



# VISHOKA MEDITATION®

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## Nadi Shodhana

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The practice of nadi shodhana balances the energetic potential of our subtle energy channels, or nadis, by weaving a balanced expression of inhalations and exhalations through each nostril in an alternating pattern. Our practice will consist of two rounds, separated by a complete breath.

### Practice Instructions

1. Find a stable, comfortable seated posture so that your head, neck, and spine are aligned in a neutral position.
2. Breathe naturally, and cultivate a smooth, deep, diaphragmatic breath.
3. Take a few complete breaths, and allow your inhalation and exhalation to be balanced and of even duration.
4. Bring your attention to the touch of breath at your nostrils.

5. Begin your first round by inhaling through both nostrils, and then use your fingers to close your left nostril:
  - Exhale through the right nostril.
  - Inhale through the left.
  - Exhale through the right.
  - Inhale through the left.
  
  - Exhale through the right.
  - Inhale through right.
  
  - Exhale through the left.
  
  - Inhale through the right.
  - Exhale through the left.
  - Inhale through the right.
  
  - Exhale through the left.
  - Inhale through the left.
  
  - Exhale through the right.
  - Inhale through the left.
  - Exhale through the right.
  - Inhale through the left.
  - Exhale through the right.
6. Release the fingers, then inhale evenly through both nostrils. Take a few relaxed breaths through both nostrils. Feel the smoothness and subtlety of your breath now.
7. For the second round, reverse the orientation so that you begin with the opposite side. This balances the two sides, left and right, of the nervous system and prepares you to enjoy a deeper state of inward awareness in your meditation

8. Begin your second round by inhaling through both nostrils, and then use your fingers to close your right nostril:
  - Exhale through the left.
  - Inhale through the right.
  - Exhale through the left.
  - Inhale through the right.
  
  - Exhale through the left.
  - Inhale through the left.
  
  - Exhale through the right.
  - Inhale through the left.
  - Exhale through the right.
  - Inhale through the left.
  
  - Exhale through the right.
  - Inhale through the right.
  
  - Exhale through the left.
  - Inhale through the right.
  - Exhale through the left.
  - Inhale through the right.
  - Exhale through the left.
9. Release your hand from your nostrils, and then breathe smoothly and evenly through both nostrils. Take a few breaths naturally through both nostrils.
10. Enjoy the uniquely balanced state of awareness after this practice, and the natural inward flow of your mind toward the center of your forehead.
11. If you wish to prolong your practice of nadi shodhana, do another two or four rounds in the same fashion (i.e, an even number of rounds), so that you maintain an even number of breaths through both nostrils.

12. If this is your last round, allow your awareness to coalesce in the space at the center of the forehead, and take about five breaths here. Enjoy the peaceful yet vibrant awareness here. When you are ready to conclude, deepen your breath and gently open your eyes to come outward.

