

The Possibilities

We may begin practicing spinal breathing pranayama for various reasons. Maybe we heard it helps with relaxation. It certainly does. Or perhaps there is a health issue, and pranayama was recommended. Yes, spinal breathing, especially, can do wonders to help balance our inner energies. Often, inner energy imbalances can be the cause of physical health issues. Or we could be coming to spinal breathing pranayama for spiritual reasons, in pursuit of that elusive condition called *enlightenment*.

Whatever our reason has been for starting spinal breathing, it is a good enough reason. It really does not matter why we have begun. The important thing is that we have!

If we commit to a twice-daily practice and give it some time to work, the benefits will be there. The beauty in this is that no matter which of the benefits we have come looking for, we will receive all of the benefits in due course – relaxation, good health and, eventually, enlightenment too.

So the possibilities are very broad – global, we could say. Global within us, and even global around us. Yes, when we take up spinal breathing, we are not only purifying and opening the full range of possibilities within ourselves, we are also opening the possibilities within everyone and everything around us. How can this be?

This was mentioned in the last chapter, how our inner opening can reveal that everything around us is an expression of our own inner consciousness, our own vast inner space. It is an interesting theory, an interesting possibility that we can test for ourselves by engaging daily in spinal breathing pranayama, deep meditation, and other practices. But, the testing of theories aside, there is really only one simple reason for doing this practice – *Freedom*.

We'd all like to be free, which means to be happy in every situation life hands to us, and, above all, to be at peace amidst the fray of life. Once we are in this situation, we are in a position to do the thing that we all inwardly long to be doing – *Giving*.

These two words, *freedom* and *giving*, represent the ultimate possibilities that our spinal breathing practice can deliver. With spinal breathing, we prepare the ground for inner silence to take firm root in our nervous system, and also cultivate the ecstatic inner dimensions within us. These two are the seeds of freedom and giving.

In stillness we find absolute freedom amidst all the circumstances of life. And in the ecstatic flow of our inner realms we find the beginnings of an outward flow from us into our physical environment. This outward flow is a giving, a giving of a very special kind. It is an outpouring of divine love coming through us from within. It is effortless and uplifts everyone and everything around us. As we

become free in inner silence and are becoming ecstatically conductive, this process happens all by itself as we go about our ordinary business in daily life.

While life seems to go on in ordinary ways, what is happening in and around us is not so ordinary. We are undergoing the process of human spiritual transformation – the rise of inner silence, ecstatic bliss and outpouring divine love. The consequences of this are extraordinary. Indeed, the world can be transformed for the better by this process, because every heart is lifted up and illuminated by the outward flow of this energy from even only one person.

So the possibilities contained within us are quite profound, and spinal breathing pranayama is one of the primary means for actualizing this great potential for good in ourselves and in the world.

Relaxation? Yes. Good health? Absolutely. Enlightenment? Why not?

Now, let's delve deeper into the practical aspects of managing the process of purification and opening occurring in our nervous system as a result of spinal breathing pranayama.