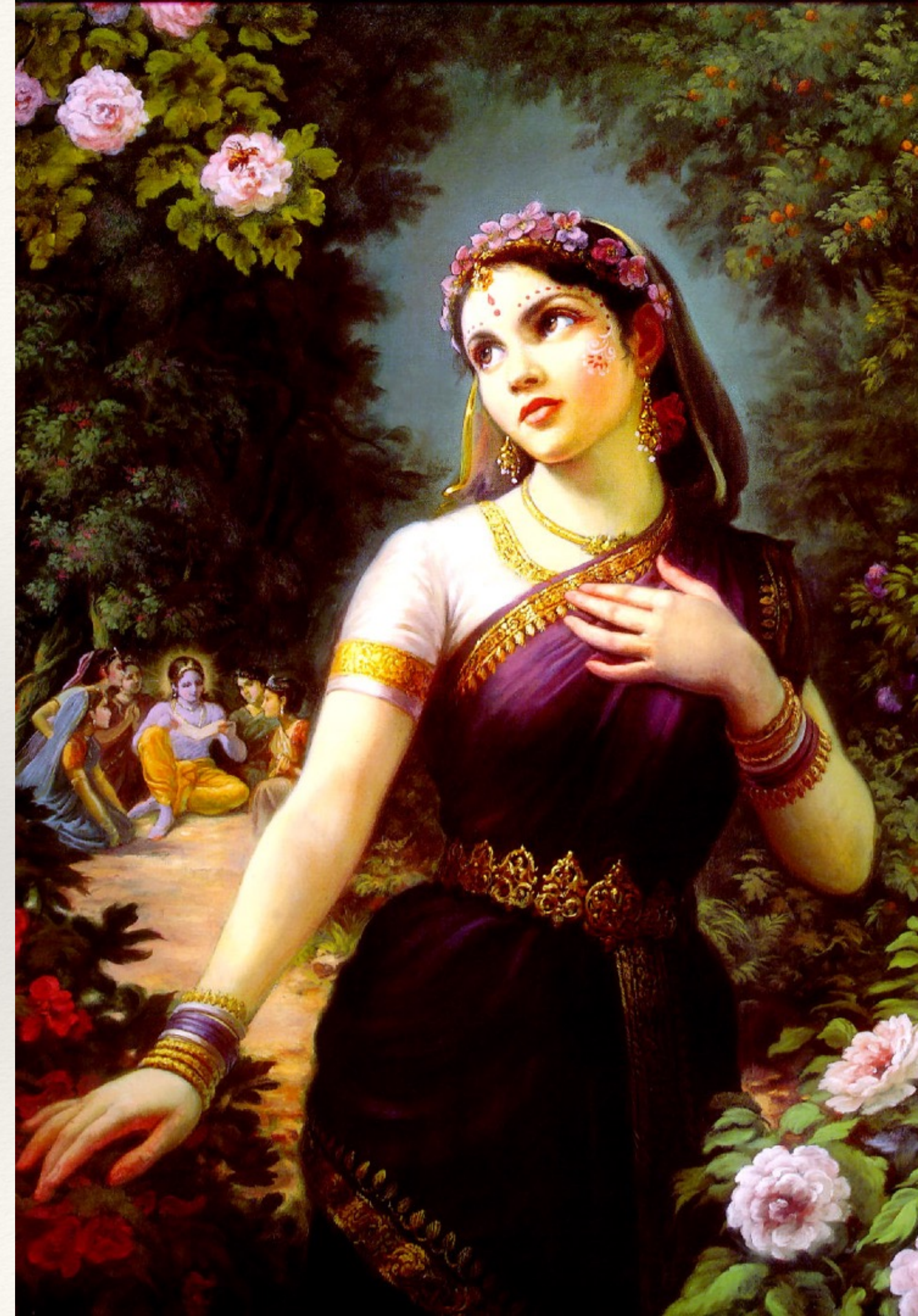


*Practical Spirituality: The Yoga of Awakening*  
Lecture Seven

# Pranayama

“Energy and strength are necessary for all processes and all activities. The higher the activity, the greater the need of energy.”

