

# **Breathing Practice with Amma Bhagavan Oil;**

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## **Introduction**

The breath is the link between man and God. The breath behind the breath is Prana, or Chi, or Vis-Medicatrix-Naturae or whatever name you desire to call the Life-force.

The left channel for the breath is called Ida or the Lunar force (the Divine feminine) and the right channel is called Pingala or the Solar force (the Divine masculine).

## **Practice**

Choose some suitable non-verbal (or not in the language of the listeners) music for this practice. Music that invokes the Divine Mother is ideal for left nostril breathing. We begin on the left with Amma oil. Place a drop of the Amma oil on a finger of the left hand and rub it on your coccyx/base of your spine. Then place another drop of the Amma oil in the middle of the left palm (do not put any oil on the right hand yet). Sit with your spine erect, close the right nostril with the water finger (ring finger) of your left hand, cupping the hand so the middle of the palm is in line with the breath coming in and out of the left nostril.

Breathe in this way (left nostril breathing) for 5 minutes or more. Who ever is guiding this meditation can periodically share any of the following ideas or whatever they may be inspired to share from their heart.

1. As you breathe in and out your left nostril imagine, through sight, sound, feeling or touch, smell and taste that you are building up an energy field of light, love, security, safety, nurturing and support in your base chakra.
2. Breath In      Breath Out  
Am                      Ma  
Shak                    Ti  
Mare                    Eee  
Si                        Ta  
Rad                     Ha  
Quan                    Yin  
Etc.                     Etc. (Whatever name of the Divine Feminine that resonates with you)

3. Affirm that:

"I and my Mother are one."

I am supported.

I am nurtured.

I am loved.

I am secure.

I am safe.

After 5 minutes or more of this guided breath practice, instruct the participants to relax their left arm, stay with their eyes closed, return to normal breathing & bask in the energy field that has been created. After a minute or so have them gently & slowly open their eyes & begin to get ready for right nostril breathing & meditating with Bhagavan oil.

Choose some suitable non-verbal (or not in the language of the listeners) music for this practice. Music that invokes the Divine Father is ideal for right nostril breathing. We continue on the right with Bhagavan oil. Put a drop of Bhagavan oil on a finger of the right hand and rub the oil back and forth on your crown chakra from the anterior to the posterior fontanel (the baby's soft spots). Place a drop of the Bhagavan oil on the middle of the right palm (for now you don't want any Bhagavan oil on the left hand or fingers). Sit with your spine erect, close the left nostril with the fire finger (middle finger) of your right hand, cupping the hand so the middle of the palm is in line with the breath coming in and out of the right nostril.

Breathe in this way (right nostril breathing) for 5 minutes or more. Who ever is guiding this meditation can periodically share any of the following ideas or whatever they may be inspired to share from their heart.

1. As you breathe in and out your right nostril imagine, through sight, sound, feeling or touch, smell and taste that you are building up an energy field of light, love, insight, intuition, discrimination, discernment, spiritual power.

2. Breath In      Breath Out

Bhag              Wan

Shi              Va

Ra              Ma

Krish          Na

Lao              Tzu

Yeshu          Ah (Je - sus)

Etc.              Etc. (Whatever name of the Divine Masculine that resonates with you)

3. Affirm that:

"I and my Father are one."

I am loved.

I am an instrument of God.

I am a spiritual warrior (warriorress).

I am filled with Light.

I am a servant of the One.

After 5 minutes or more of this guided breath practice, instruct the participants to relax their right arm, stay with their eyes closed, return to normal breathing and bask in the energy field that has been created. After a minute or so have them gently and slowly open their eyes and begin to get ready for alternate nostril breathing and working with both Amma and Bhagavan oils.

### Talk about the symbology of the heart chakra



The heart chakra symbolizes the Union of: Heaven & Earth; The Father & the Mother; the Male & the Female; Spirit & Matter; The Invisible & the Visible; the Within & the Without; the Above & the Below; the chakras above the diaphragm and the chakras below the diaphragm.

Choose some suitable non-verbal (or not in the language of the listeners) music for this practice. Music that invokes a sense of integration and oneness (eg. The Moola Mantra) is ideal for alternate nostril breathing. Rub the palms of both hands together merging the Amma Bhagavan oils. Place the center of your left palm on the middle of your heart chakra. Sitting with your spine erect, close the right nostril with the thumb of your right hand, with the breath coming in the left nostril. Hold the breath to the count of three. Close the left nostril with the middle finger of your right hand and breathe out your right nostril. Keeping the left nostril closed, breath through the right nostril and hold the breath to the count of three. Close the right nostril with your thumb while opening the left nostril and breathe out the left nostril. Continue breathing this way.

Breathe in this way (alternate nostril breathing) for 5 minutes or more. Who ever is guiding this meditation can periodically share any of the following ideas or whatever they may be inspired to share from their heart.

1. As you do this alternate nostril breathing imagine, through sight, sound, feeling or touch, smell and taste that you are building up an energy field of Divine Oneness and complete integration of Spirit and Matter.
2. 

<u>Breath In</u>	<u>Hold</u>	<u>Breath Out</u>
Amma	Feel Silence	Bhagwan
Sita	Feel Oneness	Rama
Radha	Feel Silence	Krishna
Mary	Feel Oneness	Jesus (or Yeshua)
Yashodhara	Feel Silence	Buddha
Zipporah	Feel Oneness	Moses
Kadija	Feel Presence	Mohammed
Etc.	Etc. (Whatever name of the Divine Partners that resonate with you)	
3. Affirm that:  
 "I and my Mother/Father are one."  
 Soham Shivaram.  
 Aham Bramasmi.

Tat Tvam Asi.

Matter and Spirit are one.

We are One in the Infinite Sun, together, together, forever.

Love and Light are one.

White Buffalo Woman & Great Spirit are one.

After 5 minutes or more of this guided breath practice, instruct the participants to relax both arms, stay with their eyes closed, return to normal breathing and bask in the energy field that has been created.

### Oneness Blessing

If you are using this breath practice as preparation for receiving the Oneness Blessing, after the participants have relaxed for a minute or two from the alternate nostril breathing have them place their left hand over the center of their chest (heart chakra) and their right hand over their left hand and focus on gratitude in the heart. Whatever they are grateful for right now in their life, bring that feeling, sense, experience, sound, remembrance of gratitude alive in their hearts now. They remain in this remembrance as they receive your oneness blessing(s).



**Yeshua (Jesus) said,**

"When you make the two one, and  
when you make the  
inside like the outside,  
and the outside like the inside, and  
the above like the below, and  
when you make the male and the  
female one and the same...  
then you will enter the  
Kingdom of God."

- Gospel of Thomas