

# Balancing Breathing in the Heart Chakra

## Alternate Nostril Breathing

Place your right hand in the vishna mudra position with the index and middle fingers down touching the palm and the thumb and ring and small fingers up to GENTLY block the nostrils in turn. The thumb blocks the right side and the fingers block the left.

Sit comfortably with your back straight and head up (a meditation pose). Notice your breathing. You will want to do both patterns below. If you tend to be dominated by higher chakras, end by energizing the lower and vice versa.

### Energize lower chakras:

Gently block the right nostril and place your focus on the lower chakras. Exhale from the left side. Pause a moment at the end of the exhale and switch sides. Block the left nostril to inhale slowly and deeply/pause and exhale slowly and deeply/pause **without moving your hand position.**

Now reverse and block the right nostril and slowly inhale, pause, then exhale and pause. Continue the pattern—inhale fully/pause and exhale completely/pause. Your intention is to focus on the lower chakras and also on even breath--inhaling and exhaling. As you practice, you may be able to lengthen the pauses as well as balance the inward and outward flows. Notice how your body feels during and after each exercise.

**Pattern: Right side inhale and exhale.**

**Switch: Left side inhale then exhale.**

**Switch after EXHALE.**

**Repeat for 8-12 cycles.**

### Energize the upper chakras:

Using the vishna mudra again. This time you will switch and block the other nostril at the top of your inhale (to integrate heart and head). The previous pattern stimulates heart-torso integration.

Gently block the left nostril. Bring the air into your body, hold. Then switch and block the right nostril for the exhale. Stay in that position to inhale/pause and then switch to block the left again for the exhale/pause.

**Pattern: Right side exhale and inhale.**

**Switch: Left side exhale then inhale.**

**Switch after INHALE.**

**Repeat for 8-12 cycles.**