- *Swami Sivananda*







# Yoga Sutras 1

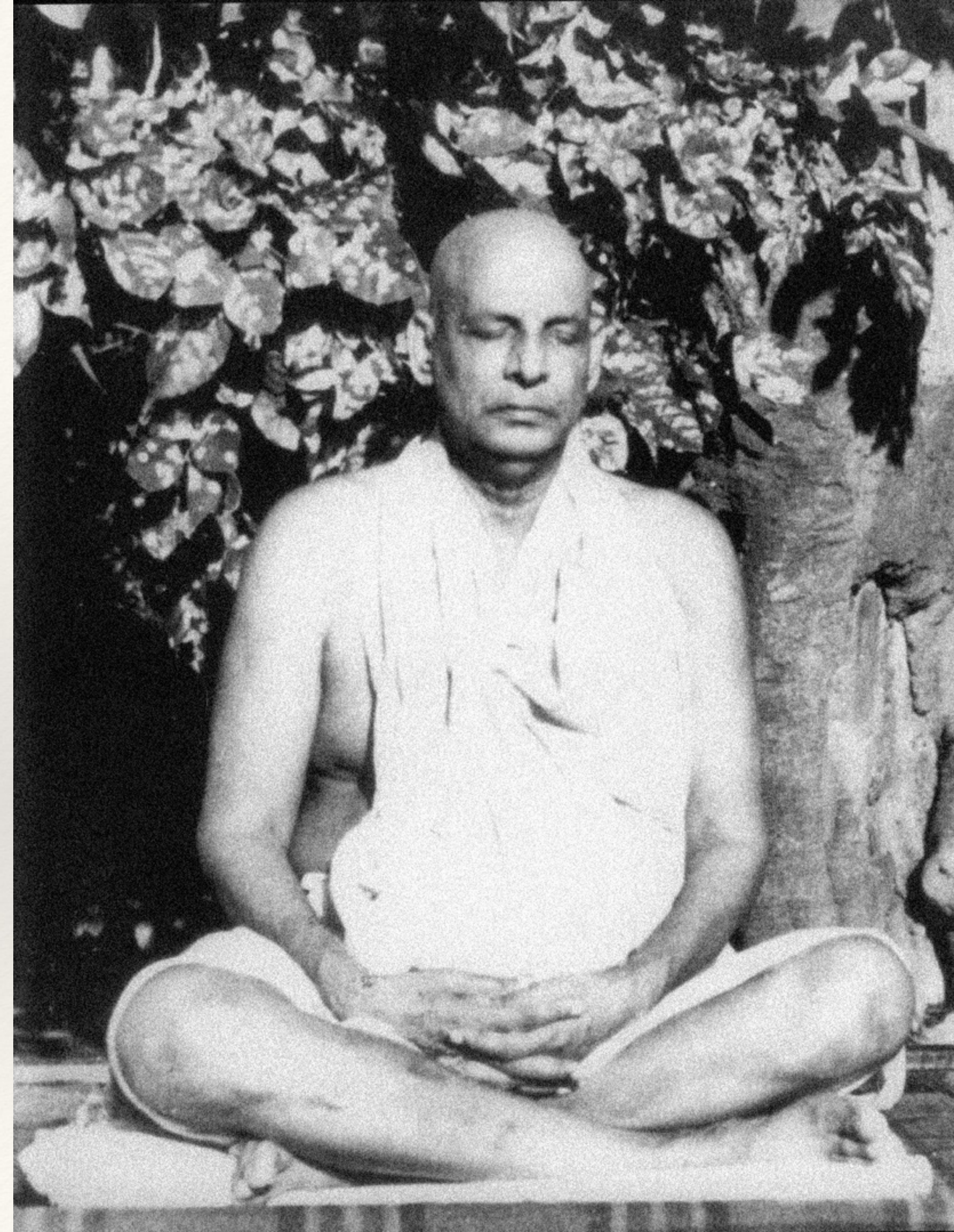
- 1.1. Now, instruction in **Union** [yoga].
- 1.2. Yoga is the stilling of the modifications of consciousness.
- 1.3. Then awareness abides in its own nature.
- 1.4. Otherwise it is **identified** with the modifications.

— *Patanjali*



# Steps of Yoga

1. **Yama:** self-restraint
2. **Niyama:** precepts
3. **Asana:** posture; relaxation
4. **Pranayama:** harnessing of life force
5. **Pratyahara:** suspension of senses
6. **Dharana:** concentration
7. **Dhyana:** meditation
8. **Samadhi:** super-conscious state, blissfulness, ecstasy





