



In hindsight I recommend using prescribed medication, eastern or allopathic, so that you can focus energy on the practices. You may see resistance to using medicine; in hindsight one sees the cure in the pain. Eat natural food and find who the 'I' is, in 'I'm asthmatic'. What we seek is within, beneath the layered labels. Slow down. Re-Lax. Inquire. What is the Self or Soul? What is this Bliss that saints talk about? Through deep relaxation and meditation awareness reveals our blocks; like addictions and aversions. One learns to be non differential, reducing preferences, which makes us more resilient. When you are calm, acknowledge this. Your autonomic nervous system hears your instructions and implements new programs on a moment by moment basis. The brain becomes hard wired (fixed patterns), so that dysfunctional neural pathways make it impossible to change events. When we relax, we run new software. Programmes may not be 'perfect' at first, but your intention to relax and observe gradually takes over.

**WHEN YOU ARE WELL;**

Practice Surya Namaskar (sun salutations) to increase physical and mental strength and agility. Backbending will open the chest and heart, allowing you to stretch your lungs, gaining confidence that it is safe to breathe fully. Learn to breathe in to your pelvis, belly and ribcage from the root to the top of your head, so that your system remembers how to breathe fully once again. Forward Bending will facilitate relaxation. Inversions will clear your mind and renew your perspective. They help clear the mucus in the chest or head which causes much mental and physical congestion. They also build great strength and stamina, so that the mind is especially prepared for the next stage of any cycle it enters. Standing and seated twists will help to liberate your spine and relax chronic tension in the connective tissue that supports the skeleton. You will find them refreshing and relaxing, especially the supine ones.

As your body gets stronger and more elastic you will see the problematic psycho-somatic chains loosening, as symptoms that used to aggravate and cause an attack, no longer will. A wonderful feeling informs us that mind and body are layers of ghostlike memory veiling the permanent inner luminosity.

Practice Savasana (corpse pose), occasionally with light weights on the body. Breathe fully. Practice Yoga Nidra in savasana to reveal the ego, senses, mind, and their true light, the Self; the source of them all and the essence of which, is the same in us All.

**PRANAYAM**

Breathe out for longer – Exhale through the mouth, "Haaaaaaaaa", for as long as comfortable. This strengthens the diaphragms, vital for healthy respiration.

Lengthen the exhale pause – Lengthen (and count) the pause after the exhale, a little at a time. Practice a few rounds, so that you can observe the more you relax, the easier and longer the pauses. Allow the inhale effortlessly – Having performed the above two exercises calmly, you can observe the inhale as natural inflow, below and behind the navel, rather than a grasping on to dear life. Inhale 'I accept life', exhale 'I let go, I relax'. Do this a few times, smiling into your being.

**UJJAYI BREATH**

Repeat the above exercises with the mouth closed; inhale and exhale 'haaaaaaa'.

**KAPAL BHATI (SHINING SKULL BREATH)**

Practice dynamic exhalations, the inhale is passive. Exhale 10 short breaths, inhale one full one. Alternatively, exhale a rapid breath, allow a pause and passive inhale, and then repeat 10 times. Pause and repeat a few more rounds.

**BHASTRIKA (BELLOWS BREATHING)**

Practice dynamic inhalation- the exhale is passive. Try ten to a hundred rounds. Pause and repeat as comfortable. (Avoid with high blood pressure).

**NADI SHODANA (ALTERNATE NOSTRIL BREATHING).**

Cover right nostril, then exhale and inhale through left. Switch to the other side. Repeat the cycle for five minutes.

Full Yogic Breath. Isolate the body cavities; pelvis, abdomen, ribcage, neck and skull. Starting from the bottom upwards, isolate and breathe into them. Then connect and breathe into them all, from the tailbone to the crown.

If any of these practices trigger symptoms of an attack, rest and return at a later date. Let practice be the medicine and God the healer.

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