

# SITALI PRANAYAM



Take the tongue and roll it. Sit up straight in easy pose. See diagram. Inhale deeply through the rolled tongue, the tongue remains in this position upon exhaling through the nose. Continue for a minimum of two to three minutes.

## COMMENTS

It is good to do this kriya 26 times in the morning and 26 times in the evening.

This kriya gives you power, strength, and vitality. Whenever you get a fever, sickness or discomfort, do this kriya. It is a cure within you. At first the tongue will be bitter then it will become sweet. Once it

becomes sweet, you have overcome all sickness inside. People who practice this kriya have all things come to them that they need by the planet ether. In mystical terms, you are served by the heavens.

## SITALI BREATH

Sitali pranayam means "cooling breath." It soothes and cools the spine in the area of the fourth, fifth, and sixth vertebrae. This in turn regulates the sexual and digestive energy. This breath is often used for lowering fever and cooling off anger.

This simple exercise rejuvenates and detoxifies when practiced regularly. Fifty-two breaths a day are recommended to extend your life span. Often the tongue tastes bitter at first. This is a sign of detoxification. As you continue the practice the taste of the tongue will ultimately become sweet.