# Yoga Sutras

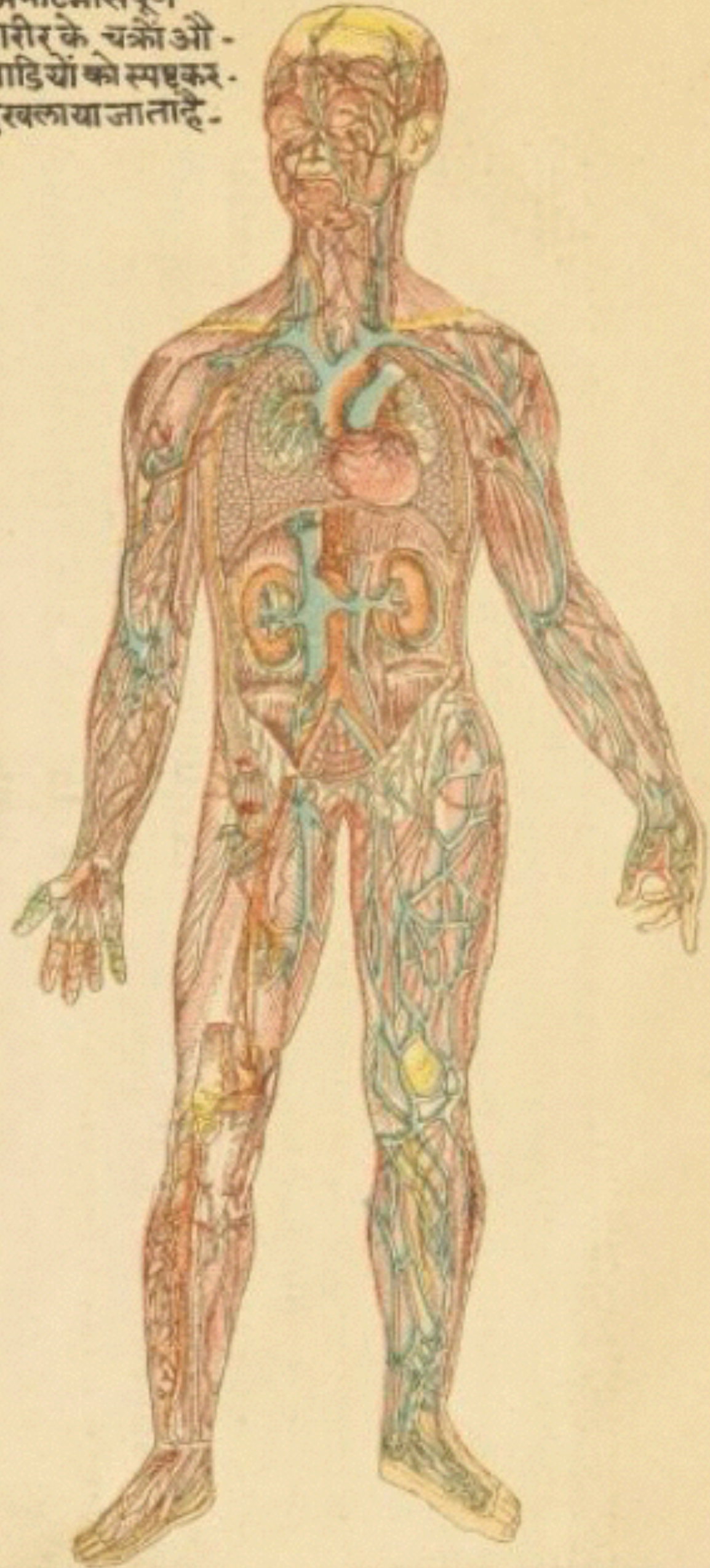
1.34. Or [peace of mind comes] by exhalation and retention of breath.

2.49. After securing that steadiness of posture [asana] follows regulation of breath or the control of Prana, the cessation of inhalation and exhalation.

— *Patanjali*



अनाटमीसेपूर्ण  
शरीर के चक्रों और  
नाडियों को स्पष्टकर  
देखलाया जाता है-



## Prana

(Sanskrit प्राण) Literally, “breath, breath of life, power, life, energy, spirit, wind, vigor”

