



### Yogi Shri S. N. Tavarai - An Introduction

Shri Tavaraiji met his master Shri Ram, when he was only seven years old. Over a period of twelve years, he learnt the practices of a very secret Yoga system from his teacher. He said that this system was passed to disciple in "Guru-Shishya parampara," originating from Maharshi Patanjali who is credited with the authorship of Yoga-Sutras.

Shri Tavaraiji condensed the system into few simple exercises with the Three Step Rhythmic Breath, so that the benefits of such a system of Yoga could be easily available to every one.

His teacher advised him to be a house - holder, so he lived as a family man throughout and is survived by his wife and two children. He said that the real test of Yoga is in a normal family life.

Shri Tavaraiji had two Engineering degrees and two degrees in Master of Arts. He had mastery in Homoeopathy and Astrology with new perception.

He had tremendous control over his body brain system brought about by Yoga practices. Even though he ate only three meals a week and slept only for four hours, he was able to lead a normal and very active life.

#### He has written many valuable books :

- (1) Yoga Sutra - Explanation and Exposition
- (2) The Purpose of Birth and Death
- (3) The Inner Discipline
- (4) Lectures on Yoga (Discourses-I,II, III. IV)

Moreover, he has left a tremendous amount of notes to unfold the secret of Yoga.

He left his physical body at the age of seventy - six in May - 1994.

❁ ❁ ❁  
**His motto**  
**Breathe in Love**  
**Breathe out Forgiveness**

# RHYTHMIC BREATHING FOR INNER EVOLUTION



:Scribe:  
**Shri S. N. Tavaraiji**



## SOLIJI YOGA FOUNDATION

Yaksha Shree Complex, 2nd floor, Near Keya Motors,  
Chhani Jakat Naka Vadodara - 390 002.  
Phone : 0265 2974981

### Book Publication

ક્રમ	પુસ્તકો	કિંમત.રૂ.
૧	યૌગિક લયબદ્ધ શ્વસન ..... (કસરતોની પ્રાથમિક પુસ્તિકા)	૨૦/-
૨	પ્રેક્ટીકલ ગાઈડ ..... (કસરતોની એડવાન્સ પુસ્તિકા)	૩૦/-
૩	આંતરિક અનુશાસન ..... (અનુવાદ- ઈનર ડીસીપ્લીન)	૧૩૦/-
૪	યોગસૂત્ર-વિવરણ .....	૧૦૦/-
૫	યોગસૂત્ર-યોગાભ્યાસ .....	૧૫૦/-
૬	હ્યુમન બોડી ટાઈપ .....	૮૦/-
૭	પ્રિસેન્સિંગ મેડીટેશન .....	૪૦/-
૮	યોગ અને મેરેડીયનસ .....	૨૦/-
૯	મૃત્યુનું રહસ્ય .....	૩૦/-
૧૦	ઉત્થાનની સ્થિતિ .....	૨૦/-
૧૧	સત્સંગમાળા-ભાગ ૧ થી ૧૧..... દરેકના .....	૧૦/-
૧૨	સત્સંગમાળા-ભાગ ૨-૭, ૧૦-૧૧.....દરેકના .....	૨૦/-
૧૩	ગીતા રહસ્ય .....	૧૦/-
૧૪	સર્જનની લીલા .....	૧૦/-
૧૫	રીઠમ-મેગેઝીન-બાઈન્ડીંગ દરેકના .....	૧૨૦/-
	(વર્ષ -૨૦૦૫ થી ૨૦૦૯)	
૧૬	રીઠમ મેગેઝીન (વર્ષ - ૨૦૧૦- ૧૧-૧૨) .....	૧૫૦/-
૧૭	રીઠમ-વાર્ષિક લવાજમ .....	૧૬૦/-
૧૮	નિર્મળ કાયા .....	૫૦/-
૧	Discourses 1 to 5 (English).....	125/-
૨	Discourses 3 to 4. (Each).....	100/-
૩	Yoga Discipline.....	125/-
૪	Yoga Sutra (Explanation).....	125/-
૫	Rhythmic Breathing for ..... Inner Evolution .....	20/-
	<b>--: हिन्दी पुस्तिका :-</b>	
૧	યૌગિક લયબદ્ધ શ્વસન.....	૨૦/-
૨	સત્સંગમાળા .....	૨૫/-

Title 2

## OUR 3SRB CENTRE

	Ph. NO.		Ph. NO.
<b>Mumbai</b>		<b>Anand</b>	
1. Devendra Munjpara	9821589023	1. Jayantibhai Parekh	9328997497
		2. Babubhai	9375742118
<b>Ahemadavad</b>		<b>Nadiyad</b>	
1. Pradip Shah	9879089455	1. Rases Mehta	9727720643
2. Bharat Soni	9825336496	2. Pradumanbhai	9909947659
<b>Baroda</b>		<b>Gandhinagar</b>	
1. Prakash Shah	9825671221	1. R. U. Mevada	9979882679
2. Ghanshyam Patel	9974701051	2. Ravin Majithia	9909922640
<b>Jungadh</b>		<b>Mahuva</b>	
1. Bahadur singh	9825365970	1. Dr. Pamnani	9824479060
2. J. B. Vora	9979882726		
<b>Rajkot</b>		<b>Veraval</b>	
1. Mahendra Suchak	9979882609	1. Khetsybai	9408088621
		2. Prasant Sanghvi	9979882667
<b>Bhavnagar</b>		<b>Janakeshwar</b>	
1. Dr. Mukesh Sanghvi	9825336895	1. Kaushik	9426453193
<b>Bhuj</b>		<b>Madhavpur</b>	
1. Dr. Ramesh Waru	02832-230540	1. Govind Vekaria	9979882689
<b>Surat</b>		<b>Upleta</b>	
1. Dr. Krupesh Chauhan	9727712357	1. Bharat Sojitra	9979288092
		<b>Navsari</b>	
		1. Hemant Desai	9979882683

Title 3

---

do.' Repeat slowly and loudly and then yet more loudly. Imagine the scene of the crucifixion and the compassionate face of the Christ on the cross. Once again say it aloud and then softly and yet more softly. Close your eyes and relax for two minutes. Do nothing and think of nothing else, only to continue the Three-step rhythmic breathing. When you open your eyes, you will see a different person. Repeat this daily.

**(8) Weakness for sex**

Suppose you suffer from the very overpowering and natural weakness of sex and it is at times so bad that you wonder why you cannot discriminate age, family relations or woman with a family and yet this weakness haunts you. Only you are careful not to be exposed. Mentally you try that from tomorrow it shall not be so, but you find that 'tomorrow, and tomorrow, creeps in this petty pace from day to day, to the last syllable of recorded time.'

Sit in front of a mirror and look at yourself. Visualise your wife and children around you. Then softly say, 'this above all, to thine own self be true, and it must follow as the night the day, thou canst not then be false to any man.' Repeat a little louder, and yet more loudly, then softly and yet more softly. Visualise your wife and family around you. After doing this look into mirror and say; 'Give me that man who is not passion's slave and I will wear him in my heart's core, aye in my heart of hearts.' Repeat it softly and once again more softly. Look into the mirror and say in a firm clear tone: "I am that man." Repeat a little loudly, then softly and yet more softly. Close your eyes and relax. Do nothing and think of nothing else, only continue the Three-step rhythmic breathing. When you open your eyes, you will see a different person. Repeat this daily.

**Om Satyam Param Dhimahi !**

ॐ सत्यम् परम् धी महि ।

---

# RHYTHMIC BREATHING FOR INNER EVOLUTION



:Scribe:

**Shri S. N. Tavarajji**

---

---

# RHYTHMIC BREATHING FOR INNER EVOLUTION

© SOLIJI YOGA FOUNDATION

Fifth Edition : July 2016

Copies : 1000

Rs. 20/-



Published by ;

**SOLIJI YOGA FOUNDATION**

Yaksha Shree Complex, 2nd floor,

Near Keya Motors, Chhani Jakat Naka Vadodara - 390 002.

Phone : 8758812356

Emial : drdararhythm@gmail.com

Time : 10.00 to 1.00 & 4.00 to 7.00



: Printing By :

**KRISHNA PRINTERY**

T.C. Parikh Ind. Estate, B/h Yamuna Mill, Bus Stand, Pratapnagar,  
Vadodara -04. Ph.2580344, M.: 9825326366,krishnaprintery@gmail.com

---

that fear is. Repeat this daily.

