

## Channeling energies and the ego through Yoga

It takes a little more awareness to know of the rigidity in ones mind as well as the rigidity in emotions. A rigid person is typically identified as one whose rigidity in thought and action makes him believe that he is perfect. This is simply because he does not allow room for any other way of looking, thinking or feeling. Generally perfectionists behave in the similar manner. In the same way, there is enough and more rigidity on the energy level too.

For someone whose volatile energy is easily depicted, might find the first day of the simplest of yoga asanas having an effect on him. The reason for this is because the energy within him that was so far blocked by his nature is unleashed and in effect it is this energy that further moves and starts transforming him in some areas.

### **Bhramri Pranayam:**



The Sanskrit word “Bhramari” means the hummingofa bee. During this Pranayama a sound, resembling the hum of a bee is made while exhaling. So this Pranayama is called Bhramari Pranayama

### **Detailed Procedure:**

- ❖ Sit erect and comfortably in any meditative posture.
- ❖ Breathe in till the lungs are full of air
- ❖ Close ears with both the thumbs and eyes with the middle fingers of hands on respective sides with little pressure
- ❖ Then press eyes and nose bridge from the sides with the remaining fingers.
- ❖ Concentrate your mind on Ajna Chakra (between eye-brows)
- ❖ Close your mouth. Begin slowly exhaling, making humming sound of a bee,

**Duration:** 5-8 mins

**Benefits:**

- ❖ With the practice of this Pranayama the mind becomes steady.
- ❖ **Increases in Self awareness or self relaisation**
- ❖ It increases the power of concentration and one attains peace by its practice.
- ❖ Makes the voice pleasant and melodious
- ❖ It is beneficial in conditions like mental tension, agitation, high blood pressure, heart disease etc. It is also useful for meditation
- ❖ Its practice enlightens agyan-chakra, which leads to dhyan and samadhi