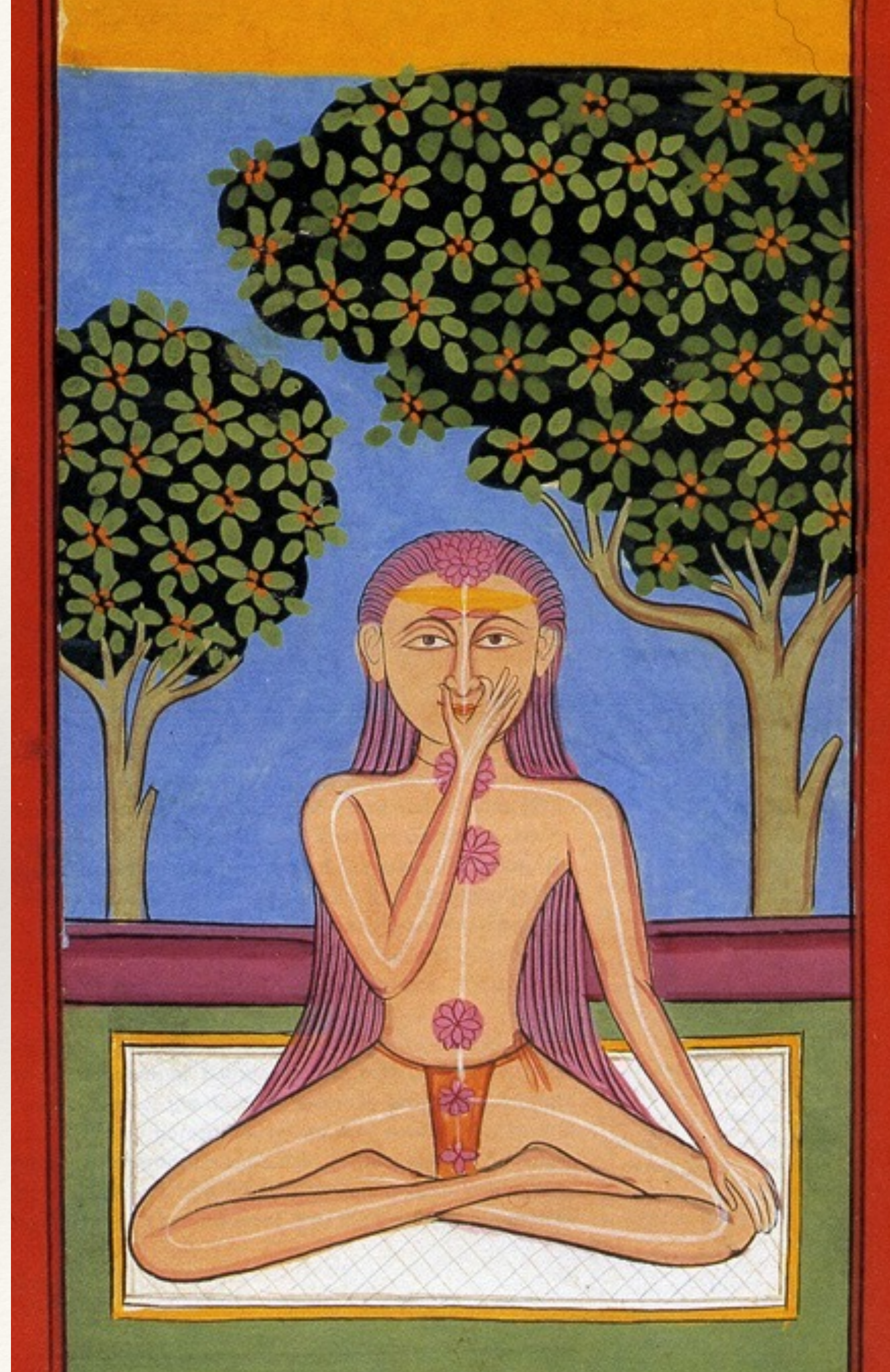


# Pranayama

(Sanskrit प्राणायाम) Literally, “harness the wind” or “harness the life force”

“With the practice of Pranayama, the mind of the student is prepared for Dharana, Dhyana, and Samadhi.”

- Samael Aun Weor



## Steps of Yoga

1. **Yama:** self-restraint
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# Ojas

(Sanskrit ओजस्) Literally, “light, vitality, vigor, ability, splendor, strength, luster, power, water, energy, ”

“By the establishment of continence, vigor is gained.”

- *Patanjali, Yoga Sutras 2.38*



Krishna: “I am the seed or virility in you...  
I am sex which is not contrary to religion.”

- *Bhagavad Gita 7:7,11*

“Expulsion of semen brings death; preservation  
of semen gives life.”