**(6) Suppose the weakness predominant is deceit of some sort.**

In that case sit before a mirror, look at your face and read loudly pronouncing each word clearly: 'Every man takes care that his neighbour does not cheat him. But a day comes when he begins to care that he does not cheat his neighbour.' Read again a little louder and then even more loudly. Look into the mirror and read softly again, and then even more softly. Think along this line: 'How wonderful the day when each of us will take care of our neighbour. That day cannot be far off. We are not wild animals in some big game, preserved under natural surroundings. It should be possible not only for our neighbour but for any other person to be perfectly, at ease and at peace with us and we with them. In our age, which is without a doubt completely different from all that has been in the past, tomorrow it will be yet more grand and different. We must adjust and change not only outwardly but as much and more inwardly to live truly.' Close your eyes and relax for two minutes. Do nothing and think of nothing else, only continue the Three-step rhythmic breathing. When you open your eyes, you will see a different person. Repeat this daily.

**(7) Do you, dear reader, suffer from anger and irritability ?**

From the sparrow, the meek dove and the domesticated dog to the king cobra, the tiger and the lion, none is free from this greatly dreaded disease in man. Whether he is small and weak or big and strong, man is at once quick to get temper and display anger. If this be your falling then, how long do you wish to be listed with birds and reptiles and the animals? For what art thou a human being? But you say, that you have tried so often to curb it and have failed. Rightly, so far you have used your will and that is one sure way of falling always. Does a thought like 'I will never see his face again' or 'I'll never step into your house again for you are accursed' or 'loathe you in my bosom, I scorn you with my eyes' come to you?

Now slowly, audibly say, 'Lord forgive them for they know not what they

---

#### ***(4) Do you suppose you suffer from hatred?***

Does a thought, such as the following one, if not to the same intensity but to a lesser intensity, cross your mind? 'If I catch him once upon the hip, I will feed fat the ancient grudge I bear him.' Here is shown a second method for handling aroused emotions like in case (3) above. In this case, as in (3) above, read the following thought aloud and with the same aroused intensity; 'While yet I have time to make restitution for all the wrongs I have done. I will undo them and ask for all the forgiveness from God.' Ask yourself, 'Will yet I not be better if I ask forgiveness from him?' Repeat this a little aloud, then repeat it softly and very softly. Close your eyes and relax for two minutes. Do nothing and think of nothing else, only continue the Three-step rhythmic breathing. When you open your eyes, you will see a better person. Repeat this daily.

#### ***(5) Do you suffer from unexplained fear ?***

It does not matter whether it is fear of the unknown, economic fears, fear of health or over someone's safety. It matters not for what reason, if it is fear you experience and experience this sensation near about the solar plexus.

Sit before a mirror and look at yourself. Ask yourself whether knowingly and on purpose you have done harm to anyone. Search not for reply. Now read slowly and a little aloud pronouncing well each word: 'You cannot scare a man who is at peace with God, his fellow men and himself.' Read a little more loudly, then softly and very softly.

Think along this line, 'It cannot be that you have done wrong to your fellow men or to God. No, it cannot be, at least you have never meant it. It is childish and foolish in this world, in our time and in our age, to even think or harm to anyone, we who are living in the age of the atom.'

Read these lines again aloud, then more loudly, then softly and very softly. Close your eyes and relax for two minutes. Do nothing and think of nothing else, only continue the three-step rhythmic breathing. When you open your eyes you will see a better person and you will not find where

---

### ***Important Instructions:***

---

1. As Rhythm is intrinsic part of these techniques, please do not do the exercises shown in this book **without the musical cassette/CD/DVD** which goes with them.
2. Please do not practice the techniques just by reading out them, learn them directly from one of our **trained teachers**.
3. The name of the people trained to teach these exercises is given elsewhere in this book. Please try to learn from them only. Learning these techniques from any untrained person could be harmful.
4. **These techniques are taught free of charge.** If any person is charging to teach these techniques, please beware of him/her.
5. The best procedure to be followed daily with the musical cassette or VCD/DVD is:
  - a) Attentive Tension & Relaxation
  - b) Swisso
  - c) Rota
  - d) Crawling
  - e) 3SRB for 5 minutes
  - f) Refining exercises and Gold Nugget
  - g) 3SRB in lying position for five minutes
6. Please do six refining exercises for the first six months for one minute each only. After six months the period of each exercise can be increased slowly by half minute every month, till one has reached three minutes of each exercise, not more. **It is very important that you do not divert from the prescribed regimen.** Over enthusiasm could be harmful. It is better to contact teacher before increasing time.
7. Most students do only the refining exercises, omitting 3SRB. **It is very important to practice 3SRB as and when you get time** during the course of the day and especially at bed time.
8. Refining exercises should be done on an empty stomach or four hours after meal.
9. Precautions for high blood pressure and heart patients: Learn under the guidance of a trained teacher only.
10. During pregnancy: Refining Exercises no 2, 3 and Gold Nugget should be omitted.

---

## **Preface**

The later half of the twentieth century has seen an explosion of science which has woven itself into the fabric of our daily life. For many thousand of years India has been a reservoir of deep spiritual knowledge and teaching. This knowledge has been shared with millions of students who have come to her shores to learn.

The basic spiritual truth never changes. But the form given to knowledge and teaching has to change with the time. In our scientific age this form has to be a scientific one together with a scientific approach and method. This would mean reinterpreting the old spiritual texts in the light of modern science.

Shri Tavariaji was a spiritual scientist. In ancient days such a person would have been called a “Maharshi”. **He designed simple technique and practical methods which have profound effect on the body, the brain and the emotional structure.** These simple breathing exercises work directly on all the systems within our body-brain structure to bring about total health which would mean a balance between the physical, emotional and mental aspects of the human being. They also have deeper effects on the unseen Yogic anatomy of man, thus leading one to the path of inner evolution. The result is a new person who by breathing a rhythmic breath has brought peace in his relationship to his body and mind, which in turn leads to harmony in his relationship with his fellow human beings and the cosmos at large.

Shri Tavariaji came to Vadodara on 3<sup>rd</sup> May, 1994. This booklet is the result of the lecture delivered by Shri Tavariaji in the Medical College. I would like to thank all friends who have enabled us to publish this book. Hope, this booklet will help spiritual seeker for inner evolution.

Place : Vadodara

Date : 1/03/07

**Dr. Dara J. Bhesania**

---

instead find blessedness, freedom and real use of free will.'

Read the above quotation mentally, then read it a little aloud, then yet more loudly and finally softly and very softly. Then close your eyes and relax for two minutes. Do nothing and think nothing else, only continue the Three-step-rhythmic breathing. When you open your eyes you will see a better person. Repeat this daily, and observe yourself in the mirror after both the exercises.

### ***(3) Do you suffer from envy or jealousy ?***

Does a thought, such as the following one, if not to the same intensity but to a lesser intensity, cross your mind? 'Why should he have power and wealth and I left to plod, along with the man in the street? Why must I accept this meaningless living? I will steal or do worse for I must get for me fortune.'

When reading a quotation or creating a suitable one to suit yourself, please remember that the quotation could be of two types displaying noble thoughts as in the first two cases or displaying mean thoughts as in this case. There are, therefore, two ways of handling the emotional centre: (i) When, the emotional centre is depressed, as in the first two cases, and (ii) When the emotional centre is already aroused to high negative intensity as in this case. Therefore, the emotional centre is to be taken by the hand (so to say) towards high positive intensity in two different directions in two different ways. In the first two cases, we read more loudly, and then softly and yet more softly, in this case we must read without emotion, coolly, seriously and hardly audible. This rhythm is very important, this technique of raising low negative intensities or reducing high negative intensities must be properly understood and followed. In this present case, read as you would a text book, seriously and coolly. Now look into the mirror and read again. Visualise a person you respect and in his visualized presence ask mentally '**Is there something for nothing?**' Ask again a little louder, and then very softly. Close your eyes and relax for two minutes. Do nothing and think of nothing else, only continue the Three-step rhythmic breathing. When you open your eyes, you will see a better person. Repeat this daily.

---

world is the world of man who has not yet reached a critical certain stage. We have been satisfied to note that in all creation God and Nature have bestowed free will and man really speaking, is free. The critical point is establishing one's self as shown in diagram IIIa. (Refer 'The purpose of Birth and Death')

Now who are the tyrants that taint nature's bliss? They could be the emotional, sex and movement centers oppressing the intellect and keeping it in bondage. The greatest of such tyrants is our perverted free will that has already established itself so firmly, so as to do the things we want to do. We can be free. We just have the simple rules of life to follow.

