

Lalleshwari



Slowly, Slowly I tended
the bellows of my throat
and the light inside grew
and filtered out through the dark,
So that within even it,
I saw the Truth.

Lalla
14th century North Indian Mystic
Naked Song - Coleman Barks
(Maypop - 1992)



Hei is the Breath of The Unmanifested that fills us every moment of the day.

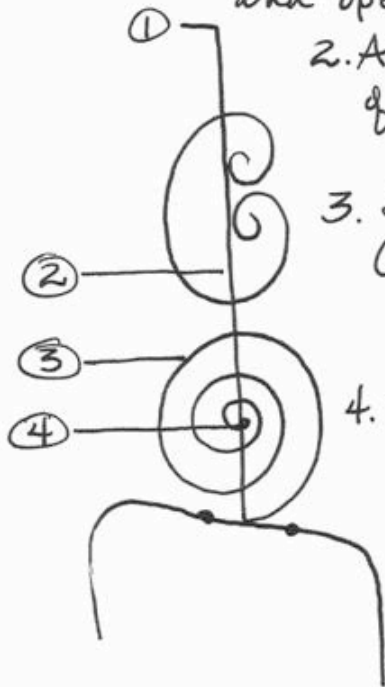
As we Re-Member Home in the Practice of Surrendering All that we are, All that we have, and All that we long to be to the Patters Field of OM, we are filled with All that is Love and All that is Light.

We surrender to Love through the exhalation of the breath, and in turn, we are filled with the Re-Membrance of Home through the Most Invisibile aspect of God that brings Life to us all —
The Breath of The Divine.

The Cho-Ku-Rei Breath could also be called
The Breath of Creation.

There are 4 parts to the breath.

1. Draw the breath in from above your head through your mouth with a cooling breath. (Sitali Breath) Let the breath move to the back of your throat and open that area.



2. Allow the breath to descend to the depths of your throat, reaching the collar bones.

3. Spiral the breath inward to OM. (You can draw the path of the breath with your eyes or simply be still.)

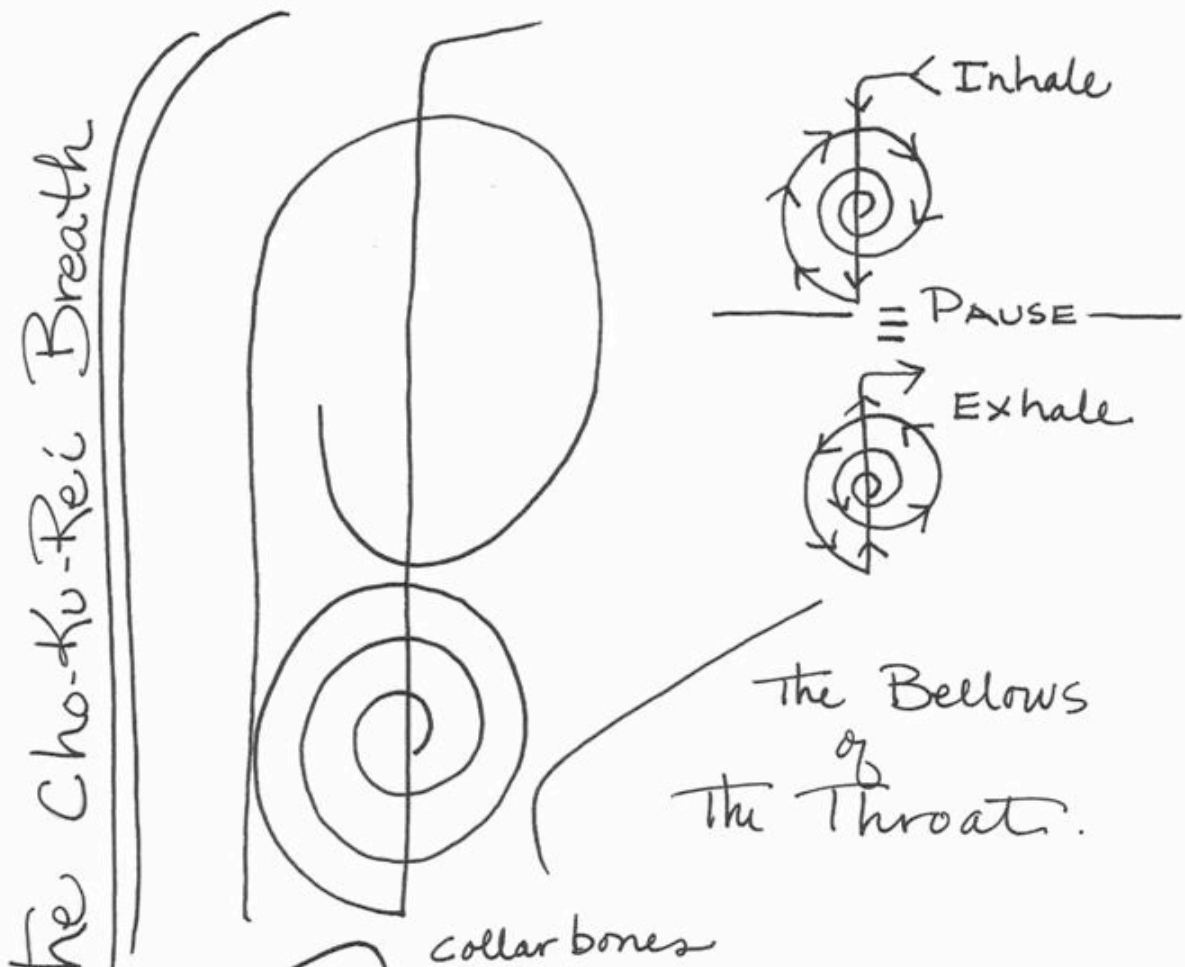
4. Pause - Rest for a Moment Relaxing the Body... Tension Free.

Reverse the process and send the breath upward and outward as you exhale.

As you learn this technique, incorporate intentions that correspond with the Four Directions.

East - Return to Innocence
South - Return to Purity
West - Return to Love
North - Return to Wisdom.

The Cho-Ku-Rei Breath



The Bellows
of
the Throat.

collar bones
Visualize the Movement of
the breath.

Stay connected with the Path of the Breath
by following it with your eyes.

This filtering system cleanses and purifies
through the Jajos of the Circle 7.

The darkness of Impurities are cast out,
while we are filled with the Breath of All
that is Light.