

SUSHUMNA

The Dance of a Balance Life

Premalatha Shanmugam

No. 1, Seri Beringin A/1, Seri Beringin, Bandar Seri Botani, 31350 Ipoh, Perak, Malaysia

pycutie@yahoo.com

ABSTRACT

Returning **HOME to SELF** requires the practicing specific pattern of movements done in repetition with mindfulness, consistency, and an unlimited and unrestricted approach. This encourages the exploration of the rhythm of returning "**Home to SELF**" as many times as needed. Anytime, anywhere, and anyhow. Through the practice of conscious self-care approaches, accepting self as we are and the moment as it presents itself opens opportunities to a million possibilities.

INTRODUCTION

1. **SUSHUMNA**, the art and dance of the **BALANCE** life allows the free-flow of returning to ground zero. Going back to basics and returning as a Game Changer to suit the moment as it is.
2. Establishing **SUSHUMNA** is all about mastering balance breathing between both nostrils which is often not so easy as one tends to overpower or dominate the other.
3. **Ida**, represents the left nostril and qualities of feminine energy with the cooling effect.
4. **Pinggala** represents the right nostril and qualities of masculine energy with heat effect.
5. With intention clearly rested in the mind, consistent practice of breathing allows to bring equal balance between the two qualities.
6. As I manifest Who I Am? then the **I AM manifests ...**

Balance Procedure: **RETURNING HOME TO SELF**

Intention

Switch On

Hydration

CME

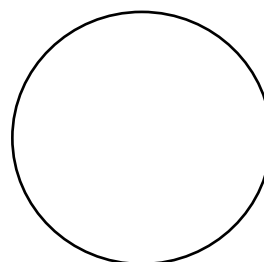
Observe & Evaluate: physical discomfort, emotional state, energy flow, stress level

Notice breathing pattern

- Dominant nostril (left or right)
- Feel cool or heat

Integration Method:

1. Find a safe space-spot ... Observe your Breath
2. While doing this, consciously breathe, gradually slowing down the intensity of your breathing.



3. If you feel heat, close your right nostril, and breathe actively through your left.
4. If you feel cool, close your left nostril, and breathe actively through your right.
5. Find rhythm, flow, sink to sync.

Be in the moment of Nothingness (as long as you need)

6. Gradually return to present time. Give thanks to the Universe and guardian angels.
7. Notice changes in breathing pattern
8. Reassess (physical discomfort, emotional state, energy flow, stress level)
9. Dance steps in-sync (*Re-Connect and Re-Align with rhythm of Life-Spirit*)
10. Home Support

Being Present with SELF – Returning Home to SELF is an opportunity revisited as many times as needed. Learning the art of being out of control in order to learn control.

In the chaos of the hurricane, is the calm centre. Unaffected by the two incredible energies, it is the unification of sunrise and sunset.

Breathe, the first thing we learn when we enter this world and the last thing we do when we leave it.

In between it all is the art and dance of accepting and embracing ourself in dis-ease and nurture EASE.

When our mind is at rest, we are naturally drawn toward this calming centre inside of us. As we practice balance breathing with an intention anchored to our timely needs. With our mood restored and reassured, getting out into the world, and exploring our million possibilities becomes a graceful dance of joy, contentment and bliss.

Be Nothing in Everything ... Henry Remanlay

REFERENCES:

1. Touch For Health, John F Thie
2. Drawing the Withdrawn I & II, Henry Remanlay
3. Rhythmic Movement Training International (RMTi)
4. Wellbeing & Mindfulness, Natural ways to balance your mind, body and spirit, Jane Alexander
5. Emmett Therapies, Module 1-6, EP 1-6, Ross Emmett