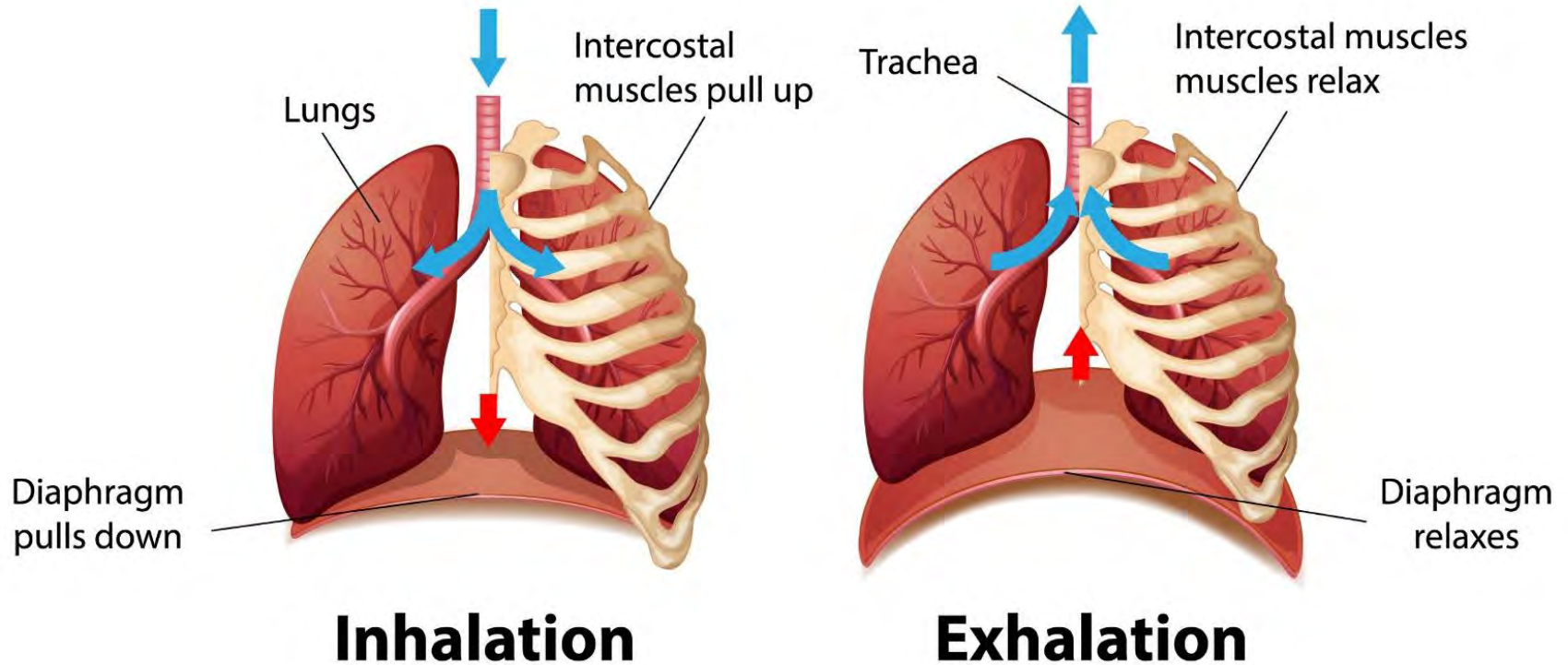
Inhalation:

**Diaphragm's**  
descent  
makes a  
vacuum



# Exhalation: diaphragm relaxes

## THE DIAPHRAGM FUNCTIONS IN BREATHING



Nostrils:

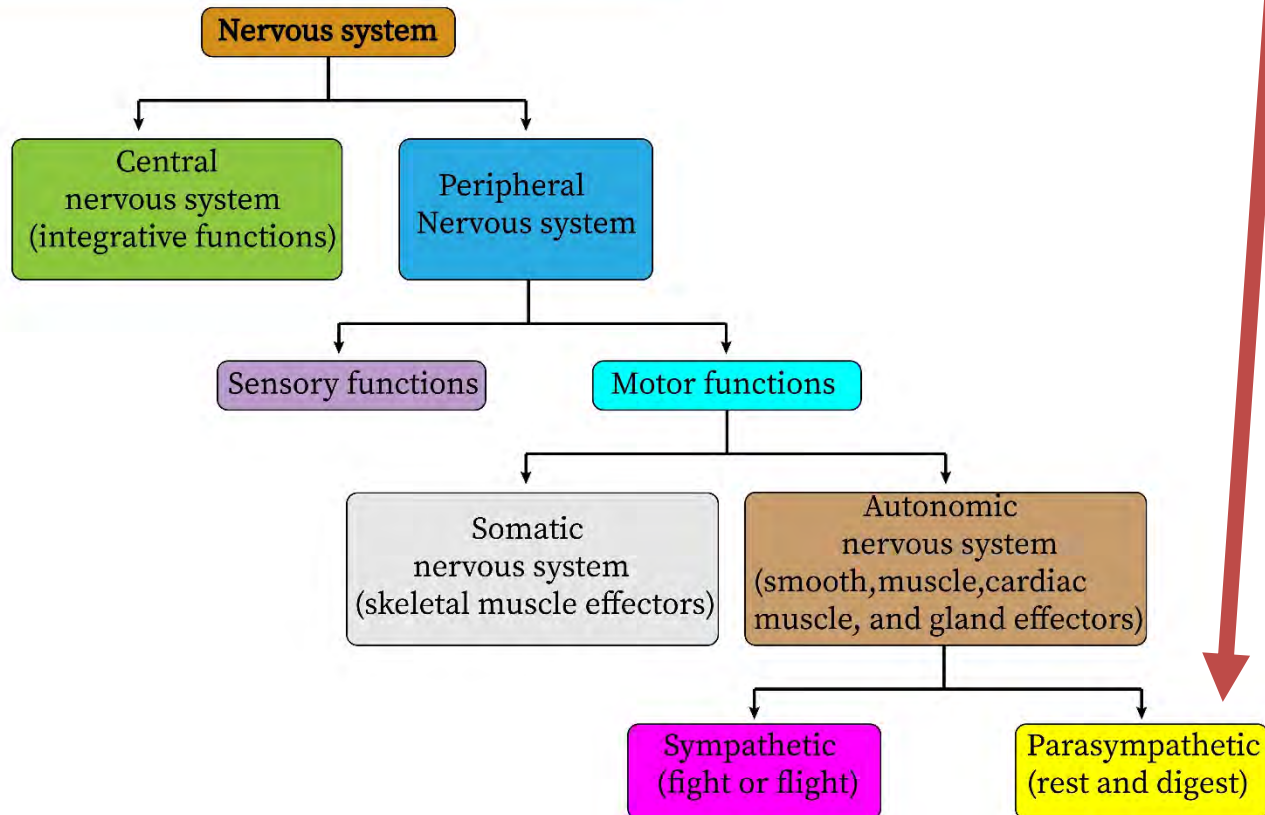
Right passage:  
heating &  
stimulating.

