

Sadhana 2

Puja - include consecration + Sutra 1.1
Agni Saura Dhauti
Uddiyana Bandha
Medicine Buddha Mantra x 108 rounds
Guru Mantra Meditation (20 mins)

Puja

The practice of Puja (or Ritual) at the beginning of practice, melts away resistance and drops us into heart space. It allows us to be an open channel for divine consciousness to flow through.

Agni Saura Dhauti

Guidance

- Start on all fours. Inhale through the nose.
- Exhale press back to child's pose and force the breath out of the mouth making a shooosh sound.
- Hold the exhale and rise back to all fours. Pump the belly in and out.
- Inhale press the belly out and hold.
- Exhale to release.
- Start with 3 rounds.

Uddiyana Bandha

Guidance

- Start on all fours. Inhale through the nose.
- Exhale press back to child's pose and force the breath out of the mouth making a shooosh sound.
- Hold the exhale and rise back to all fours hollowing the belly and drawing organs and muscles up into the chest while the throat constricts.
- Hold for as long as possible.
- Inhale press the belly out and hold.
- Exhale to release.
- Start with 3 rounds.

Medicine Buddha Mantra

Om Teyata Om
Bekhanze Bekhanze
Maha Bekhanze Bekhanze
Radza Samudgate Soha