

Pranayama & the Mastery of Energy

SAMPLE
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Our breath is one of our most powerful weapons we have to revealing the presence of Source in our lives.

Unfortunately, most of us haven't been taught to use it.

In this practice, we'll be engaging with the three-part yogic breath.

This simple pranayama practice will help us to explore the untapped power we have to progressively still the waters of troubling thoughts and emotions and reveal the underlying sacredness present in every moment.



MORNING

Thought or emotion I want to be free of worry Thought or emotion I want to experience safety
(From your Communion Blocks Worksheet)

Three situations where I will remember to use my three-part yogic breath today...
Pro tip: select situations in which you typically find yourself stressed or overwhelmed.

1. In the car after I arrive at work
2. In the lobby at my dentist
3. Immediately before going to sleep

How I will remember to do my breathing practice...

Post-it note(s) Other _____
 Enlist a friend
 Set an alarm

EVENING

How I felt...

In the moments *before* I did my three-part yogic breath... Typically a bit hurried and stressed

In the moments *after* I did my three-part yogic breath... More rooted in the moment. My mind seemed to quiet down as well.

*Pro tip: be specific about your *before* and *after*. Note the depth and ease in the breath, the effect on feelings and emotions, the quality of thoughts and tensions in the body. Notice the subtlest changes that arise as a result of your effort.*

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MORNING

Thought or emotion I want to be free of _____ Thought or emotion I want to experience _____
(From your Communion Blocks Worksheet)

Three situations where I will remember to use my three-part yogic breath today...
Pro tip: select situations in which you typically find yourself stressed or overwhelmed.

1. _____
2. _____
3. _____

How I will remember to do my breathing practice...

Post-it note(s) Other _____

Enlist a friend _____

Set an alarm _____

EVENING

How I felt...

In the moments **before** I _____
did my three-part yogic breath... _____

In the moments **after** I _____
did my three-part yogic breath... _____

*Pro tip: be specific about your *before* and *after*. Note the depth and ease in the breath, the effect on feelings and emotions, the quality of thoughts and tensions in the body. Notice the subtlest changes that arise as a result of your effort.*