Read the quotation again mentally, then a little aloud, then, yet more aloud, and initially softly and very softly. Ask yourself in which world you like to live. When you have done this, close your eyes and relax for two minutes. Do nothing and think of nothing else, only continue the Three Step Rhythmic breathing. When you open your eyes you will see a better person. Repeat this daily.

**(2) Take unhappiness – the corrective is happiness**

We read: *'There is in man a higher than love of happiness; he can do without happiness and instead find blessedness.'*

Repeat this quotation mentally at first, then a little aloud, then yet more loudly. In this way, we first arouse or work up the emotional centre. Then the intellectual centre is to be brought in. Think along this line: 'we live in this world normally for happiness. Everyone does that, man, woman, or child. Our search for happiness takes us by different roads. We mean no actual harm even though in our search for happiness we may hurt others. Those who hurt others are called selfish, mean and even criminals. The only pity is that their conception of happiness is all wrong, but fundamentally it is in hopes that define happiness by living well, good food, clothes, accommodation, sleep, time to spend in fun and merrymaking. But this is a sure sign of mental immaturity. There is something higher than such happiness. We can certainly do without such happiness and with discipline and a balanced inner and outer life,

---

## THREE STEP RHYTHMIC BREATHING

The human brain is a highly volatile and explosive substance. If one practices any exercise – pranayama or so called meditation and controls it for some time, no sooner does one stop such a practice (for it cannot be done for 24 hours) then this devil of a conscious brain will, with vengeance, torment the individual and normal life will be miserable. So it boils down to the fact that along with certain practices and exercises a certain type of panorama should be included that can be relentlessly carried on for all twenty four hours. The key to this eternal vigilance is the introduction and establishment within the body brain system of the THREE STEP RHYTHMIC BREATHING (3SRB), the natural rhythmic breath we humans are born with. Only then will this conscious brain surrender, and when it does, the individual mind is no longer polluted, the vision becomes pure and the mind turns inward. Over mind and body we do not have direct control. Breathing is unique in that it is the only function we can control and make rhythmic – even for all twenty four hours. **If breathing is controlled and is rhythmic, thinking is also controlled and becomes rhythmic.** The circulation of blood, too will be controlled and be rhythmic, the pulse rate dropping from 72 or more to 60 or less per minute.

**Shree S. N Tavaria**

---

## RHYTHMIC BREATHING FOR INNER EVOLUTION

---

When I was four years old, I was reciting *Gayatri Mantra*. Now a Parsi boy from a Parsi orthodox family knows nothing about the *Hindu Shastras*. When I was seven, I met my Transcendental Master and I have continued at his feet till today. I am very anxious – I told in the group this morning also and I repeat everywhere I go that I want a few dedicated young people who would take from me everything that I would like to pass on. So that they could live a more useful life and in turn they would be able to help others. I have done everything that *Yoga* practices would require a man to do. I have spent all my life from my age of seven to my present age of seventy-six, doing all sorts of *Yoga* practices. **But I would like to give you few things that will not require more than seven to ten minutes every day and yet will give you all the benefits that long years of *Yoga* practices can give you.**

Before I show you actually what we shall do, I shall tell you why I have selected these few exercises for you. Any physical exercise can be an exercise, but what I am going to show you is not the physical exercise. It will give you total health – physical, mental, emotional and psychic. Because a human being is a complex structure. If one leg of a table is broken, you call a carpenter and he will put it right. If something happens to the human hand or foot, it cannot be set right, the entire biological structure has to be studied because human being is a very complex subject. He or she lives by emotions and emotions are chemicals. The entire human body is a chemical factory and therefore the human emotions are chemicals added thoughtlessly into the system and therefore must give different types of reactions. To take care of our emotions in best way is very important. We are normal human beings. We have to live our normal life. We cannot run away to an ashram or to the Himalayas. We have to look after all obligations that we are shouldered with. I am myself a family man with children, grand children having worked all my life and still I am working.

So, I have brought out from all these mass of *Yoga* practices only a few *Yoga* practices that do not require more than seven to ten minutes a day

---

## THE CORRECTIVE EXERCISES

---

For a few days watch those drifts that repeat themselves most frequently or those that hurt you in some manner. Then make a list of them in order of frequent repetition. From these various drifts we select a few of the most damaging emotions that disturb the mind, hurt the heart and have adverse effect on bodily health.

*Fear of death; unhappiness; jealousy or need of wealth, hatred - with or without revenge; known or unknown or unexplained fear; deceit of some sort; anger and irritability; and weakness for sex.*

It is important in these exercises to understand **the correct method as the memory pool section and the conscious mind are linked in a conscious effort to erase wrong memory patterns implanted sometime earlier in life due to faulty living.** The essential; technique of voice modulation coupled with 3SRB is scientific and will definitely prove useful. It would be a mistake to dismiss these exercises as being similar to self hypnosis through the parrot-like repetition of clichés.

**(1) Take fear of death - the corrective is hope.**

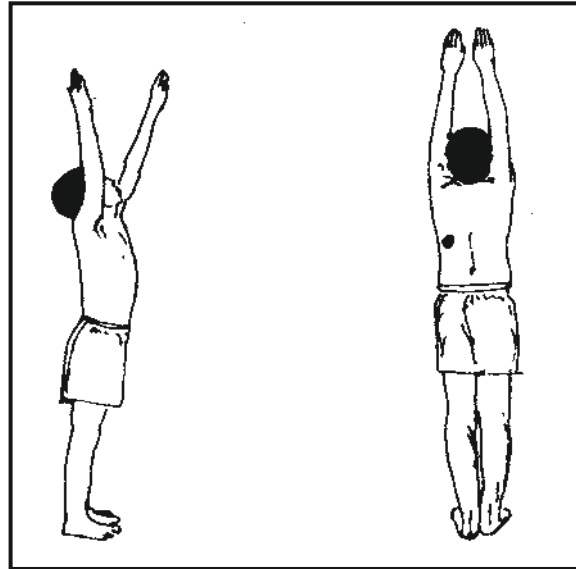
We read : 'There is yet a world where souls are free where tyrants taint not Nature's bliss; if death that world's opening be; Oh! Who would live a slave in this?'

Now think along this line: '*where there is life, there is hope and we find that amidst dark days, man expects a brighter tomorrow*'. Repeat the above quotation mentally at first, then repeat it a little aloud. In this way, we first arouse the emotional centre, then the intellectual centre should be brought in. To do that, think along this line: 'There is a world you say where man has free will. Men cannot function without free will. In that world predestination by a separate authority does not thwart man's action. If we die in this world where there is nor free will, we will be able to enter that world of free will. Therefore, would you or anyone else ever like to be man the machine in this world? Now what is this world and what is that world? There are no two such worlds geographically. The first



---

## CRAWLING



### **Method:**

Stand in front of the wall one foot away. Keep one hand on the wall another straight in the air. Now crawl on the wall with one hand, try to stretch maximum upside, maintain it for a while and come back. Now put another hand on the wall and do the same. At last keep both the hands on the wall and crawl, try to stretch maximum upside. Make sure that your heels are fixed on the ground. Maintain for a while, and come back. Do six times each exercise.

### **Benefits:**

This exercise is beneficial for back problem. It is natural traction. During exercise you are stretching your spine, so it becomes flexible and muscles get strengthen. It is helpful in back pain and in lumbar spondylosis.



---

and I am sure that however busy you are, you should be able to find seven to ten minutes a day for which you will get tremendous benefits. These few exercises will take care of your physical body, of your negative emotions, of your mental disorders whatever they be and also psychologically protective. How many young people come to me and say that they suffer from depressions, they can't control their tempers. To control emotions, to control depressions when it comes, we may meet more defeats than success and therefore it is natural that the human beings may feel depressed if one experiences defeats more than once.

Just before the practices I will say that these few exercises are based on a rhythm. This rhythm is not decided or invented arbitrarily. It is not the fancy of one human being. This is the rhythm that is laid down in our *shastras*. In the days of "Rig-Veda" – one of the oldest *shastra*, there is a part of Veda that deals with *Swar-Nadi shastra*. *Swar* means breath and *Nadi* means pulse and pulse means health. What is the relationship between pulse and health? **In my seventy-six years never once I have got a headache, never I have got a stomachache, never once I have known a sleepless night, never have I known what is depression!** Not because I was always lucky. I have passed through various vicissitude of life. In my normal material life, I have had very hard days to pass, but there has never been a day when I lost my smile, there has never been a day that I lost my sleep, never have been a day that I lost my health. What is the reason? The reason is a particular rhythm that we introduce in our breathing.

