

The Practice of the Inner Vayus



Prana Vayu

The seat of prana vayu is the heart

Focus upon the mid point at the front of the diaphragm, at the height of the lowest floating rib.

Exhaling focus at this point noticing how the chest area and the back becomes more compact, with a small dimple forming at the end of the exhalation at the front. Then inhale as awareness travels into the area above into the area of prana vayu. Repeat 3 to 5 times.



Apana Vayu

The seat of apana is the anus

Focus upon the area of the anus.

Exhaling contract the anus gradually. Then after a short pause inhale with awareness rising into the lower abdominal region, allowing this area to release, expanding downwards and forwards. Inhale & Exhale then repeat again, practicing for 3 to 5 times.



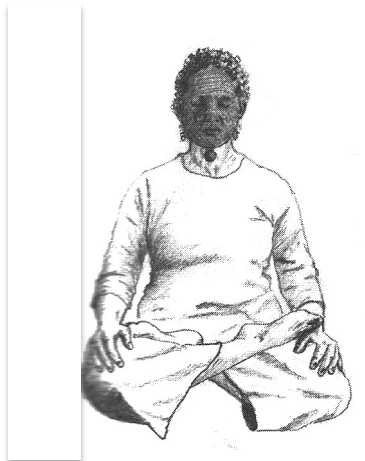
Samana Vayu

The seat of samana is the region around the navel

Focus upon the area three finger-widths below the navel.

Exhaling focus upon this area noticing how it becomes more compact, a dimple forming at the end of the exhalation. Then inhaling into the area above, the area of the belly where samana is located. Repeat 3 to 5 times.

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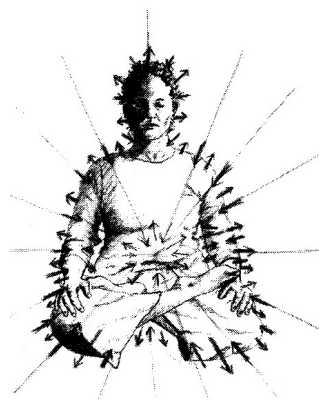


Udana Vayu

The seat of udana is the throat

Focus upon an area at the centre of the throat.

Exhaling notice how the jaw lowers, the back of neck widens, chin lowers, as if creating a small dimple at the spot at front of the throat. Then inhaling upwards into the head region. Repeat 3 to 5 times.



Vyana Vayu

Vyana vayu moves throughout the body

Exhale as if from outside the body as if to the core of the body. Then after a pause inhale into the whole body. Repeat 3 to 5 times.

We can practice by performing each several times in succession as above or work upwards sequentially performing each once, starting with apana vayu, then samana vayu, then prana vayu, then udana vayu and finishing with vyana vayu, working upwards three times in this way.

Orin asserts that working with the vayus activates and balances them, creating an internal sense of concentrated quietness and lightness, ideal as a prelude to meditation.

She also describes how we can utilize them to help adopt mula bandha and jalandhara bandhas.

For mula bandha: Sit cross-legged, exhaling focus on the prana vayu place at mid front diaphragm notice how the navel subtly descends and that the anus simultaneously contracts; meaning the root of mula bandha can be seen to be apana & samana vayus.

For jalandhara bandha: Sit cross-legged, exhaling focus on udana vayu, noticing how the throat seems to move subtly backwards and the chin tends towards lowering to the chest; meaning the root of jalandhara bandha is udana vayu.

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