Left nostril:  
cools & soothes  
nervous system.



# Different parts of nervous system activated by different pranayama techniques

## subdivisions of the nervous system



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There are different  
pranayama techniques:  
for different effects



A woman with short grey hair is sitting on a red yoga mat in a studio. She is wearing a purple tank top and red leggings with a black floral pattern. She has her hands resting on her knees and is looking down with a slight smile. The background shows a patterned cushion and a blue and orange chair.

Practising pranayama  
slow and steady is best.

Strengthen lungs to deal  
with your life  
force...energy.

---



Start lying down in supported Savasana

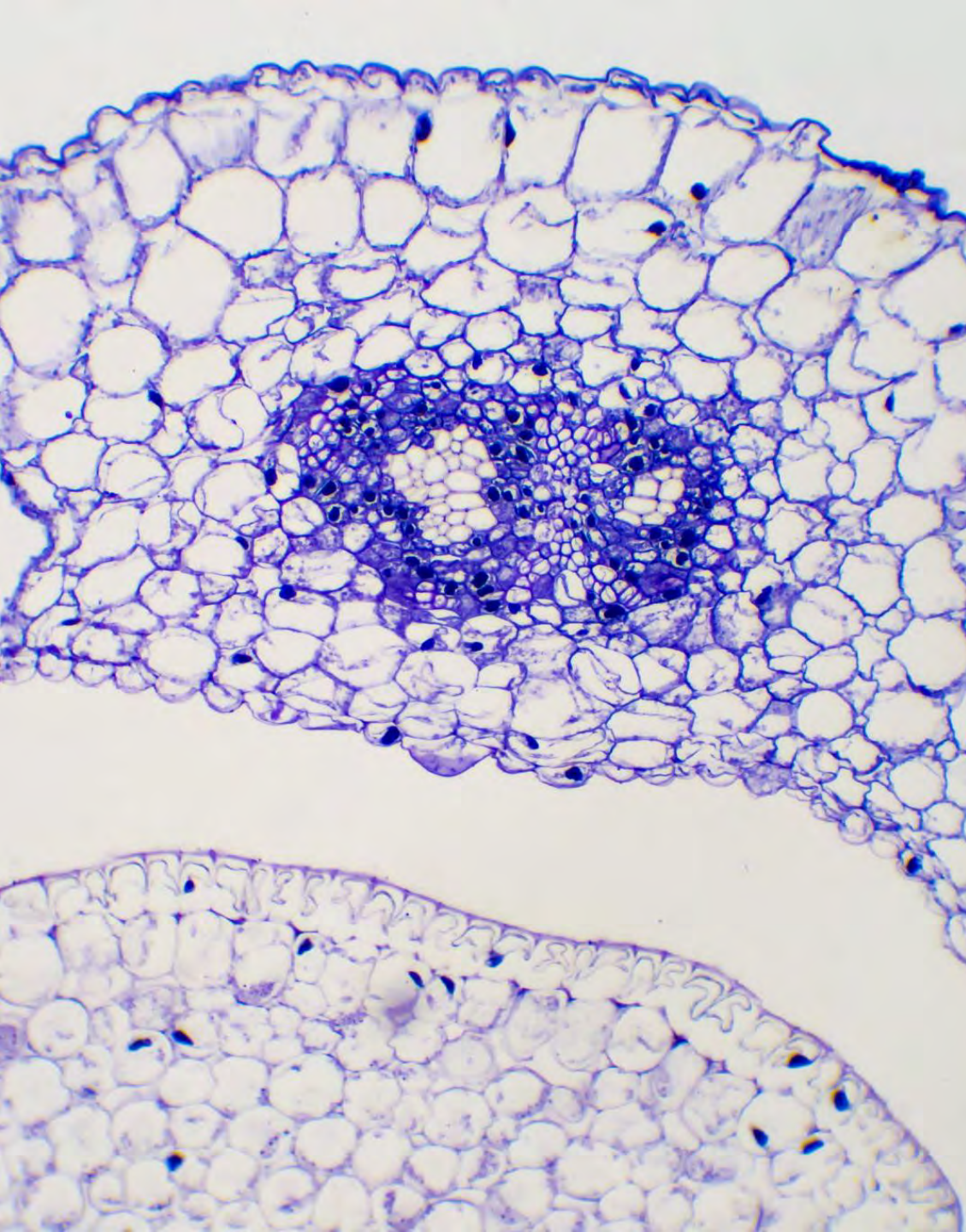


Blanket set up for chest lift, & abdominal quietening





When spine is stronger, & mind quieter, move to seated Pranayama too



Basic  
process:

Inhale.

Exhale.

Retain on  
each.

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## **Techniques to start with:**

**Ujjayi 1 – 4 (Ocean Breath)**

**Viloma 1 – 3  
(Staircase Breathing)**

**Bhramari (Bumble Bee Breath)**



Ujjayi 1 – Conscious observation of normal breath

Ujjayi 2 – deep exhalation, normal inhalation.

Ujjayi 3 – deep inhalation, normal exhalation.

Ujjayi 4 – deep inhalation & exhalation, with normal breath in-between.

Staircase  
Breathing:

Viloma 1 –

Interrupted  
inhalation, & then  
deep uninterrupted  
exhalation.

---



Viloma 2 –  
deep  
inhalation,  
followed by  
interrupted  
exhalation.