This particular rhythm that I am talking to you is Nature's rhythm. You and I were born with this rhythm. This is the rhythm with which every child is born. The child takes thirty-six breaths a minute at particular rhythm for first nine months of the birth and these are the nine months when the child's progress and growth is fastest. In second nine months the child takes eighteen breaths a minute and in the following nine months that means nineteen to twenty-seven months, the child breathes 12 breaths a minute. Then, after twenty-seven months the child becomes intelligent enough to understand the surroundings, perhaps may be seeing the father and mother fighting or the elder sister

---

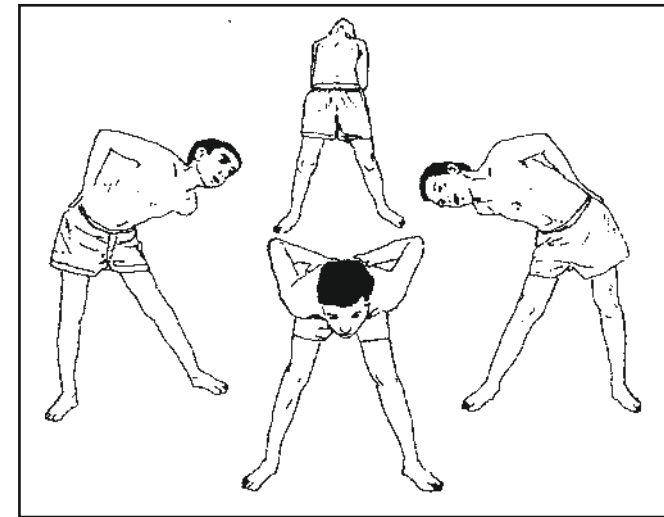
or elder brother fighting at school, the teacher develops certain fear. Fear is a very bad emotion, may be punished that stays in the mind of the child and the child feels depressed even when young. All these negative emotions slowly disturb the breathing and then slowly child begins to breathe irregularly. During these twenty-seven months you have seen that child breathes thirty-six breaths a minute, then eighteen and then twelve. But once the breathing is disturbed what happens? Even today in your case what happens? Your breathing is dependent on the emotions and mental state that you may be breathing fourteen breaths in the morning, eighteen in the afternoon, and twenty in the evening. This everything is depending upon what kind of emotions, what kind of mental disturbances you are passing through.

The purpose of good breath and good health is a steady twelve breaths per minute rate. Therefore, all we are doing is, I am not introducing to you anything new. I am taking back to the same breath you have been breathing from your birth to your twenty-seven months and the rhythm is also the same. Only to help you I have tuned the way you will be breathing, so you are going back to Nature. You are not doing anything new. All you are doing is slowing down your breathing from the average eighteen to twenty breaths a minute, you will go down to a regular twelve breaths a minute.

**The brain of a man is the most wonderful creation of God in the whole universe. In the whole universe there is nothing like the brain of man.** God has created something very spectacular in giving man a brain – the type of brain each human being is given. Science tells us today that in the vast universe there are sixteen billion galaxies. A billion is thousand million that means sixteen thousand millions galaxies. You will be surprised to know that the human brain, that God has given to man and to woman, has sixteen billion cells that mean sixteen thousand million cells. And what is more, each cell is capable of doing ten functions simultaneously! So, now you multiply sixteen thousand million by ten simultaneous processes that your brain can carry out. Fortunately or unfortunately, of this big mass of our brain cells, we are hardly capable of using a few thousand cells. But I do not give

---

## ROTA



### Method:

In Rota exercise keep both the legs apart by about 2 feet and keep both the palms resting on the back firmly. Entire exercise is to be synchronized with the breathing. First take a breath, then gradually exhale while bringing down your body in the front.

Then while inhaling twist your body in right direction. Bring it to the back and complete the breath. Now exhale and twist the body in the left direction and finally bring it in the front.

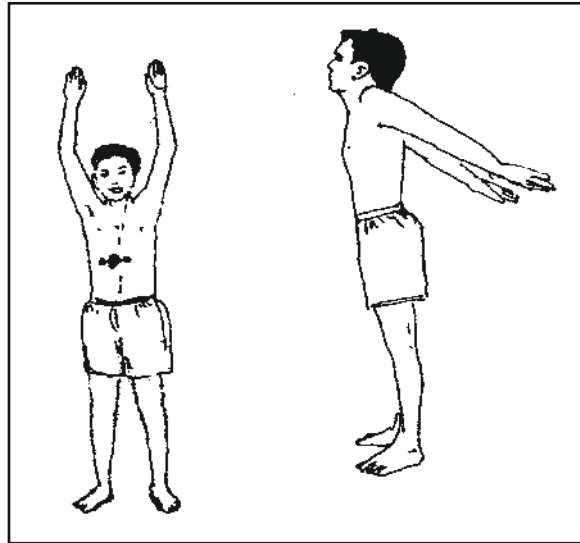
Care must be exercised to see that during rotation along with the body head too should rotate in the same direction. Repeat three times. Then do it three times in anti-clockwise direction.

### Benefits:

Our spinal column is connected with the ribs but from the cervical and lumbar part it is not connected with anything. Here there is no support to the column. So frequently it happens that person suffers from cervical and back problem. To remove this problem and strengthen the muscles over there this exercise is very helpful.

---

## SWISO



### **Method:**

Stand up with leg apart. While inhaling raise your both hands above head in straight position and while exhaling through the mouth forcefully bring down the hands and take them backside. Do it continuously for one minute. This exercise can be done on empty stomach twice a day. The practice of this exercise is recommended at the rate of 36 cycles per minute with the music.

### **Benefits:**

This exercise is beneficial for any problem between chest and head. First, it helps to strengthen lungs. It massages heart so heart becomes young. Good for cervical spondylosis and frozen shoulder. It also helps to cure cold and headache. It corrects the mood, so one gets fresh. It removes rigidity and dullness of body-mind.

---

importance how many cells you can make use of. The world's greatest scientist Hawkins – I am told that his entire brain is not able to cover one tea spoon. Only that much brain he has got and yet he is the world's greatest scientist! So, it does not matter that how much brain you have got. What is of very great importance is what use you make of this brain.

This brain that God has given you is capable of communication to the end of the universe. It is able to communicate every other living creature on this earth. It is able to communicate with the divine mind of God. You see your powers? You see where you stand? The whole universe is linked to you. What in the *Shastra* we call the *Chitti* – the divine mind of God which encircle the whole universe, not only the physical universe but the *Shastra* says *Bhu-Bhuvah-Swaha* that is the physical, the molecular and the atomic universe. If you can be in the communication with this Divine mind of God, what can you not do? What ill effects can come in your way? What emotions can depress you? Why should you not have perfect health? It is this communication that is missing. In this few exercises, taking not more than seven to ten minutes, I want to give you a simple secret of communication. Communication – one day will take you to communicate with the divine mind of God – the *Chitti*. Instead of giving you a long talk I would like to start with practices.

The first three exercises will need the music. It is the music of the breath you and I have taken in the first nine months. This breathing that you are taking at various cycles, what it is going to do for you? I have just now told you that all this breathing ultimately makes you communicate, that is the purpose of these exercises – to communicate. This is the breath with which you were born, I was born. At that time every child takes 36 breaths every minute, but it is not a fast breath. It is rhythmic breath. There is particular rhythm in that breath. What is the rhythm? If you want to see this rhythm that Nature has, you see near the horizon. You will be able to see the rhythm of the ocean, like the note of this music one... two... three... five... six. One, two, three is breathing in and five, six is breathing out. But we will be doing exercise at thirty six breaths a minute and it should be a faster music.

---

Now kindly hear the music, look at me and start your breathing with me. Place your hands on your chest. Now look at me and breathe with the chest deeper... deeper... deeper..... Are you feeling little giddy? The nerves are choked. We clear the nerves with this breathing. When we pass through life, we pass through negative emotions, sometimes we do express, sometimes we do not. We have to gulp down many a times. If you are employed with the employer you have to gulp down. If your parents or your teacher scold you, sometimes you have to gulp down. And all these negative emotions settle in the various area of whole body. The first area is the chest area which will disturb the breathing and due to disturbed breathing we have Asthma, T.B. and various other diseases.

Now we shall go to the second exercise with the same music and the rhythm. Place your hands on the stomach above the navel. When you breathe in the abdomen comes out. When you breathe out your abdomen goes in. Remember this, not the other way around. When you breathe in your chest, your abdomen will come out; when you breathe out it will go in. Do it with the music... look at me... deeper... deeper...

