



# How to Make Contact with Your Inner Teacher

**All breathing must be done with the diaphragm.**

All airflow must be controlled by the diaphragm.

No airflow should be regulated in the throat.

Be seated in your *Asana* (meditation posture).

## Etheric Breathing

Using a forefinger, close the left nostril.

Inhale for seven seconds (into the right nostril). Hold for seven seconds (close other nostril). Exhale for seven seconds (out of the left nostril). *Now reverse:* Inhale for seven seconds (into the left nostril). Hold for seven seconds (close other nostril). Exhale for seven seconds (out of the right nostril). ***This is one full cycle.***

Do seven full cycles.

## Paradoxical Breathing

Inhale through both nostrils for seven seconds (while pulling the abdomen in and up). Hold for seven seconds. Exhale through the mouth for seven seconds (while pushing the abdomen down and out). ***This is one full cycle.***

Do seven full cycles.

## The Master Breath

Inhale through both nostrils for seven seconds (while crossing your arms and wrapping them around your body). Hold tightly until you feel a *vibration* and then rapidly and forcibly throw your hands down and out, expelling your breath while you say "Ptah!" ***This is one full cycle.***

Do only one Master Breath per day!

## The Heart

Visualize a Flame in the Heart. Concentrate on this image for one minute.

## The Brow

Visualize a bright Star between the Eyebrows. See this image for one minute.

## The Crown

See a White Diamond (with colors) at the Crown (for one minute).