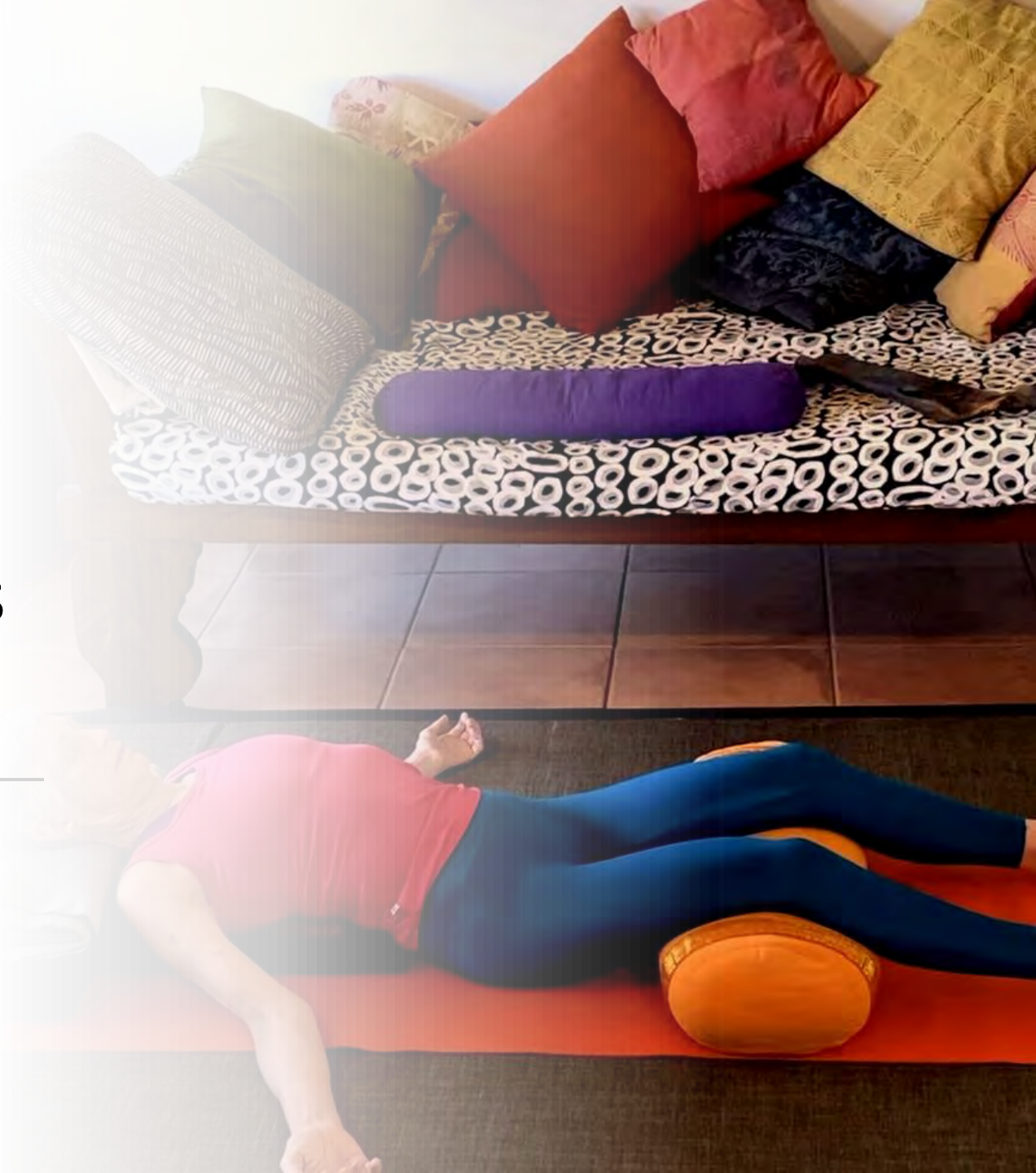
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## Viloma 3 –

combination  
of techniques  
1 & 2.

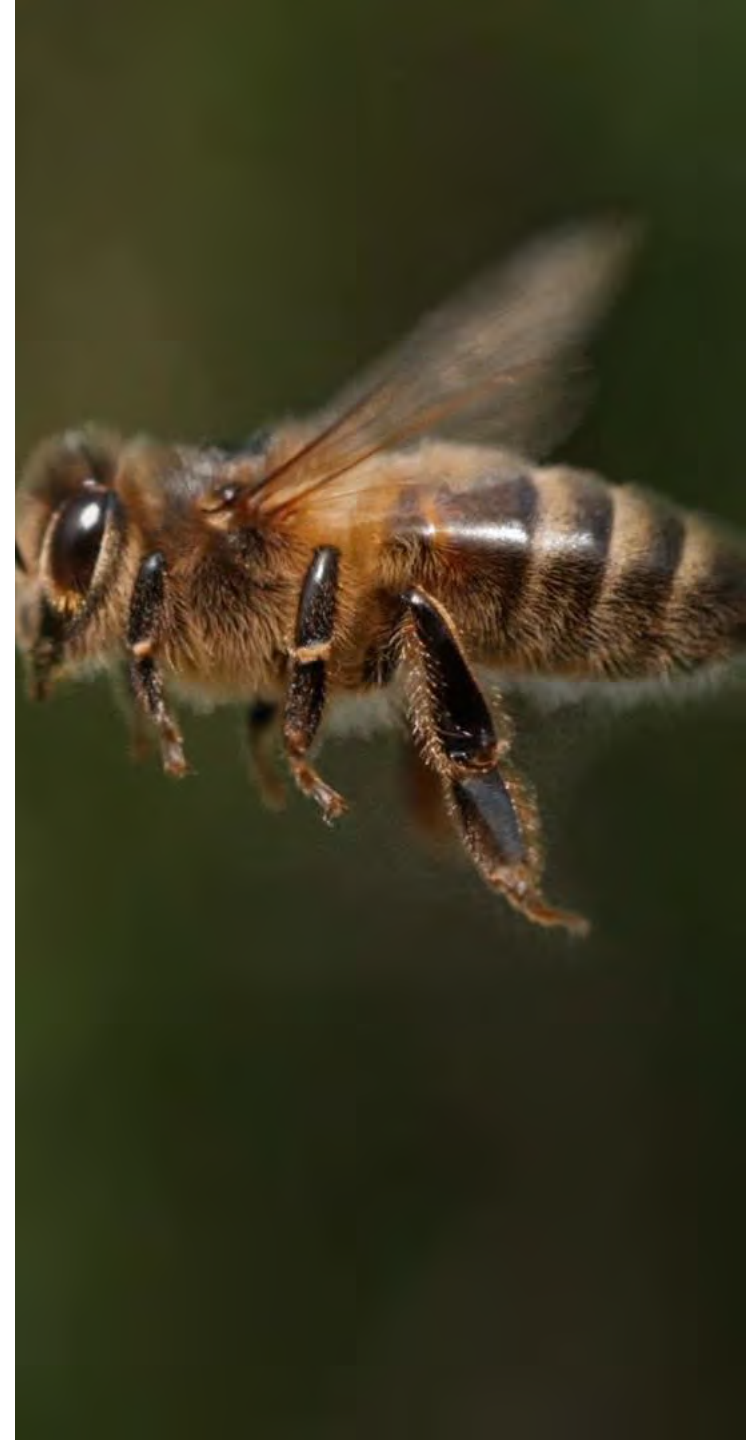
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# Bumble Bee Breath –

