

Link to the mantra and instructions from Eostar Kamala

<https://youtu.be/UlnHON3tAXo>

Do the three-fold breath through the mouth through the mantra and the flute solo.

When they start om-ing, start your breath retention.

Hold your breath as long as it feels comfortable, stretch it out as long as you can but not over your limits.

When you exhale, take 3 normal restorative breaths through the nose.

Start again with the three-fold breaths, align them with the mantra again.

In my own practice, I usually hold my breath through the om-ing and then through the one first round of slow chanting of the mantra. Usually by the end of that I run out of air and I do the restorative breaths and start the three-fold breath again when they start chanting the mantra at a normal pace.

If I breathe hard enough I can hold my breath even longer, in which case I start the three-fold breathing some time in the middle of the first or second normal-paced chanting of the mantra. I hope this makes sense.

This is called the Gayatri Mantra - it is super powerful and ancient, it is invoking the light of consciousness to illuminate our being.

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Eostar Kamala

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