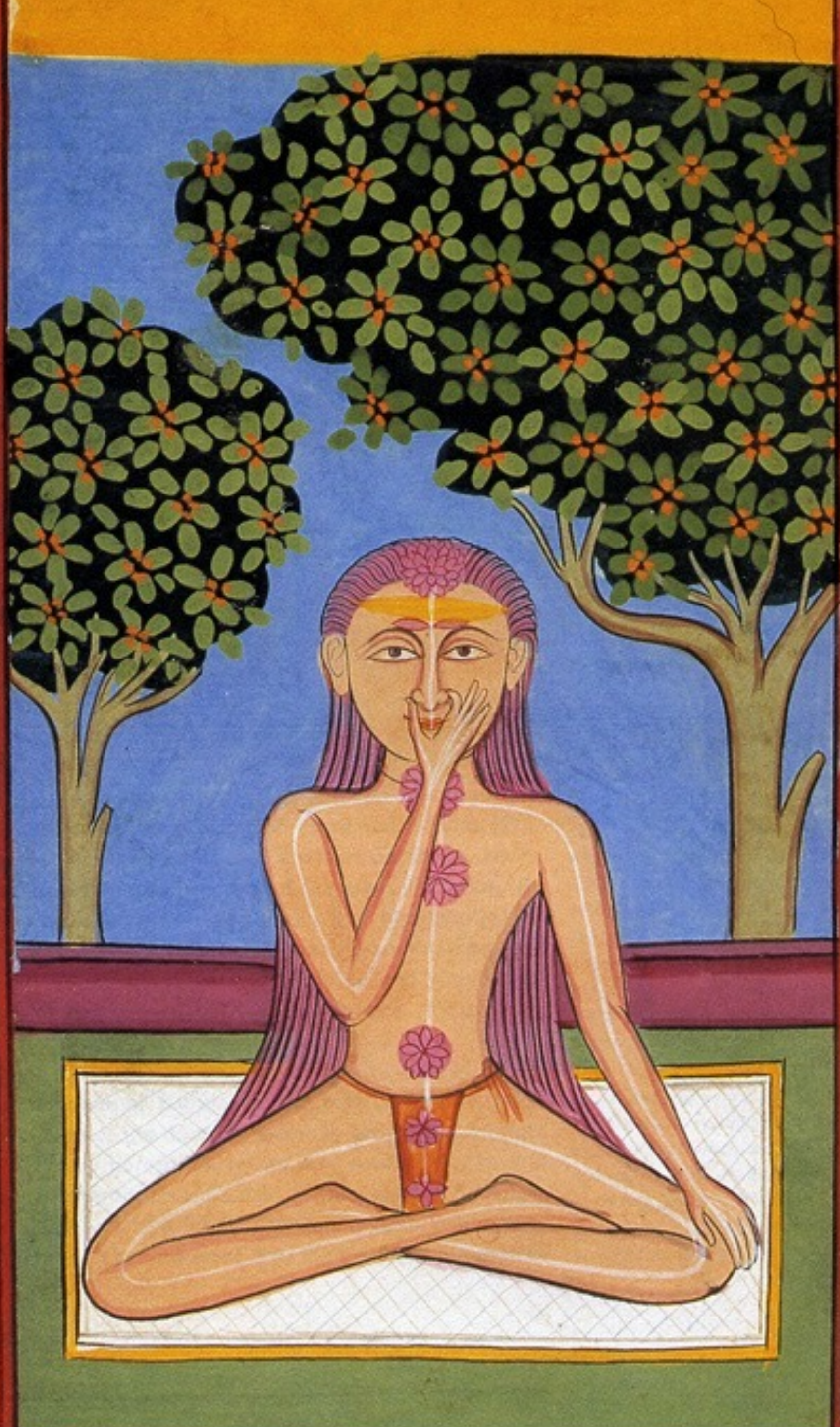
- *Yoga Shastras*

Shiva: “When the precious jewel of semen is mastered,  
anything on earth can be mastered. Through the grace  
of its preservation, one becomes as great as me [Shiva]  
... Knowing this, the yogi must always preserve the  
semen... This is the ultimate Yoga.”