Normal inhalation,  
followed by deep  
humming exhalation.



—

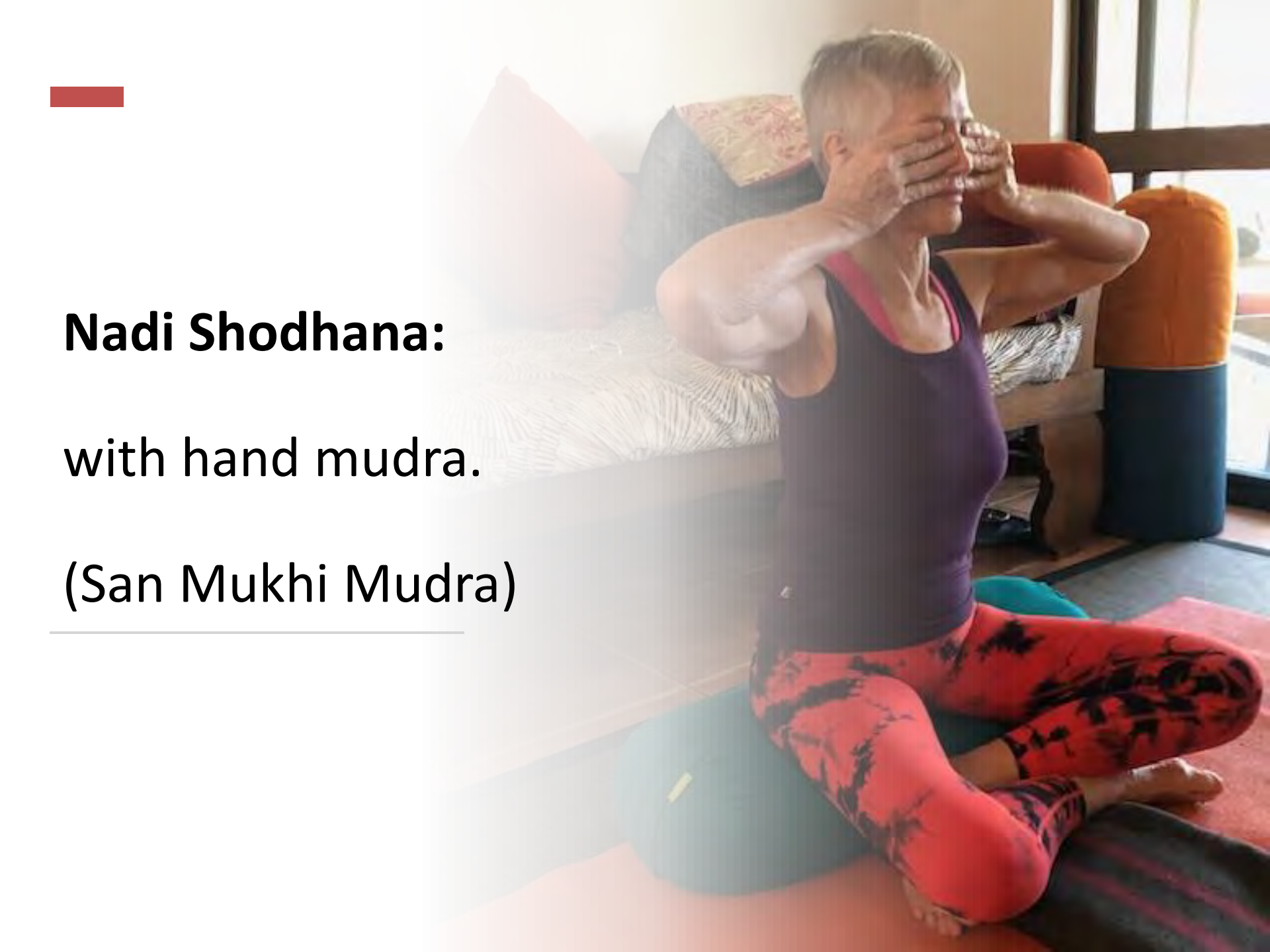
**Later:**

Alternate Nostril  
Breathing

(Nadi Shodhana)

---



A woman with short grey hair is sitting on a blue yoga mat on a wooden floor. She is wearing a purple tank top and red leggings with a black floral pattern. Her eyes are closed, and her hands are held up to her face in a mudra, with her fingers resting on her forehead. The background shows a living room with a sofa, pillows, and a window.

**Nadi Shodhana:**  
with hand mudra.  
(San Mukhi Mudra)

---

When the right and left nostrils work evenly together, energy flows up the spine.