This area is the stomach above the navel. All the organs are here in this region. We suffer from various diseases because we eat too much. None of you look as healthy as I am! **And I eat earliest is every forty eight hours! Sometimes I eat after seventy-two or ninety-six hours** and what I eat? I assure, less than what you eat in one meal. But why? Why I am so healthy? Why there is nothing that touches my body? This is because this part of the abdomen above the navel is normally empty. People have breakfast in the morning, then lunch in the afternoon, then in the evening there are some *nasta* (snacks), and in the night they have the dinner.

You will say why should we not eat? I will give you simple example. Suppose you build up a building or a factory, you need lot of materials. When you build human body up to the age of, say, twenty-five years, you eat freely. I am not stopping you from eating. Eat ten times a day, I do not mind. After twenty-five your body is complete. Once the factory is built what you need is maintenance of the factory and for maintenance how much you need? So, after twenty-five, all you have to do is to maintain

---

### Method:

Sit, keep both palms on the stomach. First breathe in, then breathe out and pull your stomach inside with the help of hands. Empty the lungs totally and keep on pulling stomach inside. Now hold your breath outside. Keep it for 15 seconds and then release. Do it three times.

### Benefits:

This exercise is very good for all digestive problems, like indigestion, gas, constipation and liver problem, acidity, and is good massage to the kidneys.

### Exercise - 6:



### Method :

Stand up, keep legs apart, breathe in and raise both the hands straight on the head. At the same time stretch your body up on the toes of the legs. Stretch your whole body upside. Hold the breath, make a balance of the body. Keep it for 15 seconds and then release. Do it three times.

### Benefits:

This exercise is good for the whole body, specially for the spine. All muscles are stretched, so all tension from the muscles will disappear. Circulation is improved.

---

#### **Exercise - 4:**



#### **Method:**

Sit and take deep breath, put both palms on the chest, hold the breath, stretch your chest out side, make it like a rock. Keep it for 15 seconds and then release. Do it three times.

#### **Benefits:**

This exercise is beneficial for asthmatic patient, for bronchitis, chest congestion, cough. Good for heart problem person. Repeat this daily.

#### **Caution :**

Heart patient should not hold breath for long time.

#### **Exercise - 5:**



---

this body, but for maintenance how much do you want to eat? Four times a day? Any one below twenty-five can eat. They have freedom up to twenty-five but by twenty-five the whole biological body is complete. Then what you need is only maintenance and maintenance requires very little quantity of food. In fact, the maximum amount of food in twenty-four hours that you can put in is twenty-four small morsels. That is all you have to eat in twenty-four hours, preferably in one meal.

Many people ask me if you have a long gap, don't you have ulcer? I do not know what an ulcer is, though **I do not eat for forty-eight or even ninety-six hours!** Ulcer comes if you are missing your food and not eating it. You do not require food when your body energy level remains high. We get up in the morning and by the time we go to bed we feel exhausted because our energy level starts falling. It is because of these reasons that we have to eat and we have to sleep. The *shastra* says that there are three types of people – *Yogi, Jogi and Rogi*. The *Yogi* sleeps for four hours – twelve to four a.m. The *Jogis* are common householders. They sleep for six hours – eleven to five am. And those who sleep more than this are all *Rogis*. You might say that science says you have to sleep eight hours. I say, quality of sleep is more important, not quantity of sleep. All you have to do is sleep for six hours – eleven to 5 a.m. **I have been sleeping four hours a day – twelve to four a.m.** By the time I go to bed by half past eleven I remain as fresh as when I get up in the morning, and I am afraid when you get up in the morning, you are not as fresh. May I tell you how you get up in the morning? Ah! O... Oh... Oi!..How much you do all this, when you get up in the morning? That means you have not slept well. When you get up in the morning you sit up in bed, put your legs out, stand up and walk, finish. That is a way you have to get up. But you can only get up like that if your sleep is fresh.

The exercises that I am going to show will reduce your intake of food normally, without making any control and sleep will be very sound. When you sleep in the bed you are not sleepy. You are tossing and turning in bed because whatever thoughts you had during the day, by dreams they come in your sleep and the way you sleep show what thoughts are going in your mind. You take the knees in your stomach and twist like this...

---

when you sleep like that it means, certain thoughts are passing through your mind and your sleep is not sound, so with these few exercises that you will see and do, will give you excellent health. No need for eating too much and yet very sound sleep, so that you get up fresh in the morning.

The third exercise is the combination of the first and second. You sit down on the ground, legs stretched in front of you. Normally, you have to hold the toes, but if you cannot hold the toes, every week try to come one inch nearer, so that after few weeks you can hold your toes. Keep the chin up. Now start with the combination of chest and abdomen with the same music and the rhythm.

In this exercise the important points to consider are the hipbone, the spine, the knees and the back of the thighs. These are the areas normally by the time one is forty to fifty years, he or she gets pain. So to remove this pain without medicine, this you can do for one minute. As I said, if you cannot hold your toes, hold your legs wherever you can, every week try to go by an inch further till you are able to hold your toes. So this is the third exercise. All these exercises you are doing with the music. This music tape is available.

Now the fourth, the fifth and sixth exercise are done without music. We see the fourth exercise. Here you take your breath in by three installments through the nostrils and blow out forcefully at once through your mouth. Shall we begin? Breathe in one... two... three... and forcefully breathe out through the mouth. Do it for one minute. Why do we do this breathing? You see, all our ailments begin with the nerves only. Our nerves have got wall that are perfectly round, but by the time we are thirty, thirty-five or forty, the size of the walls of the nerves fall in and they lose their elasticity. With the results you get blood pressure, you get many other defects of the blood and the skin and the heart and so on. So, in this exercise we once again make our nerves round and elastic, you once again get your health back. This is a simple exercise but it will remove a hundred ailments from your body.

Now, we go to the fifth exercise. Here the breath is in four stages. We take the breath, we hold the breath, we breathe out slowly, we keep the

---

**Method:**

Sit and stretch your both hands sidewise. Keep straight your shoulder, elbow and fingers. Hands must be parallel to the floor. Push both hands outside, tense them. Keep it for 15 seconds and then release. Do it three times.

**Benefits:**

This exercise is useful for frozen shoulder, elbow tennis, wrist problem and weak hands.

**Exercise - 3:**



**Method:**

Sit and first stretch your right leg straight and fold your left leg. Hold the leg from lower part of the knee and lift the leg for 4" to 6". Keep leg straight and tight, toes towards yourself, held for 15 seconds and then release. Do it three times.

Now change your leg and practice in the same order from left leg three times (Photo given for left leg).

**Benefits:**

This exercise is beneficial for rheumatism and arthritis in knee, sciatica, pain in legs and walking trouble.

---

## PRACTICAL

---

### Exercise - 1:



#### **Method :**

Sit on the floor with cross legs. Open your both palms firmly and make tension in the fist as well as in both hands. Keep it for 15 seconds and then release. Do it three times.

#### **Benefits :**

This exercise is beneficial in finger joint. Arthritis, specially to the ladies. Today, due to overuse of the computer, people are facing the problem of finger arthritis, specially in western countries. This exercise is very useful for them.

### Exercise - 2:



lungs empty. Here also we begin with the count of three. Slowly over weeks we go to the count of four and later we go to count of five. When we have count of three, we will have it with twelve seconds to one round and sixty seconds to five rounds. When we have five counts, we will have three rounds in one minute. With count one... two... three... we take breath in; with count one... two... three... we hold the breath, with count one... two... three.... we slowly exhale and with count one... two... three.. we keep our lungs empty. So it takes twelve seconds for one round and five rounds in one minute. This exercise is to cleanse your blood.

**The final exercise is most important.** You have experienced perhaps in your life, that you pass through a very strong negative emotion or very strong positive emotion, that is, when you are sad or you are very happy, your throat is choked. You cannot speak because the emotions choke your throat. This is the area where all negative emotions rest. So we have to clear this area. For that we take a very deep breath, keep the mouth shut, hold the nose with the finger and the thumb, press the chin against throat and then try to swallow saliva once, twice, thrice, and then release. Try to do for five times. Something happens to you? Something moves into your ear? Above the throat area there are all the five senses – the eyes, the ears, the nose, the tongue, and the skin. With this exercise you bring to normal all the five senses and all their sense organs. It is very useful exercise. It takes six minutes for these six refining exercises.