- *Shiva Samhita*





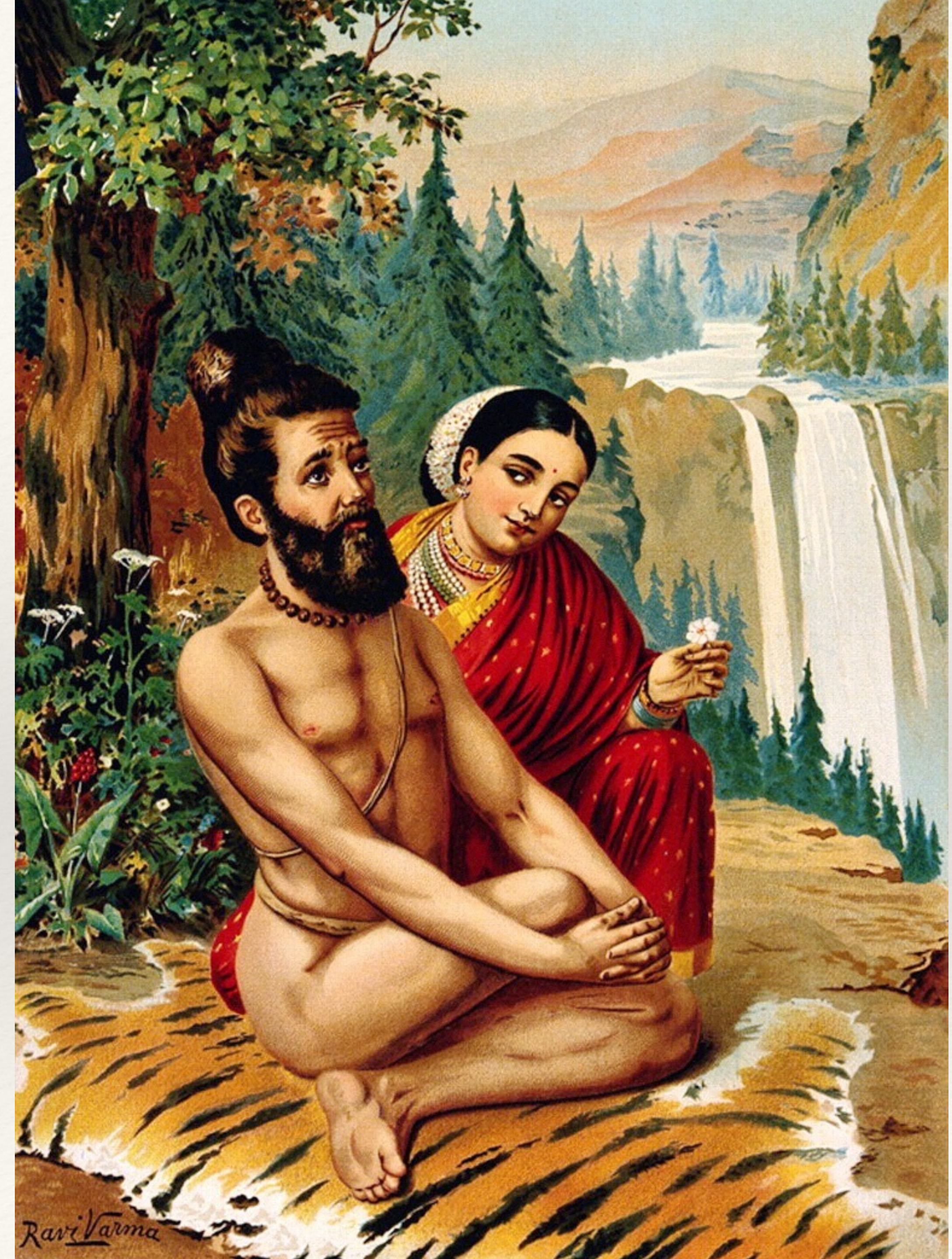


“Mind, Prana, and Veerya [sexual energy] are one. By controlling the mind, you can control Prana and semen. By controlling Prana you can control the mind and semen. By controlling semen, you can control the mind and Prana. ...if the Veerya is controlled, and if it is made to flow upwards into the brain by pure thoughts and the practice of... **Pranayama**, the mind and the Prana are automatically controlled.”



“When a man is excited by passion, the Prana is set in motion. Then the whole body obeys the dictate of the mind just as a soldier obeys the command of his commander. The vital air or Prana moves the internal sap or semen. The semen is put into motion. It falls downwards, just as the clouds burst into rain water, just as the fruits, flowers and leaves of the trees drop down by the force of the blowing winds. If the Veerya [sexual energy] is lost [through orgasm], Prana gets unsteady. Prana is agitated. The man becomes nervous. Then the mind also cannot work properly. The man becomes fickle-minded. There is mental weakness. If the Prana is rendered steady, the mind also becomes steady. If the Veerya [sexual energy] is steady, the mind also is steady. [...] Veerya is the essence of life, thought, intelligence and consciousness. Therefore, preserve this vital fluid very, very carefully...”