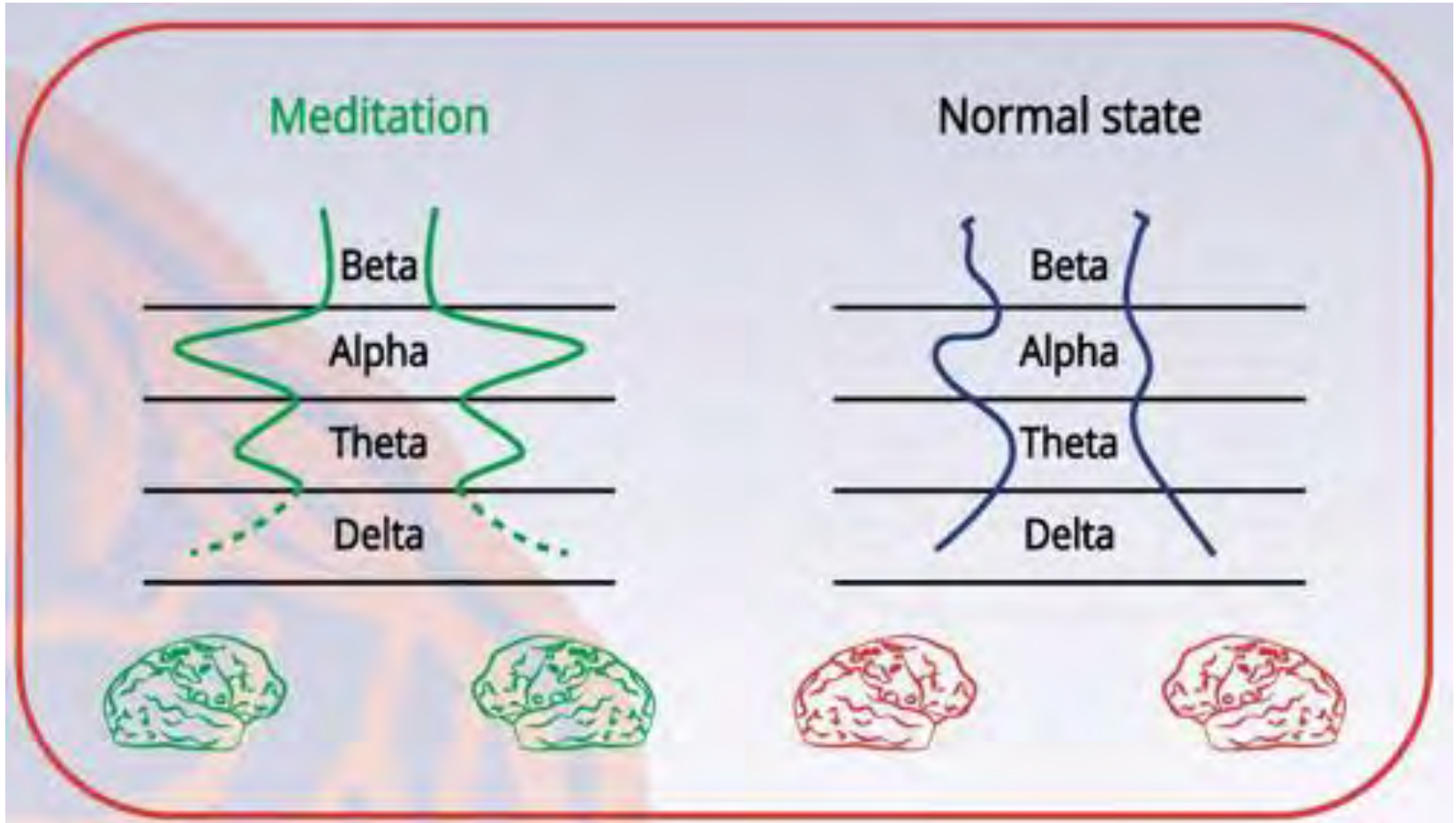
Brain becomes clear & calm.



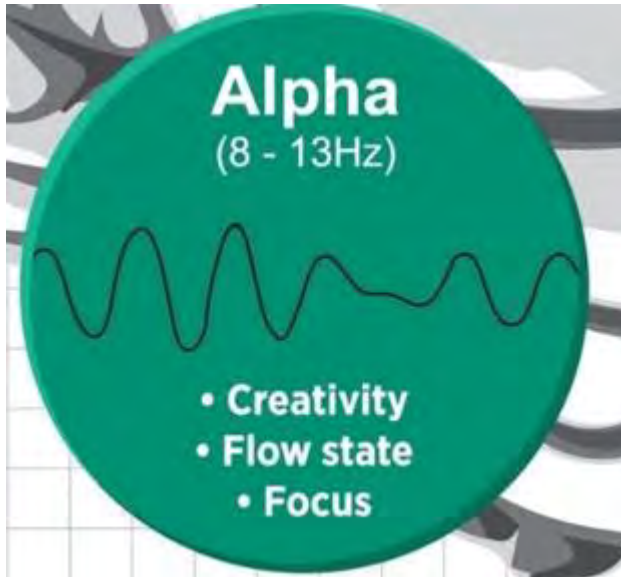
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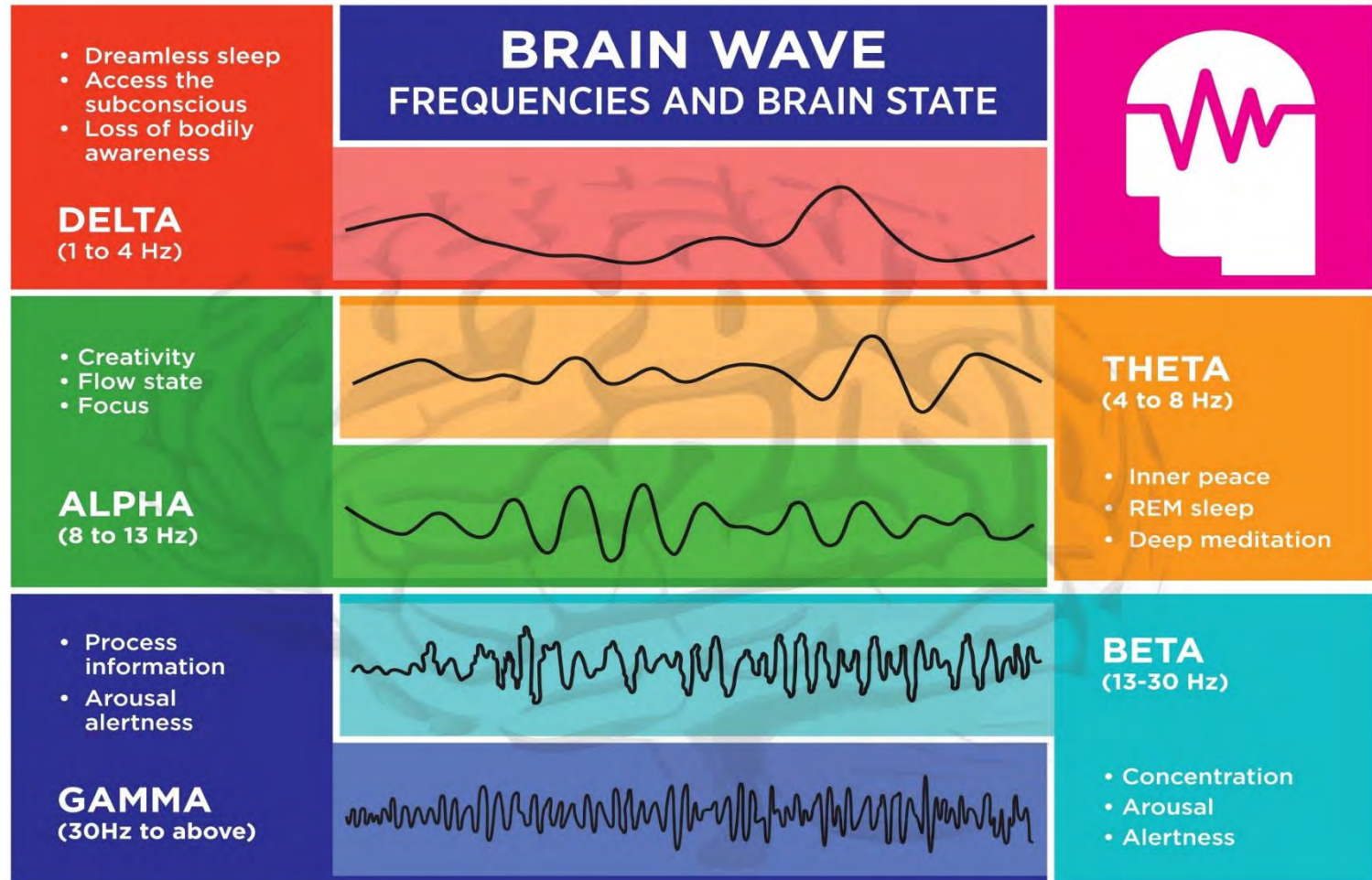
Via pranayama, Alpha & Theta brain waves increase.



