

## LESSON # 2

Memory Developing Breath from Brahmavidya yoga lessons. Wishing all the aspirants of brahmavidya yoga happy reading practice and abundant health and prosperity in all their endeavours.

BRAHMA VIDYA – AN ANCIENT SYSTEM OF YOGA & PHILOSOPHY  
INTRODUCTION TO THE GREATEST TEACHING ACCESSIBLE TO HUMANITY

‘PRANAMYA KARUNAAMOORTIM ATMANJNANA PRADEEPAKAM  
YOGAKSHEME NIYUKTHOHAM DHYATWA JYOTHIRMUKHAM GUROH’  
(Having made reverential salutations to my Guru who is the embodiment of Benevolence and who kindles the Light of Self-Knowledge, meditating upon his lustrous and radiant face. I engage myself with dedication in service to humanity)

Dear Aspirants of Brahmavidya – Greetings:

Our last lesson we were instructed to practice the basic Spiritual Breathing Exercise – PRANAYAMA. You may please now understand that:

- The Creator (God) is the only entity in the entire Universe’ present everywhere at one and the same time, knowing everything and having all Power.
- Since the Creator is Omnipresent and Omniscient, we have no hesitation in accepting the fact that God’s mind (the Universal Mind) is also present everywhere, along with the Universal Mind Substance which absorbs and preserves all data in the Universe.
- Since all that in the Universe is part of the creator (God) and since we are all part of the Universe (or expressions of the Creator) we all have within us a part of the Universal Mind and Mind Substance (known as ‘Chitta’ in Sanskrit)

Keeping the above basic facts in our minds, let us continue our Lesson No.1. In brahmavidya Pranayama exercise is to be practiced before all other breathing exercises and is not among the 8 exercises you will be learning and practicing.

As explained already, human body functions as an electrical instrument - maintaining the warmth in the body by the even and harmonious distribution of Prana energy through the large and small; energy carrying cables (Naadis). It was also explained that the network of the tubes – the blood vessels, spread throughout the body carry oxygenated blood to feed nourishment to all parts. Apart from the benefits we derive from Prana energy and the blood purifying oxygen, we also have, provided within the body, several groups of cells, – bone cells, brain cells, blood cells, etc. and several glands which manufacture and distribute what are known as hormones, transmitted through the blood stream for constant repair and maintenance of the body as a whole for sound health, beauty, strength etc. In our study and practice of the Spiritual Breathing exercise, we shall deal with the functions of the glands in detail later on.

When we look at the sky and stand in wonder at the order and arrangement of the stars (large and small), at the planets (large and small), the sun (the largest and brightest planet visible to us) and the Moon (the largest of the planets, we are capable of looking at without strain to the eyes), we can imagine the power and wisdom of the Creator in speechless wonder, reverence and veneration.

The Cosmic evolution appears to have brought out seven divisions or levels of ascending Kingdoms – viz: the Ethereal Kingdom, the Sidereal Kingdom, the Mineral Kingdom, the Vegetable Kingdom, the Animal Kingdom, the Human Kingdom, leading to the final one, the Celestial Kingdom. Everything in the creation has emerged from the Cosmos – the Macrocosm, and is expressed in the Microcosm – Man, the embodiment of the Creator. Being a microcosm, human body has all the counterparts of the Macrocosm within, and is therefore considered “THE TEMPLE OF THE LIVING GOD”.

We have dealt with the basic Spiritual Breathing Exercise PRANAYAMA last time. Bearing in mind the above-mentioned cosmic evolutionary levels of the Seven Kingdoms, let us continue our study as passed on to us by the Great Gurus of the Noble Eightfold Pathway of Enlightenment. In the Basic Course, we shall be giving you for practice, the Eight Spiritual Breathing Exercise side by side with the eight steps in the Noble Eightfold Pathway and also the Seven Kingdoms in the cosmic order, according to their relevance. The Eight Spiritual Breathing Exercises in the Basic Course and their respective evolutionary levels, and, the eight steps of the Noble Eightfold Pathway in their order, are to be clearly understood and practiced sincerely.

The Respiratory System:

Before we start the study and practice of the Eight Key Breathing Exercises, let us acquaint ourselves in brief as to what happens when we breathe. Carefully follow and register in your mind the functions of the organs of respiration, when we breathe. The organs of respiration consist of the LUNGS and the air passages leading to them. The lungs are two in number, and occupy the pleural chamber of the thorax, one on each side of the median line, being separated from each other by the heart, the greater blood vessels and the larger air tubes. Each lung is free in all directions, except at the root, which consists chiefly of the bronchi arteries and veins connecting the lungs with the trachea and heart. The lungs are porous and spongy, and their tissues are very elastic. They are covered with a delicately constructed but strong sac, known as the pleural sac, one wall of which closely adheres to the lung, and the other to the inner wall of the chest, and which secretes a fluid which allows the inner surfaces of the walls to glide easily upon each other in the act of breathing. The air passages consist of the interior of the nose, pharynx, larynx, windpipe or trachea and the bronchial tubes. When we breathe, we draw in the air through the nose, where it is warmed by contact with the mucous membrane, which is richly supplied with blood, and after it has passed through the pharynx and larynx. It passes into the trachea or windpipe, which subdivides into numerous tubes called the bronchial tubes, which in turn subdivide into and terminate in minute subdivisions in all the air spaces in the lungs, of which the lungs contain millions. The lungs contain good number of air cells or sacs which receive the inflowing air charged with oxygen (as we inhale) and when the lungs are filled according to individual capacity of the student during the retention of breath, the oxygen that pervades the lungs acts swiftly on