Now, I will show you a very different and easy exercise. It is called **Gold Nugget**. I have told you right in the beginning that the beauty of these exercises is finally to establish communication. In our body there are three wonderful areas. They are in communication with each other. We live a different type of life. But in the first place, we are not aware of these areas and in the second place we never try to revive these areas. The first area is called 'perineum'. It is an area between *Muladhar* and *Swadhisthan*, means between anus and sex organ. This triangular small area is hardly one inch by one inch. The second important area is diaphragm – the muscles that make us breathe. When it becomes straight the ribs go out and we breathe in. When it comes up, again the ribs come in and we breathe out. It is an automatic motion of this

---

wonderful machine or muscles – the diaphragm. The third spot is in the brain which is called *Bindu* – a very small area, a size of a four Anna coin. It is here that the Soul sits. We talk of *Atman*, it is here in this *Bindu* that the Soul sits. It sits only as a witness to whatever you are thinking, to whatever you are doing.

Unfortunately, we do not wish to communicate with our own Soul or *Atman*. Imagine in this world of ours today with no communication. What will be the state of our world? Each village will be isolated, each country will be isolated if there is no communication and this is how our body and mind live. We are isolated. We are not in communication, not even with the divine mind of God. We are not in communication within our own body. And our own body is like an isolated village.

For this, I will show you very easy exercise. If you are honest and sincere and do it daily, over a period you will see the changes that will come in you. Go home tonight and look at your face in the mirror and after six months of this exercise again look at your face in the mirror and tell me what difference you will understand and find. I have just shown you the navel. Above the navel we have done second exercise. This exercise is below the navel.

I have told you the first area is perineum. We cannot directly manipulate perineum but if we pull in the lower abdomen below the navel, it will pull the perineum in. What we want do at first is to make active, regenerate this perineum. It is one of the finest spot in the human body. Though we are normal human beings, we have to look after our material well beings, we have to look after family. In spite of that, we cannot say that we do not have ten minutes to spare for body, mind and Soul. If you spare these ten minutes you will put yourself in communication with the mind of the God and it is valuable return you will get for your one minute a day.

Now, what we do in this exercise? First we breathe out and pull in the lower abdomen. Keep the lungs empty and the abdomen below the navel pulled in, keep it in till I count ten. One.. two... three... four... five... six.... seven... eight... nine... ten.. Release.

---

## ATTENTIVE TENSION -RELAXATION EXERCISES

---

Every human being experiences tension in his or her life, specially during any kind of crisis. Tensions are built up at two levels, one at mental level and second, simultaneously at muscular level. To eradicate tension we have to learn relaxation. Relaxation will remove tension from both the levels. But for proper relaxation first artificial tension should be created in the muscles.

There are six Attentive Tension-Relaxation exercises (ATR). While performing these exercises attention must be on the sensation of the muscles.

When we practice tension-relaxation of muscles, two things happen. First, the circulation of blood increases and second the circulation of *Prana* increases. These both circulations would purify body-mind at gross and subtle level. The circulation of *Prana* would release mental tension, so one will feel mental peace. The circulation of blood would remove acids from the muscles and joints so muscles become tension free and joints become flexible. Rheumatic pain from the muscles and joints would go.

The second important benefit of these exercises is to strengthen nervous system so there is no possibility of paralysis as well as neural problems. In short, these simple exercises are very helpful for the body and mind.

### **Instructions :-**

1. All exercises must be done in following order.
2. Each exercise has to be done three times. Every time tense for 15 seconds and relax for 5 seconds.
3. Observe that during exercise tense only particular part of the body. Rest other parts should be relaxed.
4. As mentioned above, experience sensation of muscles during the exercises.
5. These exercises should be done before Refining Exercises.



---

All the above benefits are woven unto a process of breathing which can continue for 24 hours a day without outside help. *Patanjali* considers this as one of the most important benefits.

### 3SRB Method

Let us now understand the actual method of 3SRB. There are three facets to it.

#### Technique :

Normally we breathe partially and mainly from lower lobe. In 3SRB breathing is done with both lobes functioning simultaneously. This is total breathing. To start with, lie flat, keep a relatively heavy book on each of the upper and lower lobes and ensure simultaneous breathing by both lobes. In other words, both lobes must rise and fall at the same time and more or less in equal measures as you breathe in and out. Practice this for about four to five days.

#### Volume :

The quantum of air inhaled and exhaled must be what is usually normal with us – neither too deep nor too shallow. Only note that the exhalation should be slightly more forceful (not faster) than inhalation. After practicing for three or four days, go on to the next step.

#### Rhythm :

Our normal breathing varies from 14 to 20 cycles of breath per minute. The recommended breathing is 12 cycles of inhalation cum exhalation per minute. This means each cycle should not exceed five seconds (six pulse beats). The exact rhythm is inhaling and counting one, two, three seconds and exhaling counting five, six by seconds. Use a time watch to start with to ensure the suggested time pattern which is five seconds per completed cycle or 12 cycles per minute.

✘            ✘            ✘

**This technique has been accepted by the Committee of Psychoneuro Immunologists. (U.S.A.)**



---

You do it for five to six times and slowly over a period, every two weeks try to keep abdomen pulled in for more time – twelve seconds, fifteen second, twenty seconds till you reach forty seconds. Your lungs are empty and abdomen below the navel pulled in for forty seconds. When you reach forty seconds, slowly something will begin to take place in your body and mind.

Now I will show you another simple exercise. When you suffer from spine trouble, normally we say the padding between the bones is pressed and because of that the shooting pain goes right at back of the thigh and right up to the ankle. When you suffer from such pain Doctor keeps you in traction, makes you lie in the bed and your spine is stretched. Instead of going through all this torture you can do this exercise for one minute daily. Stand near a wall one foot away facing it, heels must remain on the ground, both hands are straight. Now, keep one hand straight and one hand crawl on the wall as high as it can, make it straight. Repeat with another hand. Finally, let both the hands crawl. Heels must be on the ground. This is one time. Do this exercise for six times. You will never have pain in your spine, in your back, in your hip bone, in your thighs, in your neck.

And the last, whether you are suffering from heart diseases, whether you are short of breath, Asthma, T.B., whether you have poor digestion, whether you do not feel like eating, whether you have lost your sleep, do this simple exercise for one minute. Stand with your legs apart, take your breath in and raise both your hands, then breathe out and your hands down to back side. Do it forty to fifty times, for one minute.

In all you have spent nine minutes so far. Nine minutes a day will keep the doctor away. When I say it will keep the doctor away, I mean all the ailments you have slowly leave your body. The proof of the pudding is in eating. I am telling you because I have done it. If you do it you will get the same results. Nine minutes a day, daily is a very big challenge. The formula is seven minus one is Zero. In a week of seven days if you miss one day the week is lost. Thirty minus one is Zero. One day in the month when you have not done, then month is lost and finally three hundred and sixty-five minus one is Zero, that whole year is lost! Does it look

---

difficult? **Seventy years that I am practicing and I have not lost four days in seventy years.**

I am telling you one day in a year, one day in a month, one day in a week, but if you pay this little price, the benefit is enormous. **I promise you, the benefit is enormous. The most important benefit is you will have a cool mind.** If somebody tells you, “you are a fool”, you would not say, “your father is a damn fool”. You will smile and say *'theek hai chalo'* (it's alright). So your mental health is very important, your emotional health is very important, so that with your negative emotions, you do not put wrong chemicals in your body. All the emotions are chemicals and the whole body system is a chemical factory. Everyday we put into our body any number of wrong emotions, that means any number of wrong chemicals, and the result is finally we have the sad body brain system. Let that not happen to you.

What I want to share with all of you, is my health. Wherever I go I make a contract. I give you my love, I give you my health, you give me your ailments. It is simple contract I am making with you. I am giving you my health you give me your ailments. All I want you to do is this nine minutes a day of exercises.

Now, a few questions normally asked, I will answer before being asked.

*Are these exercises done in the morning or evening?*

They can be done at any time but first three exercises must be done on empty stomach.