# Some functions of Alpha & Theta waves

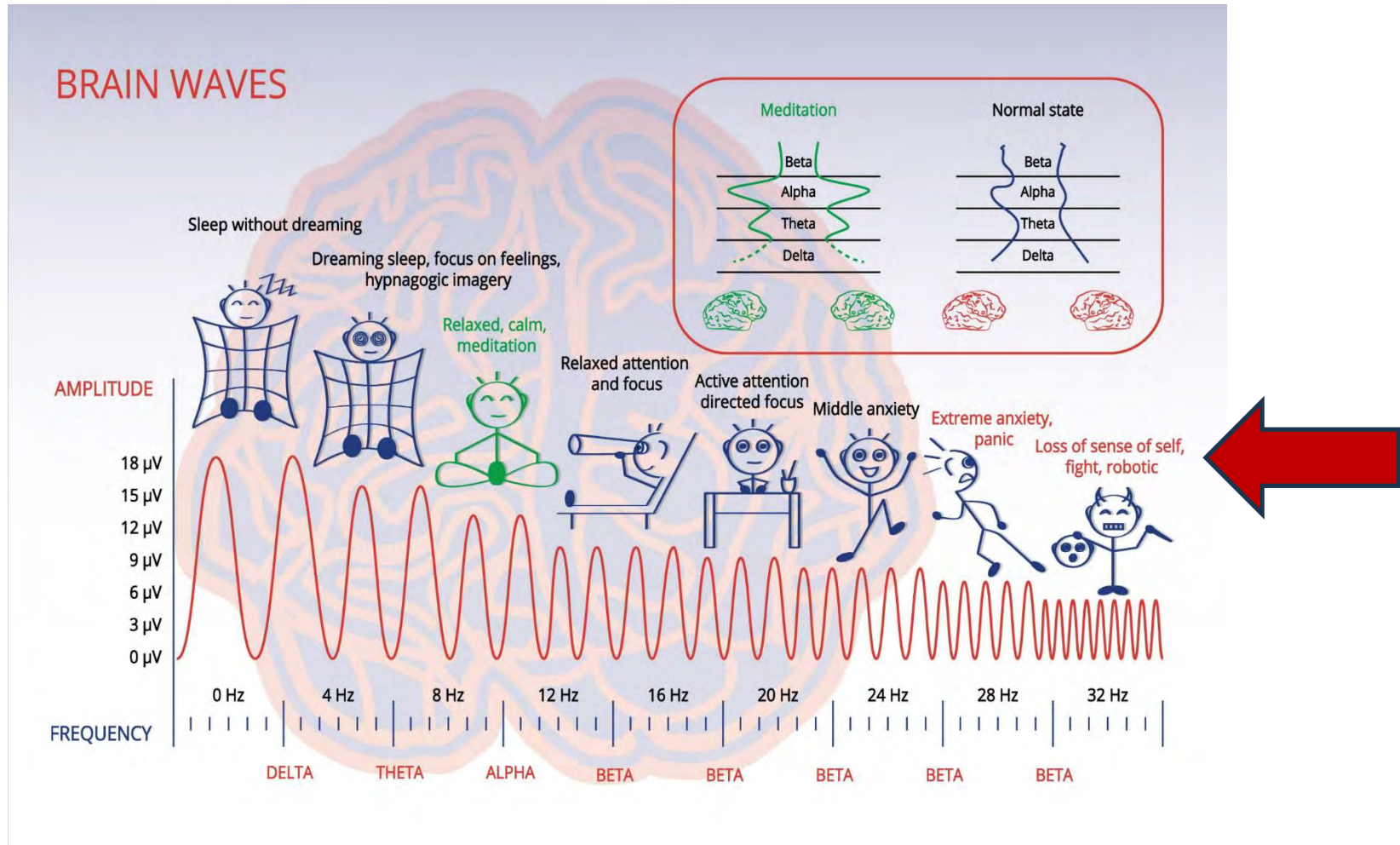


# Waves continue! But you alter the “mix”





# Some outcomes of too much beta waves (relatively speaking)

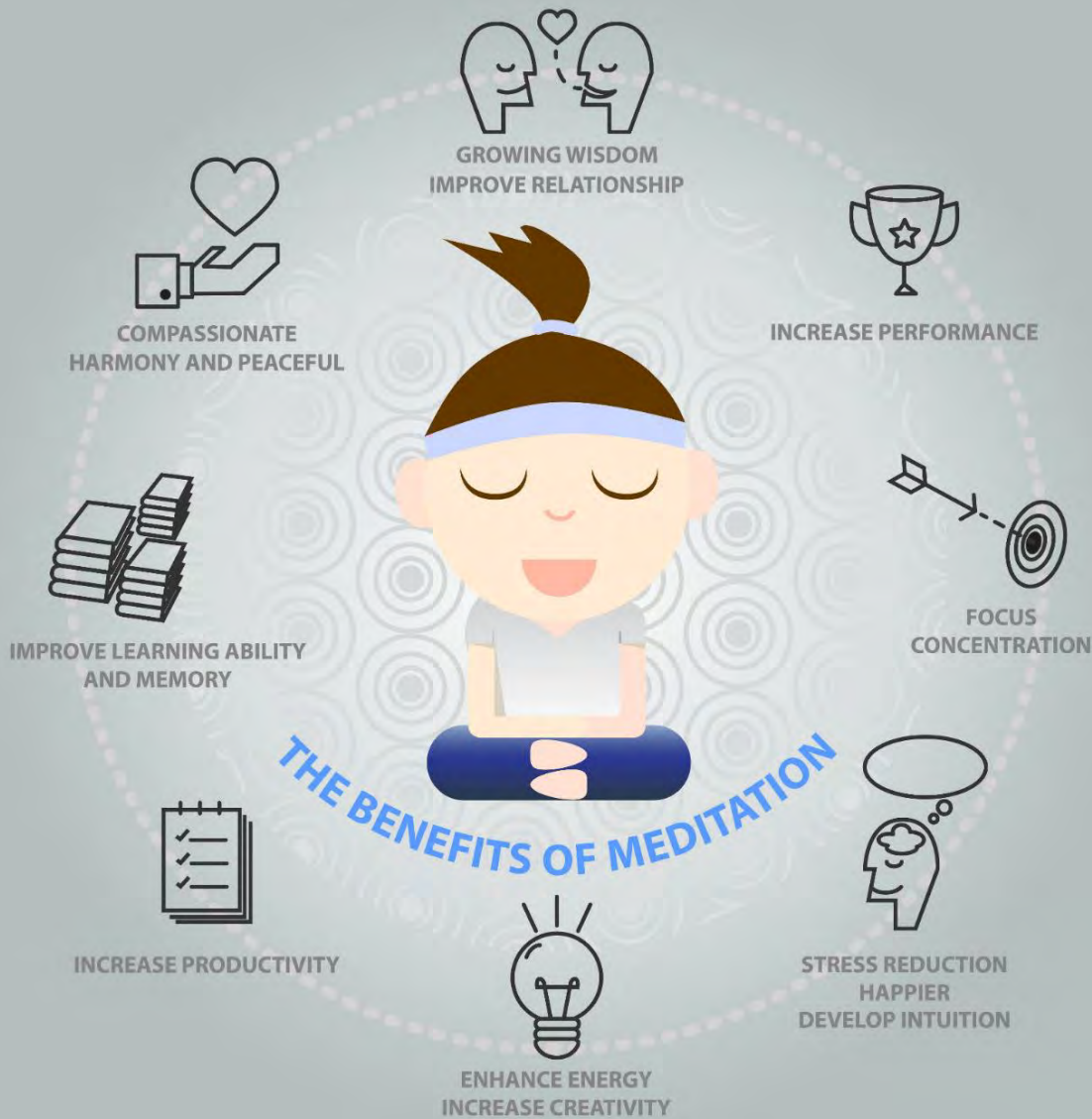