the venous blood that has come from parts of the body and burns the impurities and the purified blood goes back to the heart for further continuous pumping to the entire body. This process goes on continuously whether we are awake or asleep. The more we inhale air surcharged with oxygen which go to the lungs, more Prana energy comes into our system through the Ida and Pingala nadis (cables) thus increasing the nerve force as well as general health of our body. Thus you will see that the breathing exercises help to make

the blood richer, bring in more energy to revitalize the blood and was out our brains and pure blood surges through our body, helping to restore damaged tissues. You gradually acquire greater energy of body, power of thought, alertness, enthusiasm drive, more strength of character.

It has been said that if the air cells of the lungs we spread out over an unbroken surface they would cover an area of 14,000 feet square. The air is drawn from the lungs by the action of the diaphragm – a great strong flat muscle stretched across the chest, separating the chest-box from the abdomen. The diaphragm's action is almost as marvelous as that of the heart though it can be transformed into a semi-voluntary muscle, its work is largely automatic. When it expands I increases the size of the chest and lungs, and the air rushes into the vacuum thus created. When it relaxes the chest and lungs contract and the air is expelled from the lungs. In a single day, 35,000 pints of blood traverses the capillaries of the lungs, the blood corpuscles forming in single file and being exposed to the oxygen of the air on both sides of their surface. You see, therefore, from this brief description of what takes place in regard to the blood alone, what a tragedy it is, if we do not breathe properly. Our spiritual breathing exercises are most scientific and perfect in their method.

**BRIEF DESCRIPTION OF THE EIGHT SPIRITUAL BREATHING EXERCISES IS ALREADY GIVEN TO YOU.**

Today let us take up the first of the above breaths – the Memory Developing Breath, for our daily practice. This is to be practiced, following Pranayama, immediately upon rising in the morning. Get up about half hour earlier than normal, and practice before an open window, if possible.

#### **MEMORY DEVELOPING BREATH**

This breath is to be practiced in a seated position and you may follow anyone of the following postures:

- 1) Sit in a squatting position (cross-legged) on the floor using a mat or any sheet of cloth. This posture is called seven electrical connections – our seat touching the floor (2), both the feet touching the floor (2), both hands (palms are downward) placed on above our knees (2) and the point where our feet touch each other (1) = 7 electrical connections. Your spine should always be erect and straight. OR
- 2) Use a chair/sofa of convenient height – your feet should be flat on the floor with heels touching together and your toes apart. Keep your spine erect and straight. Your palms downward resting on your knees and your shoulders should be in dropped position (normal position i.e. should not be raised as sometimes we do involuntarily). OR
- 3) Use a stool of convenient height and follow as above.

In this breath, only the head is moved – movement of the head corresponds with movement of the breath. Begin with the head forward, chin rest on the chest, and then INHALE slowly through the nostrils as you bring the head backward with a rhythmic movement as far as it will go without strain. Only the head moves the rest of the body remains motionless. As the head swings forward, EXHALE vigorously through the mouth, the teeth are partially closed, causing a slight resistance to the breath and you will create a sound similar to pressure cooker. The breath is done in series of SEVEN SEVENS (one breath consists of one inhale and one exhale – 7 times) i.e. 7 x 7 times (or 49 times) in all. Breathe two sevens, and rest, two sevens, and rest, two more sevens, and rest, then a final seven. Before the actual practice of the Memory Developing Breath, you

must familiarize with the process of the rhythmic swinging of the head backward and forward, without strain, and without moving the rest of the body below the neck, so that the chin is close to the chest. Do this several times to get the free-swinging movement, after, which actually begin the exercise. Please follow the instructions given below to get the maximum results from this MEMORY DEVELOPING BREATH:

- (a) As the head swings back, take a deep breath in through the nostrils (evenly and smoothly).
- (b) As soon as the inhalation is complete with the backward swing of the head, start exhaling vigorously through the teeth, which the head swings forward and downward – a deep forceful exhalation (through the teeth). (No movement of the arms; the back remains straight, nothing moves except the head).
- (c) Repeat this process of inhalation through the nostrils (as the head swings back), and exhalation through the teeth vigorously and forcefully (as the head swings forward and downward) 14 times (14 swings back, and 14 swings forward, like the pendulum of a clock) without pause, the forward motion of the head beginning as soon as the backward motion stops. Then rest a few movement watching and feeling the different sensations of your body. Then do another round of 14 breaths likewise – then a few movements' rest, and one more round of 14 breaths and after a few movements rest, a final round of 7 breaths – making n all 49 breaths. Then rest and relax the whole body.

