



# Dr. K's Guide to Mental Health

Practice | Prana Shuddhi | Notes

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Prana Shuddhi purifies our vital life energy and begins to activate the third eye chakra. This practice should be done after 2 weeks of daily practice of Anuloma Viloma.

## **Practice Instructions:**

- Now that you can detect the breath in each nostril, now detect them going up both nostrils
- Feel your breath and imagine the flow as an inverted "V" going to the eyebrow center (space between your eyebrows)
- Exhale from your eyebrow center outward

Practice Nadi Shuddhi, Anuloma Viloma, and finally ending with Prana Shuddhi for a total of 20-30 minutes a day.

After cleansing our Ajna Chakra (eyebrow center) through Prana Shuddhi, you are now prepared for doing other Ajna Chakra activating practices. Advanced Ajna chakra practices should be done under the guidance of a guru, or spiritual teacher.