*Can we do it in morning and evening?*

Once is must, twice is your choice. But more is not better. Like if you cook your food, the salt required is very little. If you put more salt, it does not make food better, it is worse. So I am not asking you to do more. You cannot say that yesterday I was unable to do it, so today I do it twice. It will not help. Yesterday is yesterday, today is today, tomorrow is tomorrow and everyday is everyday, and nine minutes is nine minutes. I am not asking more from you. Nine minutes you throw away nine times a

---

movement of the diaphragm, one of the most important organs in the body according to Yoga. We breathe in accordance with the movement of the diaphragm and it speeds determines that of breath. The movement of diaphragm is given the right speed through 3SRB. Since breathing and thinking are solely inter-woven, it follows a corollary that with a slower rhythmic breathing the movement of thought itself slows down. Every minute we think 7,200 thoughts. Continuous 3SRB reduces the rate of thinking to approximately 1,200 per minute or 20 per second thus permitting attention to be much sharper and clearer. Just as we can observe the movement of a game more clearly if projected on the screen in slow motion, we can be attentive to the movement of thoughts much more clearly if the speed of the flow of thoughts is reduced. 3SRB reduces the speed of thought from 120 per second to 20 per second, and thus enables us to observe our thinking with clarity. This leads as a corollary to the enhancements of attention.

### **3. Advantages of 3SRB :**

1. Shallow and partial breathing becomes deep and whole. Correct amount of oxygen is thus supplied to the brain-body system. In spite of the fact that the quantum of oxygen taken is normal.
2. The speed with which we breathe is slowed down from approximately 15 to 20 cycles per minute thereby saving 4,500 breath cycles per day—an enormous saving of energy day in and day out.
3. Rhythm and order are injected into the breathing system thereby quieting and relaxing the river of thought within the brain. This leads to stress reduction and healthier and saner living.
4. The slowing of breath reduces the rate of thinking from 7,200 thoughts to 1,200 per minute or 20 per second, permitting much clearer observation of the process of thinking.
5. 3SRB helps us unfold natural moral value and hence refine thinking process. If there is freedom from past and present social conditioning consciously brought about, then 3SRB a state of quietism in which the brain centers evolve into their natural functions without interventions.
6. 3SRB opens up possibility if receiving a new source of energy from the astral body by synchronizing the time, rhythm and cycle of breathing with astral body's *prana* intake.

---

Taking 5 seconds per very complete cycle of inhalation and exhalation, we would then breathe approximately 4,500 times a day less, thus saving an enormous amount of energy everyday of our remaining life. The total energy saved in this way is mind-boggling. What is not wasted, is conserved. It would be interesting if scientists, interested in testing *Patanjali's* proposition, would calculate, in some measurable units, the vast energy saved in this way by reducing the number of cycles of breath in 3SRB.

## 2. The impact of 3SRB on Body-Brain Functions :

The human cell is living entity. Each cell performs highly specialized functions with amazing intelligence. The cells in the stomach, pancreas, lungs and in the grey matter constituting the brain, all have specialized functions, carried out with complexity and precision that can be more than match the most sophisticated computer. Human beings, through non-use and wrong use, influence their performance in the direction of irregularity and pathology. Even when so disturbed, they have capacity to relearn their function. The intra and inter cell movement of blood cells as they flow through the receptors of the lungs can be re-educated to function with health and harmony through the impact of 3SRB.

Firstly, the total breathing imposed by 3SRB improves the very functions of the cells in depositing carbon-dioxide and imbibing oxygen. Thus energized continuously for 24 hours blood cells moving to all parts of the body, including the fine capillaries within the brain, provide the much needed adequate oxygen to the brain. Brain cells die if devoid of oxygen for more than a few minutes. Secondly, injecting rhythm facilitates the subsiding of turbulence in the river of thought.

As the blood cells spurt along the journey of circulation and reach the lungs, they change their pulsating movements due to the impact of 3SRB. Irregular pulsations, due to collection of emotional debris, pickup the rhythmic movement of breath in lungs by repeated visits. We are told the entire blood in the body circulates twice per minute through the lungs. Every time this happens, blood cells pick up the tempo and rhythm of rhythmic breathing and transmit it to the brain cells.

Thirdly, slow breathing cycles slow down movements of thought, and thereby assist clearer observation. Breathing is the function of the

---

day, but daily, please no excuse. My teacher used to tell me, "He who excuses himself accuses himself." Give no reason whatsoever – my mother was ill, my wife was pregnant, this, that, nothing. Nine minutes a day means nine minutes a day, please.

*You say that the exercises should be done regularly. Suppose a day is lost then what are we failing or get?*

Yes, a very good question, madam. If you miss one day the heaven do not fall, she wants to tell me and it is correct, the heaven do not fall. But it is the human tendency. This week I have not done once, so what? After two weeks two days I loose, so what? And that type of lethargy overtakes us. **I want to tell you that we have to be strict with ourselves, not with others. We have not to forgive ourselves but forgive others.** If we maintain this strictness it will become a habit. I know there may be sometime when it may be impossible to practice, it is all right. But your target must be seven minus one is ZERO.

Besides, in the *Yoga sutra*, *Patanjali Muni* says, "ill health leads to mental inertia." When the mind becomes weak we do not feel like doing anything. All you do is tomorrow, and tomorrow never comes. The only right thing that is real and final is today. So if you once be lenient to your body and mind say "Okay! Today I am tired, I will not do it" or "today I feel cold and cough I cannot do it" or "I have a little fever and I cannot do it". Please let me tell you this is the time you have to do it. When you have cold, when you have fever, when you do not feel well, that is the day to practice. Can I ask you one question please? Can you take one day's holiday from morality? These exercises are so important, not only from physical point of view, as I said earlier; it is to establish communication with the mind of God – *Chitty*. That is the importance of these exercises.

*Is music essential in these exercises?*

The first three exercises are done with the music. **The music is important because one has to take thirty-six breaths per minute.** If you go with the music, it would be easier, otherwise how will you keep track of thirty-six breaths in one minute? It is very difficult. It is not two second, so that you know every two second. I will take breath that would

---

be thirty-six breaths in one minute, so it is a fraction of two seconds. Otherwise, it is not possible to know without music. **But it is better to do without music than not to do at all.** Today I have given you three exercises at thirty-six cycles per minute. These thirty-six cycles a minute followed by eighteen cycles, followed by twelve cycles. We shall have further other exercises also. This is a method of not only controlling breathing but keeping our *Prana* circulation proper. So when we do some more exercises after three or six months, at that time you will realize why some are done at thirty-six cycles per minute, some are done at eighteen and some are done at twelve.



### **ALL PURPOSE YOGA BREATH**

There is however one way as discovered by the ancient sages of the *Upnishadic* Age—the *sva/nadishastra* and the all-purpose breath which we term as 3 SRB. But it has to be established all twenty-four hours as a continuous rhythm breath and then only can it maintain immunisation defence system and the various other rhythm of the body/brain system. The normal breath that we breathe has lost its original rhythm of 3 SRB is not a new way to breath but to once again establish original rhythm that we have lost. It is the original breath.

If one continues with 3 SRB all twenty-four hours it will resume the damage caused to the immune defence system and also the body/brain system. In our days of stress and tension and the sense of human being increasing due to natural evolution, breath has totally lost its original rhythm and granthis formed in the body/brain system.

---

## **THREE STEP RHYTHMIC BREATHING**

For Good Health, Creative Insight and Emotional Equanimity

---

### **1. The way we breathe and 3SRB :**

Firstly, our breathing is structurally shallow, since we do not use both upper and lower lobes of the chest. In other words, it is partial, and not total. Normally, we breathe from the lower lobe of our chest. It is easier to do so as the rib cage being broader in lower lobe, permit easier movement of the lungs. With lower partial breathing, the intake of oxygen is less than needed by the body. By breathing fully and simultaneously from both upper and lower lobes we do not starve the body of needed oxygen. This in fact is the technique suggested by *Patanjali* in Three Step Rhythmic Breathing (3SRB).

Secondly, we must note that 3SRB not being an exercise, (except in the beginning stage) does not call for deep breathing. The quantum of breathing , and no special efforts need be made to make breathing deep or heavy. Because of total breathing, the intake of oxygen inspite of fewer cycles is not affected; in fact it is enhanced.

Thirdly, 3SRB injects a rhythmic movement in the way we breathe by regulating breath cycles. **Rhythm pervades the entire universe. If one observes the sea far out, and the waves riding on the surface of the water, one would notice a forward-backward rhythmic movement.** Seasons have their own rhythm. An infant may breathe faster but the movement of his diaphragm is rhythmic. When disaster strikes a *Yogi*, he may meet the challenge appropriately at the action level but inside his respiratory system, the diaphragm will continue to move rhythmically.