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# Mental, physical, & many other benefits





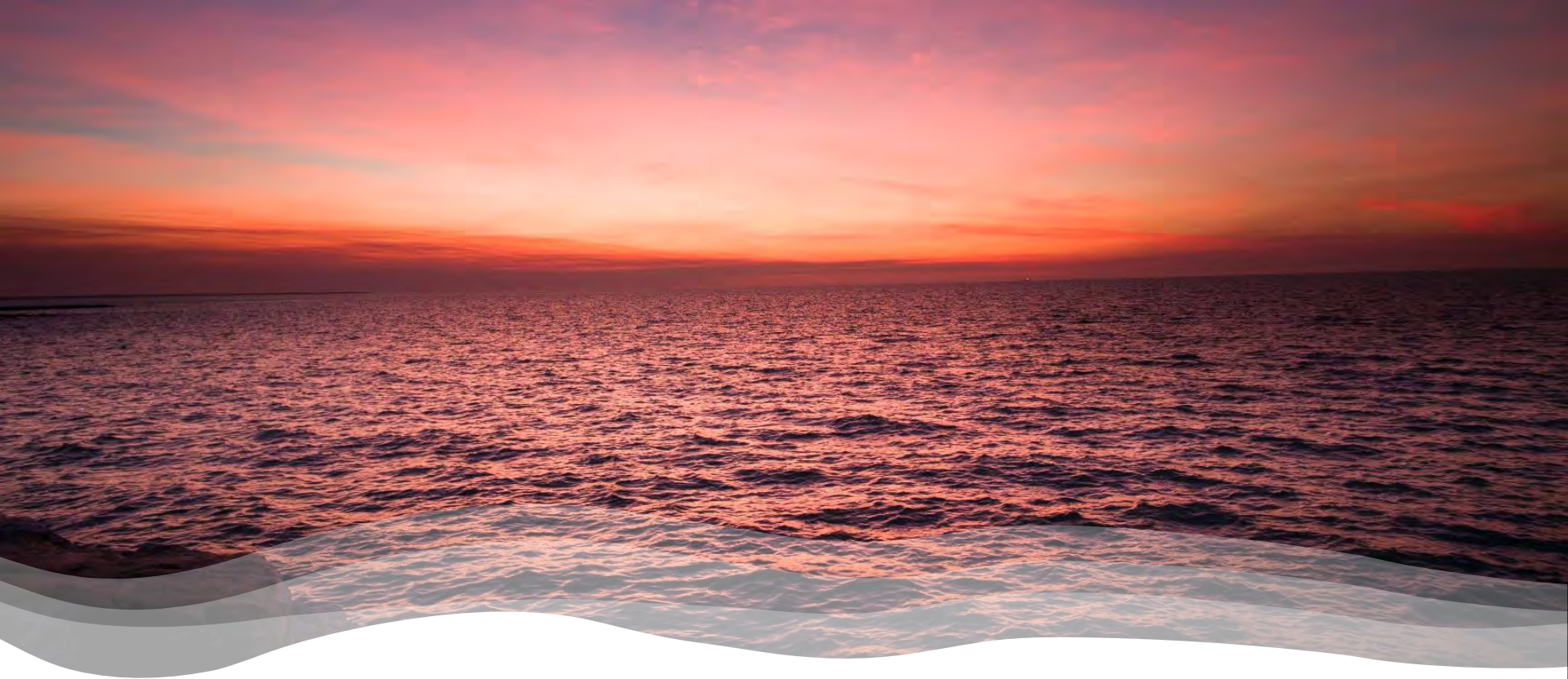
**Pranayama  
creates a  
meditative  
state**