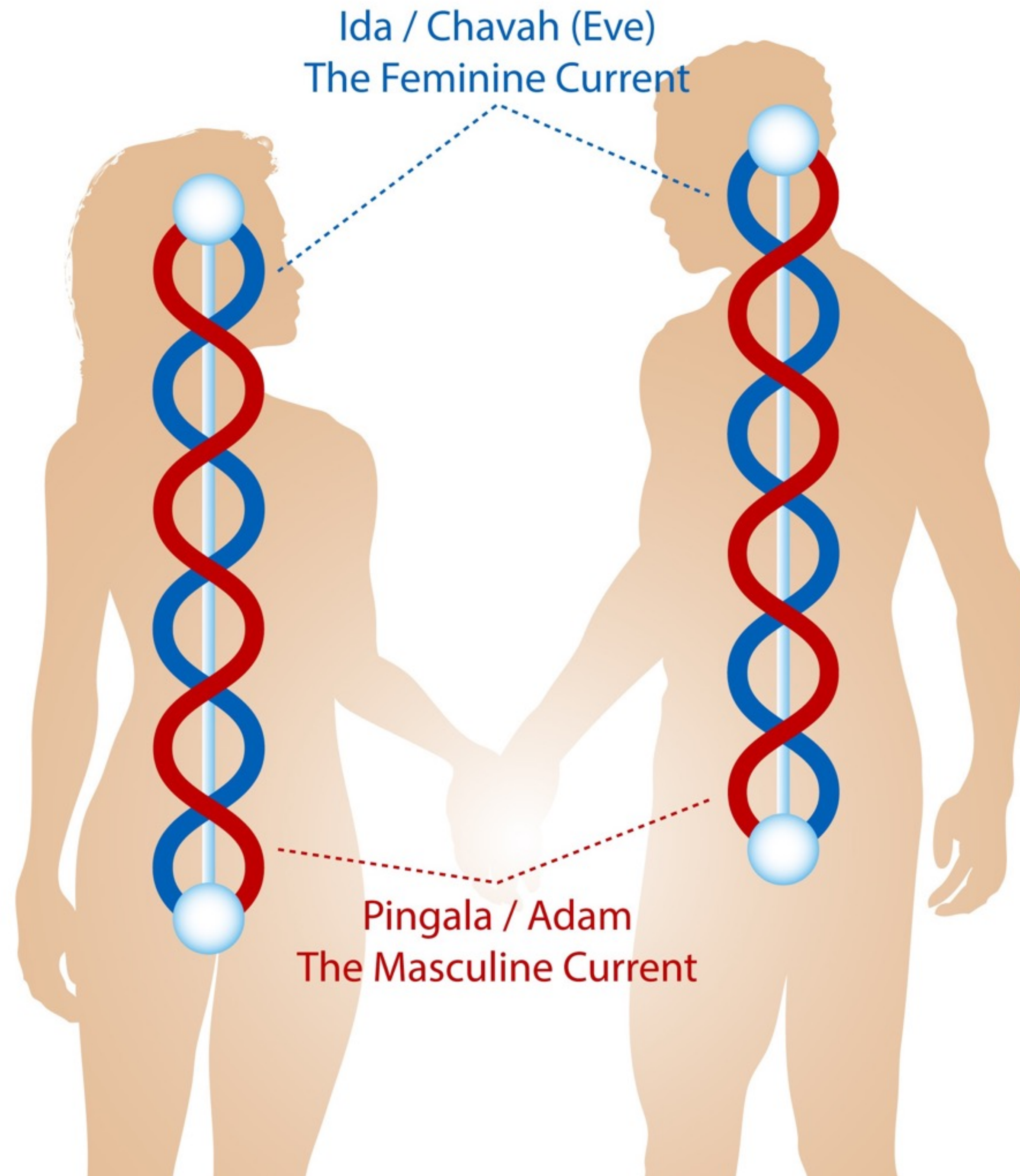
- *Swami Sivananda*





## In women:

- The lunar current, Ida, the right nostril
- The solar current, Pingala, the left nostril