Lastly, the speed with which we breathe gradually becomes faster over the years due to excitement, anxiety and aggression fostered by a competitive and ruthless way of living. This is not the case with infants and children, although infants breathe faster due to imperative growth. Nevertheless their breathing is rhythmic. Most of us breathe about 15 or more times a minute. In one day of 24 hours or 1440 minutes, we breathe about 21,600 times. We should slow down our speed of breathing as suggested by *Patanjali* and breathe 12 times a minute.

---

**Method :**

First empty the lungs keeping one hand above the navel and another below, pulling the abdomen in below the navel as much as possible. Hold the abdomen in tightly. Try to keep abdomen pulled in as much as possible for ten seconds. Increase from ten, fifteen, twenty, thirty, forty seconds holding the abdomen below the navel in, then inhale and release abdomen.

**Time :**

Begin with ten seconds and increase up to forty seconds. After reaching forty seconds, continue holding the lower abdomen in and begin shallow fast breaths for twenty seconds. Maximum for three minutes over a period of time.

**Benefits :**

The spiritual significance of this exercise is more than physical. This exercise opens the perineum area which allows the free flow of spiritual energy (*prana*) from subtle body to gross body. On physical level it regenerates reproductive system.

○

---

**THE REFINING EXERCISES - Practical**

---

Initially, to remove emotional debris from the thirty two *granthis* (subtle nodes) within the organism and to tone up the nerves, improve circulation of blood, ease tension etc. the following six simple breathing exercises are recommended to be done, preferably twice a day. These exercises are designed to work towards clearing the residue of undigested experiences from within the system.

**REFINING EXERCISE NO. 1**

**This exercise deals with the area of the heart and the lungs.**

**Method :**

Take deep and fast breaths at the speed of thirty-six breaths per minute alongwith the musical rhythm by placing both the hands (palms) on the chest. Be attentive that the chest should go out while inhaling and it should go in while exhaling. The other parts of the body should not move.

**Time Limit :**

Maximum one minute in the beginning, normally for first three months.

---

**Benefits :**

The diseases like Asthma, cold, bronchitis, sinus, cough etc. which are concerning the respiratory system are cured. It also removes the heart disease gradually if done carefully. The blood circulation also gets improved, and the excess of cholesterol is removed. It slowly over a period of time, keeps us balanced in all the ups and downs of life.

**Refining Exercise No. 2**

**This exercise deals with the area of the solar plexus**

**Method :**

Put both the hands (palms) on the stomach, at the upper part of the navel. In this exercise the upper portion of the stomach above the navel should be light.

Take deep and swift breaths along with the musical rhythm at the speed of thirty-six breaths per minute as done in Exercise No 1. Be attentive that the stomach should go out while inhaling and it should go in while exhaling.

**Time Limit :**

Maximum one minute in the beginning, normally for first three months.

---

---

**Benefits :**

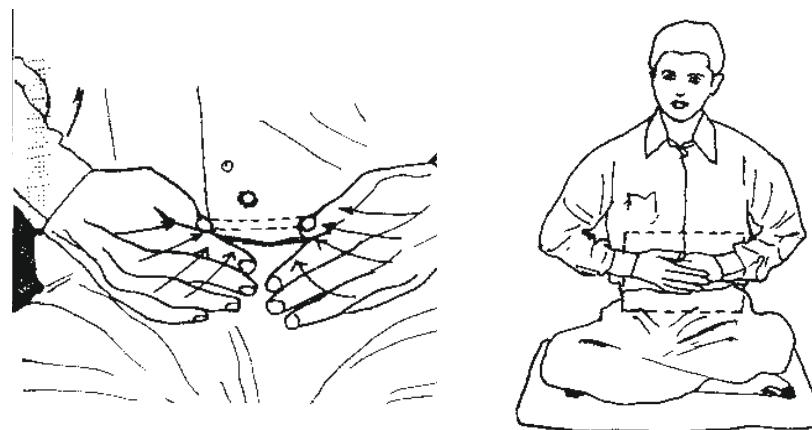
It activates all five senses which are in the face area and makes them more sensitive. It clears the sinuses and takes care of throat and thyroid related problems. It also helps to improve voice quality. It helps to dissolve the *granthi* of pain situated in the throat area and helps to regain the capacity to absorb pain in life.

**Total benefits of Refining Exercises :**

These six refining exercises correct respiration and speech, give strength and energy and improve digestion. In short, they help in preventing body disability and mental inertia, which are the primary obstacles to Soul cognition. Later on, an increase in their intensity will effect regeneration of the *Vayus* (subtle energy). **These practices are not normal, ordinary physical exercises though as a by-product they give benefits that almost all other physical exercises do not.** What is required here in the practices to follow is total involvement. These practices are designed for a higher purpose. If that purpose is not kept in mind or drawn in before one's eyes, the real benefit – internal purification – will not accrue, just as mechanical prayers, however often indulged in daily, yield nothing.

**Gold Nugget**

**It activates spiritual energy (*Prana*).**



---

**Benefits :**

For getting physical strength one should learn to keep breath in and for getting mental peace one should learn to keep breath out. The body becomes active and mind gets peace due to this exercise. The pauses between breaths help to break chain of action and reactions. The blood gets purified. Hemoglobin gets increased, harmful viruses get destroyed and consequently immunity increases.

**Refining Exercise No. 6**

**This exercise deals mainly with the area of the throat (Larynx), the thyroid and the four para-thyroid glands, the area of the face, the sinuses and the pituitary gland.**

**Method :**

Take a deep breath. Lock both the nostrils with the fingers and thumb, press the chin to the hollow of the throat and swallow saliva five times as in the act of drinking water. Release the chin lock and unlock the nostrils.

**Time Limit :**

Start with three repetitions. Gradually increase by one repetition every fortnight. Gradually increase swallow saliva more times.

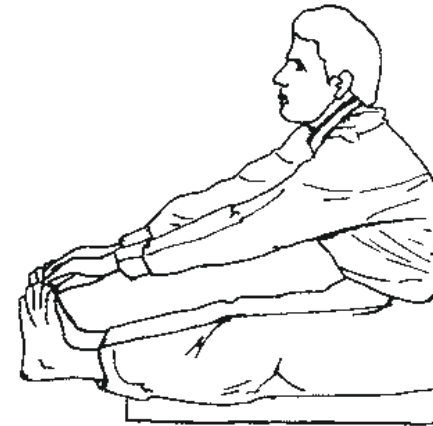
---

**Benefits :**

This is the best exercise for all diseases of the abdomen. It cures Gastric trouble, indigestion, lack of gastric fire, constipation etc. It gives massage to bowels, it stimulates pancreas and hence it is beneficial in diabetes. The *granthis* of fear are dissolved and transformed to its pure biological form.

**Refining Exercise No. 3**

**This exercise deals with the area of backbone, pelvic girdle and the knees.**

**Method :**

Stretch both legs and hold the toes by fingers of both the hands. If fingers do not reach up to toes, hold the ankle joint. The legs should remain straight and should not rise upwards and the head should remain straight up. Take deep and swift breaths with musical rhythm at the speed of thirty-six breaths per minute, as former exercises. In this exercise there is synchronization of both the above exercises and hence the chest and stomach will get out and get in simultaneously during inhalation and exhalation.

**Time Limit :**

Maximum one minute in the beginning, normally for first three months.

---

**Benefits :**

The benefits of both the former exercises are available in this exercise. It also removes pain of spinal cord, arthritis, rheumatism, sciatica and tired legs. The important benefit of this exercise is, it activates para-sympathetic nervous system. The tension accumulated due to jealousy and anger on either sides of spinal cord is gradually released.

**Refining Exercise No. 4**

This exercise deals mainly with the blood circulation, the lungs and one area of brain.

**Method :**

Staccato Breathing: Five short quick inhalations totaling one full breath, followed by one forceful exhalation through mouth emptying the lungs completely.

**Time Limit :**

Maximum one minute in the beginning, normally for first three months.

---

**Benefits :**

There are more mental benefits than physical benefits of this exercise. The suppressed feelings and negative emotions come out due to this exercise. The ill effects of unpleasant experiences by the day are removed. The respiratory system also gets improved due to this exercise and hence Asthma is cured. It also enhances and improves memory and also ensures vitality of the brain.

**Refining Exercise No. 5**

This exercise (a) oxygenates the blood (b) adds a little carbon dioxide in to the blood stream and (c) activates the para-sympathetic nervous system.

**Method :**

Square Breathing : Inhale for a count of three, hold in breath for a count of three, exhale for a count of three and empty for a count of three. Gradually increase to a count of five.

**Time Limit :**

Start with three repetitions. Gradually increase by one repetition every fortnight.