## Even more benefits of meditation...

-  Reduces Stress
-  Controls Anxiety
-  Promotes Emotional Health
-  Enhances Self-Awareness
-  Lengthens Attention Span
-  Fights Addictions
-  Reduce Age Related Memory Loss
-  Improves Sleep
-  Helps Control Pain
-  Decreases Blood Pressure

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**Best times to practise:  
sunrise & sunset**



Why apply a chin lock?  
(Jalandhara Bandha).

To hold the heat /  
energy in chest with  
less impact on brain.





How long to wait after eating to practise Pranayama:

3-4 hours.

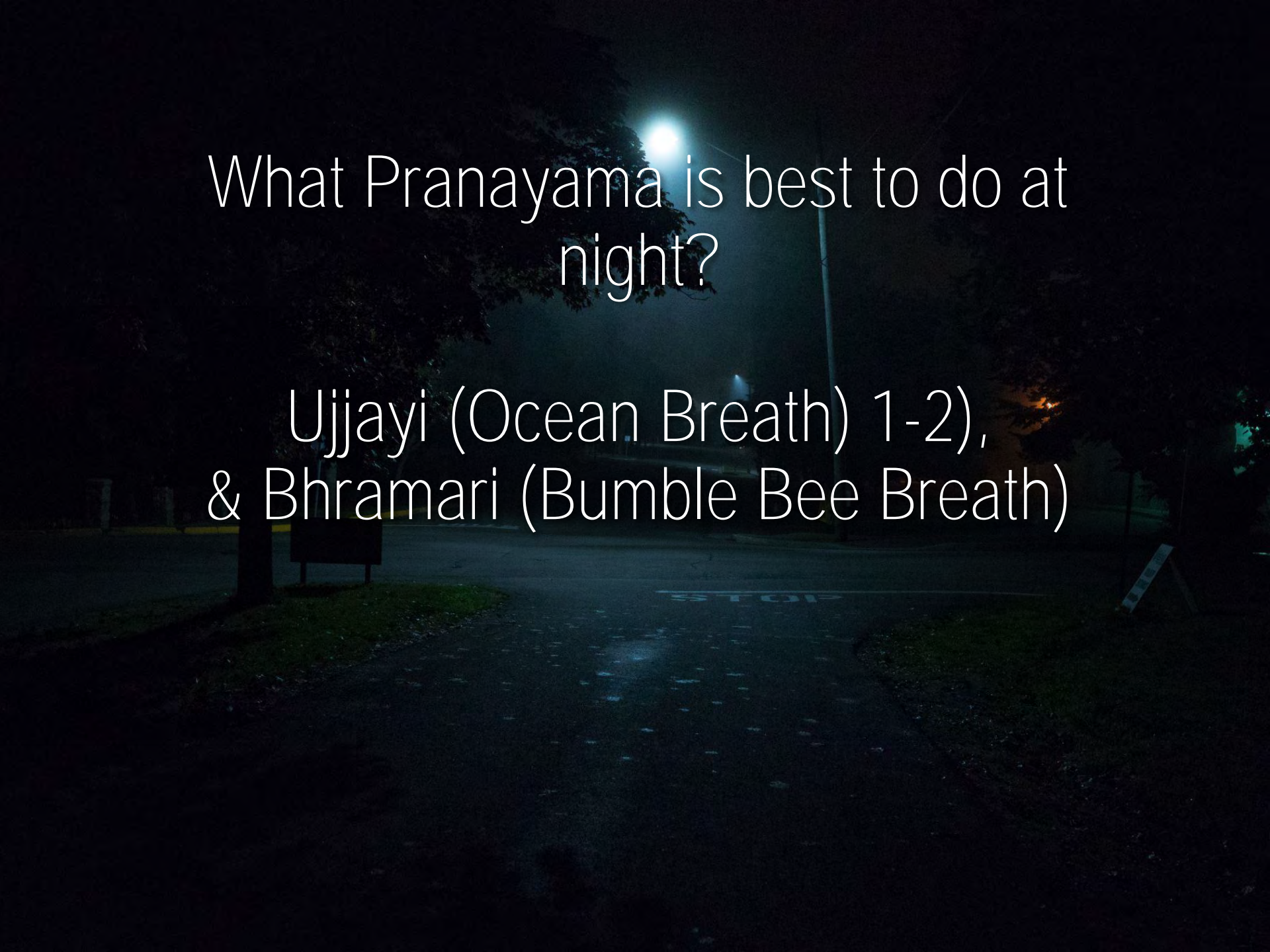
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How long to wait after  
your asana practise  
before doing  
pranayama?

Restorative asana:  
immediately.

Otherwise: a half hour



A dark, foggy night scene with a street lamp illuminating a tree and a road with a 'STOP' sign.

What Pranayama is best to do at  
night?

Ujjayi (Ocean Breath) 1-2),  
& Bhramari (Bumble Bee Breath)

Which Pranayamas  
should one avoid  
before going to  
bed?

Ujjayi 4 & Viloma 1.





**YOU SHOULD SIT IN  
MEDITATION  
FOR 20 MINUTES A DAY  
UNLESS YOU'RE TOO BUSY  
THEN YOU SHOULD SIT FOR AN HOUR**

OLD ZEN SAYING



Namaste