5 Prana Vayus

We are energy. We are beings of light. Our physical body and energy body is all energy & light. The compression of this energy forms a denser energy which is the physical body. Our physical body is in a bubble of compressed energy with information constantly coming in for us to receive. Our energy body is made of a grid of light in which life force energy enters the body and circulates in this grid, keeping us alive. Prana is life force energy that moves through the body in a grid of pathways, channels or circuits. The Prana can come into our system through an energy chord from our Creator Source at the crown of the head, and Prana can come from Nature entering through funnels of energy points on our light grid. Are we receiving this information if our energy circuits are disrupted?

Prana Vidya is the knowledge of energy flow through the body. Pranayama is the practice of moving energy through the body channels using breath and intention for purposes of clearing incompatible or stuck energy. Practicing Pranayama reconnects our energy circuits resulting in a smooth flow of energy. We feel better and we receive more information for guidance. If these circuits become disrupted by painful experiences, pollution, stress, or heavy thoughts, our energy system will not flow properly, and we may become sick. If these energy circuits become severely disconnected our physical body will die. As Prana enters the body at certain points on our light grid it really charges up & clears our energy field. Prana is food for our energy body & physical body. We not only need food from the Source, but also food from nature to feed our energy body & physical body. There may come a time in the future when we learn these techniques so well that we do not need physical food, but rather, become breatharians. There is a prophecy that one day we will live as light beings. These ancient techniques are the steps that will take us there. Perhaps we have forgotten how to do this, however after practicing for a while we begin to remember.

In yoga tradition we have the 8 limbs, or 8 steps to help us understand how to live a healthy life and reach Self-realization. One of the 8 limbs of yoga is pranayama. Another limb is Purity. Practicing Pranayama helps the body create a pure environment for the body to thrive and for our consciousness to grow.

The 5 prana Vayu’s are the 5 major pathways of energy flow in the energy body. Moving energy in these pathways clears blocked energy, allowing energy to flow smoothly and circulate, nourishing the bodies. When we practice the 5 prana Vayu’s we are using our intention, along with the breath, to move & clear energy through the prana channels. Where our intention goes, the energy flows. There are Pranayamas that are good to do in the morning upon awakening or before our yoga practice to wake us up and give us energy, like Kapalabati (breath of fire). There are Pranayamas to calm us down and to clear our mind before meditation, like the 5 prana Vayu’s or Nadi Shodhana (alternate nostril breathing). The 5 prana Vayu’s reconnect our energy pathways. They help us reach a deep state of peace and they calm our nervous system to help us prepare for our day, prepare for meditation, or recover from a stressful day. The 5 prana Vayu’s can be done anywhere, standing, sitting, lying down, or while doing yoga postures.

Always make sure you are connected to the Source at the crown of your head before practicing each Vayu. Always inhale & exhale through the nostrils if possible because the entry way for the nadis (or channels) are in the sinus. We can receive prana with our breath through the sinus. The prana can then circulate through our light grid along these pathways. **Practice the 5 Prana Vayus in the following sequence**:

**Prana Vayu** shares the same name of the 5 Prana Vayus because it is one of the most important. With this vayu (Prana Vayu) there is a stronger focus to clear static hyper thoughts from the mind so that we can open the trap door from the subconscious mind to the conscious mind. We need to have this trap door open to receive intuition, guidance, and information of all kinds. Information comes inward through the gut and travels upward through the heart to the sub-conscious mind. When doing Prana Vayu we are opening the trap door from our subconscious mind to our conscious mind so that we can become aware of the information coming in. Then we can receive our intuition and guidance and it is no longer blocked by a trap door, stuck in the subconscious mind.

We also receive information through the five senses. Sometimes we are around too much stimulation such as prolonged exposure to angry or depressed people, loud noise, watching violent TV shows, EMF’s from computers, and watching or reading the news. This causes sensory overload to our nervous system. We are all exposed to these things every day. All this incompatible information overloads the mind and the trap door closes. We cannot access needed information from our gut. We are in fight or flight mode much of the time. This Vayu must be cleared in order to get the clutter out of the mind, open the trap door, receive information, and create peace. When we reach a peaceful state of mind, the mind tells every cell & organ to be at peace. We do not have to be in fight or flight all the time. Deepak Chopra says that the body must be in a deep state of relaxation to heal itself properly. When we continue to practice the clearing of this channel the vayu is strengthened and we naturally cultivate the habit of unplugging from all the stimulation, allowing the time to turn our focus inward and absorb the information that we need. When we have a weak Prana Vayu our mind is cluttered, our nervous system is compromised, we cannot receive any guidance and we are not at peace. **Start by imagining you have an energy chord coming from the Source that connects to the crown of your head, feeding you the finest Prana. With Prana Vayu we inhale the Prana from Source through the crown of the head and down through the heart to our spiritual stomach, as if we are filling up a chalice from the gut to the third eye. On the exhale we move the prana back up through the heart to the brain and visualize the brain lighting up, being bathed with beautiful white light as the energy is released outward through the crown back to Source.**

