



The breath can be a key to unlocking the mystery of the relationship

In looking at how to deepen (rather than broaden) our personal practice choosing to focus on exploring the breath can be a key to unlocking the mystery of the relationship between body, breath, mind and beyond.

Here we can think of the deepening into our practice arising through progressively slowing the patterning of our breathing. To do this we have to reconsider our practice, not in terms of what we do with our body but what we do with the breath within our body.

This means firstly knowing what is our basic practice breath rate per minute and then progressively slowing that rate as we progress from Āsana, through to Mudrā and then to Prāṇāyāma.

For example when working with Āsana we can start with four breaths per minute, then with Mudrā slow it to three breaths per minute and finally with Prāṇāyāma, slow it again to two breaths per minute.

An accomplished practitioner may be working with three breaths a minute in Āsana, two breaths a minute in Mudrā and one breath a minute with Prāṇāyāma.

Whereas a less experienced practitioner may be working on five breaths a minute in Āsana, four breaths a minute in Mudrā and three breaths a minute in Prāṇāyāma.

The starting point does not matter and is something that is appropriate to the history, health and training of the student. What is more important is that no matter where we start from, the journey into the mystery of the breath and its relationship to the slowing of psychic activity, is through the progressive slowing of our breathing patterns.

This is realised within the long term developmental refinement of the practice limbs of Āsana, Mudrā and Prāṇāyāma within our journey into the evolution of Haṭha Sādhana towards Rāja Sādhana.