

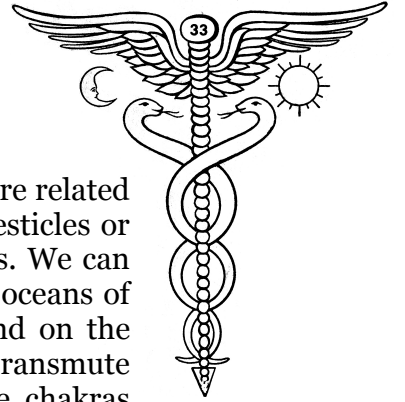
Introduction to Gnostic Meditation – Notes 2

<http://www.GnosticStudies.org/Meditation>

Gnostic Pranayama and Singles Transmutation

Prānāyāma (प्राणायाम) is a Sanskrit term composed of two Sanskrit words: ‘Prana’ and ‘Ayama’. Prana means “breath, respiration; life force or vital energy; vigor; spirit or soul”, it is considered to be the main sustainer of the body. Ayama means “to extend or draw out”, but in the specific case of use in the compound pranayama, *ayamah* can mean “restrain, control, stopping”. Therefore Pranayama means “extension or control of the life force or vital energy”.

Prana is life. Prana is related with the mind. The mind is the vehicle of willpower. Willpower must obey the Great Soul of the Word. Our internal vehicles must be controlled by pranayama. With pranayama we can come out of the darkness and become illuminated. With this pranayama we can disintegrate laziness and dullness. The right nasal cavity (nostril) is solar. The left nasal cavity is lunar. The two witnesses of the Book of Revelation are related to the nasal cavities. The two witnesses are a pair of nervous cords. The testicles or ovaries are united with the nasal cavities through these two nervous cords. We can say that the two cords begin in the testicles or ovaries (which are the two oceans of Life). Pranayama can be practiced in the country, in the mountains, and on the shores of lakes, rivers and seas. With pranayama and sexual magic, we transmute the sexual energy into Christic energy and awaken the Kundalini & the chakras completely. Pranayama is a system of sexual transmutation for single persons.



There are diverse esoteric systems for transmuting the sexual energy. Certainly, the most powerful one (the Arcanum A.Z.F.) has to be performed by a man and a woman - we are talking specifically about the Sahaja Maithuna, sexual yoga, White Tantra; elsewhere we will give all the details for that practice. Now, for the moment we are going to explain an exercise that can be practiced by single people as well as by those who are married.

Sit down comfortably: the eastern way (cross-legged) or the western way (on a comfortable armchair). Relax your bodies as children do.

Inhale deeply, very slowly, and imagine that the creative energy rises through the spermatric channels up to the brain; mentally pronounce the mantra HAM like this: HAAAAAAMM.

Exhale, short and quick, as you pronounce aloud the mantra SAH: SAAAAHH...

Undoubtedly, you inhale through the nose and exhale through the mouth. While inhaling, you *mantralize* the sacred syllable “HAM” (mentally, since you are inhaling through the nose); but you can articulate the syllable “SAH” with sound while you exhale. The marvelous symbol that in the East makes the chaotic waters of life fertile is *Ham-Sah*, the Third Logos.

Usually, the sexual forces flow from the inside outwards in a centrifugal way; when you have a dream based on the Sexual Center, there occurs an emission, a loss of sexual energy... If one organizes one’s vital systems and uses the centripetal system (making the sexual forces flow from the outside inwards) through transmutation, then there are no emissions even if there may be erotic dreams. One needs to organize one’s sexual forces if one wants to avoid emissions. **The sexual forces are closely linked with one’s nourishment, with the prana, and with life.** Therefore there is a profound relation between one’s sexual forces and one’s breathing, so that when both are duly combined and harmonized, they bring about fundamental changes in one’s physical and psychological anatomy.

The Gnostic Christic Egyptian Exercise of Pranayama

Generally speaking, at least 7 Pranayamas at a time are performed in one session, but 15-20 can be even more effective. One should sit down in a comfortable position facing the East, then one should close the eyes and concentrate on the energy rising from the sexual organs through the spine to the head & brain, and finally down into the heart.

Preliminary Preparation:

- The chest, neck, and head should be in a straight or vertical line. Do not lean your body to the side, nor to the front, nor to the back. The palms of the hands should rest on your legs in a very natural form.
- With complete devotion and sincerity the disciple prays to their Divine Mother that she might awaken them, awaken their Kundalini. The mind of the disciple should be directed towards their Divine Mother, loving her, adoring her...

General Practice:

1. Exhale all air from the lungs and use thumb & forefinger to close both nostrils.

First Nostril (A)	Second Nostril (B)
2. Open one nostril (A) and inhale only through it	4. Open the other nostril (B) and exhale only through it
3. Close both nostrils	5. Inhale only through the same nostril (B)
7. Open the first nostril (A) again and exhale only through it	6. Close both nostrils

The above steps form a complete pranayama (inhaling through one nostril, holding breath, and exhaling it through the other nostril; inhaling through other nostril, holding breath, and exhaling it through the first nostril). The first step can be eliminated if we understand the rest, since the important thing is to begin with empty lungs, inhaling though only one nostril.

Practice with Mantrams (pronounced mentally):

1. Exhale all air from the lungs and use thumb & forefinger to close both nostrils.

Right Side	Left Side
2. Open the right nostril and inhale only through it, pronouncing "TOOOOON"	4. Open the left nostril and exhale only through it, pronouncing "HAAAAAM"
3. Close both nostrils and pronounce "RAAAAA"	5. Inhale only through the left nostril, pronouncing "TOOOOON"
7. Open the right nostril again and exhale only through it, pronouncing "HAAAAAM"	6. Close both nostrils and pronounce "SAAAAA"

This is the basic practice, but an additional detail can be added, which is specific to our gender. For this, men begin with the Left Nostril (step 5), and women with the Right Nostril (step 2).

Concluding the Practice:

Once the devotee is done with their Pranayama, they will kneel on the ground and place the palms of their hands on the floor with the thumbs of the two hands together. Prostrated on the ground (with the body inclined forward, with the head facing the East, and filled with supreme veneration), they place their forehead on the hands (Egyptian style). Next, the disciple vocalizes the Egyptian Mantram "RA". This mantram "RA" is vocalized by prolonging the sound of its two letters, as follows: RrrrrrrrrrrrrrrrrrrAaaaaaaaaaaaa. Vocalize the mantram seven times. Now you are done.