**Apana vayu** is the downward flow of prana in the body. **We inhale the prana from the Source pushing the prana with our intention & breath, inhaling it down the central channel of the body to the pelvic floor. Then we exhale the prana down through legs, out through the feet, into the Earth.** This channel helps with elimination of all kinds. What comes into the body must be moved out on an energetic level & physical level. When we eat, drink, breath or have painful experiences the waste needs to be moved out so that we do not have blockages and incompatible energy in our body. Food and intrusive thoughts & experiences need to be moved out through this downward movement. This downward flow is related to bowel movements, urination, menstrual cycle, giving birth, and ejaculation. If this channel is weak there will be too much elimination and the inability to control downward/outward movement. We cannot let go of difficult thoughts and painful memories if there is a weakness or block in this channel. We hold on to them and the mind becomes too busy with too many thoughts and worries, further disrupting our circuitry. A weakness in Apana Vayu can also cause us to feel ungrounded and unsupported. When Apana Vayu is healthy we are able to process these thoughts and release them, regaining our hope and enthusiasm. This is a good Apana to do with standing poses and can be done with seated poses by rooting and connecting through our energy roots at the tailbone.

**Udana Vayu**, the upward flow of earth energy in the body to get us further grounded to the Earth and connected with the Creator Source above. **Inhaling the breath up through the chakras in the feet, up through the central channel to the heart, then exhaling up & out through the crown to the Source.** It gets us moving upward with our lives & helps us speak up for ourselves. This channel is associated with an upward attitude & perspective. If we want spiritual & personal growth as well as growth in all areas of our life, (like career, health, relationships, or whatever goals we have), we definitely want to keep the energy moving upwards in this channel. When this channel is weak or blocked we tend to be stagnant, lethargic, & depressed. We have a lack of enthusiasm and willpower to do our yoga practice, our job, or work on our goals in life. We cannot speak up for ourselves. If there is excess in our Udana Vayu channel we will have ego, too much pride, willfulness and arrogance.

**Samana Vayu** we are ingesting prana to help digest and assimilate all we have sensed and taken into our body through our spiritual stomach, the gut, and called the “second mind of the body.” Then, the information is sent up to the conscious mind and filtered through the heart on the way.

Physically, anything we eat, drink or breath needs to be digested, assimilated and eliminated, same with our spiritual stomach. Through our gut we unconsciously take in information and experiences that we need to digest, process, assimilate & distribute what is useful, then discard what is not useful. If Samana channel is strong & healthy we can absorb and process a difficult situation by taking it in through our gut, digesting, and then letting go of the incompatible energy by using Apana Vayu. The inability to process or digest information, or a difficult situation, or digest our food is a sign of a blocked Samana channel. Some of what we ingest is full of light and is good for us, and some of what we ingest is incompatible, however all energy has light. We need to develop a “knowing” of what we have taken in and decide what we want to keep and what we want to eliminate. Regular practice with this channel can strengthen our “second brain” in the digestive area and help us decide whether food is healthy or harmful before we eat it. And what parts of ingested information do we keep or eliminate.

 **Samana Vayu is practiced using the breath & intention to inhale the energy from the Source, down the central channel, into the spiritual stomach which is located just above the navel. The abdomen & torso area will expand as you inhale and contract as you exhale. The spiritual stomach will also expand as you inhale and contract as you exhale, maybe you can feel it. It’s like your stomach is expanding from the size of an orange to the size of a grapefruit, then back to an orange, etc.** Samana Vayu creates fire in the spiritual stomach to digest energy & experiences, then is eliminated by doing Apana Vayu (downward flow movement). We always practice Apana Vayu after Samana Vayu to eliminate the energy we have taken in through our gut that could be incompatible and not useful.

**Vyana Vayu**  - **With this channel we inhale the Prana from the Source, deep into the heart. Then we exhale radiating the Prana outward from the heart in all directions like the sun, down the arms & legs, through the skin and beyond in all directions. We can also face the Sun and inhale its rays directly into the heart, then exhale back to the Sun and outward in all directions to fill our entire energy field and beyond, receiving the fire energy as fuel for our energy body.**

On the physical level Vyana Vayu is associated with the heart & circulation of all that is good throughout our being. This Vayu will circulate nutrients from our food & air that we breathe, and aid in the absorption of these nutrients. It releases & circulates the energy from the nutrients and eliminates waste as we do when we are sweating or exhaling. It clears the heart of sadness or anger. People who can expand out into the world in a loving way and can easily circulate among others in their community in a friendly way, have a healthy Vyana Vayu. If this Vayu is depleted the person will experience separation, alienation, irritability, anger & hatred. This Vayu supports all the other Vayus.

When you get familiar you can also practice them with your postures if you wish. Explore using the 5 prana Vayu’s with your postures and get a sense of how the energy moves.

Thank you for participating in this meditation and being willing to work on self-improvement. I wish you the best on your journey to health & happiness.