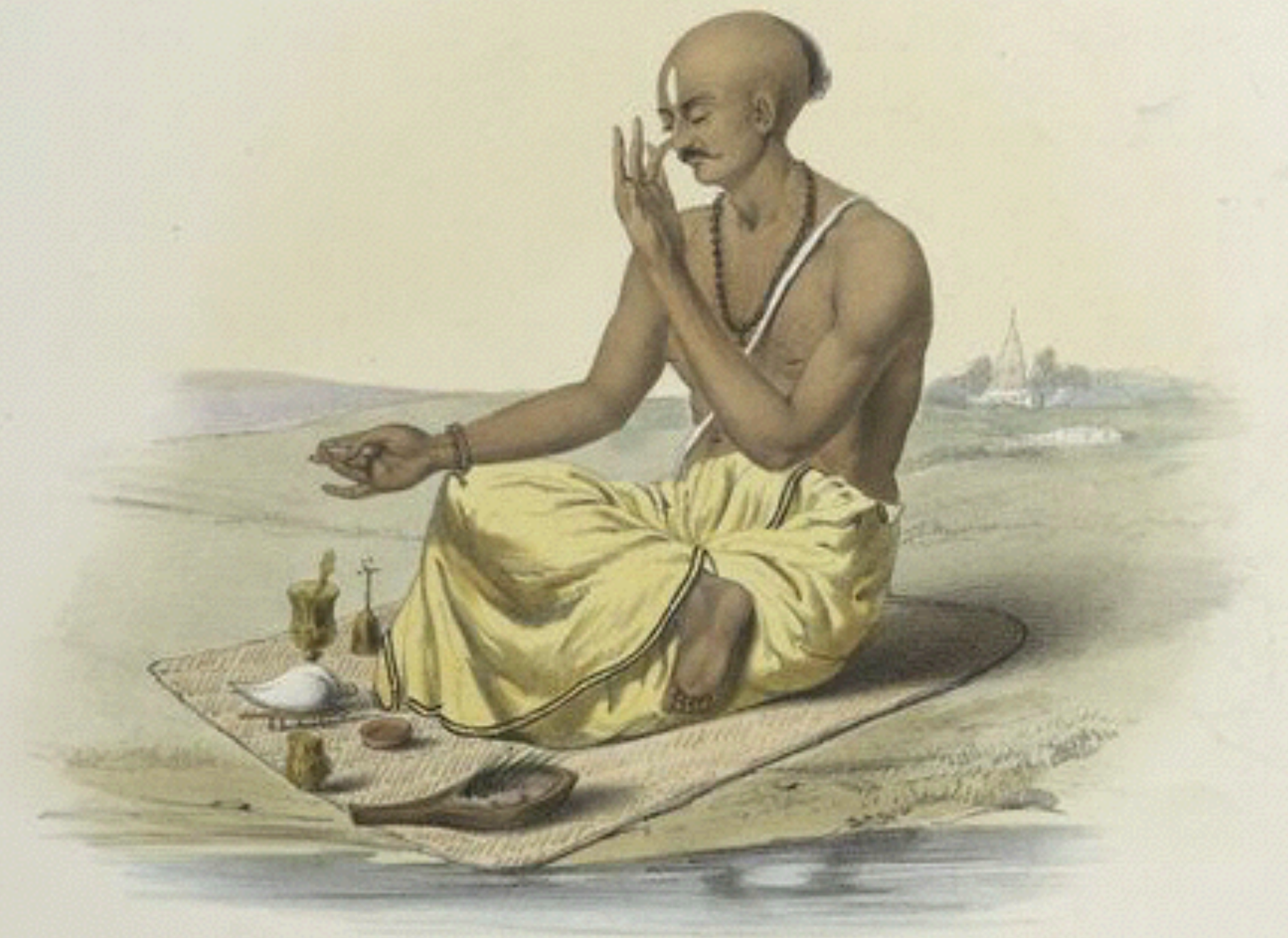


## In men:

- The lunar current, Ida, the left nostril
- The solar current, Pingala, the right nostril



1. Adopt a relaxed and attentive posture, whether seated or standing.
2. With the thumb and index fingers, one controls the nostrils in an alternating manner, in order to inhale through the left nostril and exhale through the right, and vice-versa.
3. Inhale through Pingala, the solar nostril. Intensely imagine the radiant and sublime solar atoms rising through the solar cord to the brain, then hold the breath and carry that solar force to the area between the eyebrows, and the throat, successively. Hold the breath for as long as comfortable. When exhaling the air, focus with imagination and willpower on the energy being placed within the heart.
4. Inhale through Ida, the lunar nostril. Imagine the lunar atoms, like the pure water of life, rising through the lunar cord and taking the same route.
5. The disciple should slowly inhale and exhale while very well concentrated on the Pranayama.





# Requirements for Pranayama

1. Brahamacharya: retention of sexual energy.
2. Relaxation: stable, still posture.
3. Quiet. Inhalation and exhalation should be silent.
4. Withdrawal from senses and physicality.
5. Concentration on what one is doing.
6. Mindfulness of what one is doing (not forgetting).
7. Visualization of the energy moving.
8. Prayer to divinity.
9. Persistence and patience.



# Exercise: Daily pranayama.

“You can hardly make any spiritual progress without the practice of Pranayama.”

- *Swami Sivananda*

## Helpful resources:

### Books:

*The Great Rebellion*

*Karma is Negotiable*

*Treatise of Revolutionary Psychology*

### Courses:

*Beginning Here and Now*

*Bhavachakra, the Wheel of Becoming*

*Self-knowledge*