After taking rest for moments, turn the hands, so that they are now palms up on the knees. With the lesson before you, read slowly, with as much as feeling as you can, the words of the relaxation exercise (affirmation) for this breath given hereunder, trying to make real everything you are saying. Make sure that you recite the words in a relaxed state of mind as well of body. It is only when you are relaxed mentally that the words and feelings sink deeply into the subconscious mind. You are then sure to experience what you will be saying in the affirmation. Later on, after a week or two of the practice, you will become familiar with the words of the relaxation exercise, and will find it easier to memorize them. This should be memorized, ultimately, because as long as you are in Brahma Vidya this breath is to be a daily ritual, and will be found more effective when you have memorized the words and can keep the eyes closed while repeating them. At first this may not be advisable because the effort of recalling the words may prevent complete mental relaxation. Take time to memorize them fully so that they flow from your memory, freely.

Relaxation Exercise following MEMORY DEVELOING BREATH  
(To be memorized and recited)

‘NOW I IMAGINE A GREAT LIGHT AT TH E TOP OF MY HEAD. THE TOP OF MY HEAD IS HEAVY AND RELAXED – THE FOREHEAD IS RELAXED – THE MUSCELS OF THE FACE ARE WITHDRAWN – NO PRESSURE ON THE TEETH – THE JAW GENTLY DROPS – THE ARMS AND HANDS ARE VERY HEAVY – BUT OH! HOW HAPPY I FEEL – I FEEL HAPPY ALL OVER – PARTICULARLY IN MY BEATIFUL FACE – MY FACE IS BATHED IN SMILES – I FEEL A GENTLE PRESSURE FROM WITHIN OUTWARDS, TAKING AWAY ALL THE LITTLE

LINES OF CARE, WORRY, TROUBLE, FEAR ..... I FEEL HAPPY OVER.

“” NOW THE LIGHT COMES DOWN, THE CHEST IS RELAXED, THE ABDOMEN DROPS DOWN AS THE LIGHT GOES DOWN, DOWN TO THE TIPS OF MY TOES ‘

‘”NOW I IMAGINE THAT GREAT LIGHT AT THE BACK OF MY NECK. I AM LOOKING DOWN OVER MY BEAUTIFUL SPINE, IT SEEMS THAT I AM LOOKING AT A GREAT WATERFALL, WITH THE SUNSHINE PLAYING ON IT. I SEE A COUNTLESS NUMBER OF TINY SPECKS OF IRIDESCENT LIGHT ... LIGHT ... AND I KNOW MY WHOLE BODY TO BE FULL OF LIGHT. IF MY EYE BE SINGLE, THE SINGLE EYE, THE ETERNAL EYE, THE THIRD EYE, THE SPIRITUAL EYE (THE EYE THAT I AM NOW USING). IF MY EYE BE SINGLE, MY WHOLE BODY WILL BE FULL OF LIGHT, AND I KNOW THAT EVERY CELL IN THAT COUNTLESS, COUNTLESS CELLS IN MY BODY IS A LIGHT – A LAMP, A TORCH, BRINGING TO ME THE LIGHT OF THE DIVINE WISDOM WITHIN ME, THE LIGHT BEING IN PERFECT CORRESPONDENCE WITH THE FLAME, AS THE FLAME IS IN PERFECT CORRESPONDENCE WITH THE FIRE – THE FIRE OF DIVINE LOVE THAT IS IN THE CENTRE OF CENTRES OF MY INMOST BEING ‘

‘” AND NOW ... FEELING HAPPY, GIVING THANKS ... SLOWLY WITHOUT LETTING MYSELF KNOW IT, I TAKE A LITTLE BREATH AND A LONG DEEP, SWEEPING, SWEEPING SIGH”

NOW I TAKE ANOTHER LITTLE BREATH AND A QUICK SIGH””

The purpose of this MEMORY DEVELOPING BREATH is to charge the body with PRANA, the subtle Force of Life nerve and brain energy – to start you on the road to higher consciousness where greater and more beautiful things are possible. One of the essentials of this Higher Consciousness is the feeling of Joy and Beauty and of Light and Divine Love within.

The Memory Developing Breath is:

- (a) The first step of Man/Woman in regaining his/her lost sovereignty over Nature
- (b) For the purpose of cleansing the memory of all negation, that through wrong thinking and consequent wrong action in life, has been allowed to enter our consciousness.
- (c) Where we find Light; knowing that Light exists, we feel it, we see, we know it, so that our microcosmic body our whole body becomes filled with LIGHT!!!!
- (d) The process or method through which we create the Spirit fire and magnetize the Creative Force of the Universe, so that it not only flows free to us but that, every moment of the day, we realize ourselves as actually on it, like a fish swimming in the sea.
- (e) The basis of all correct breathing in action.

*Many thanks to Mr. TRs Krishna Iyer for providing invaluable information.*