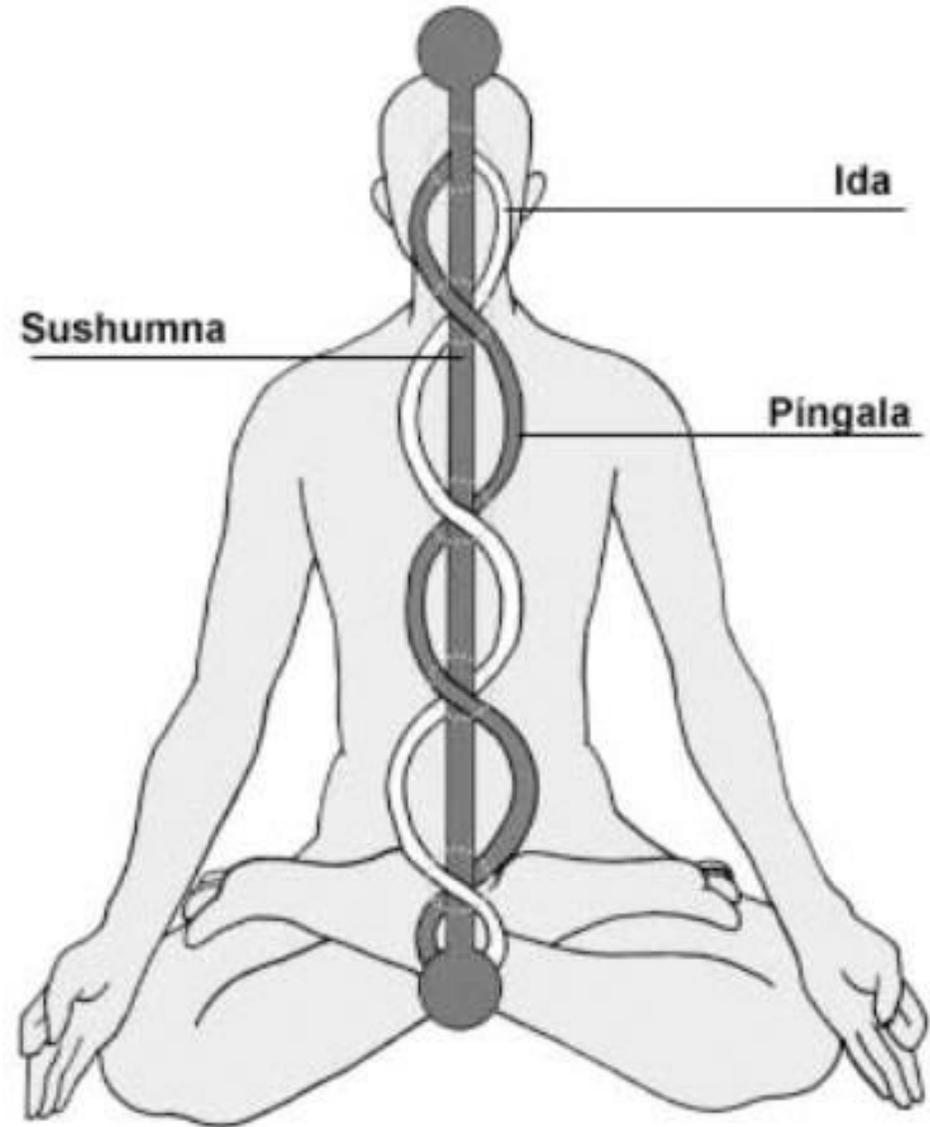


Ham Sah Pranayama

- Inhale slowly and mentally pronounce the mantra “Ham” – visualize the energy rising up the spine.
- Exhale quickly, pronouncing the mantra “Sah” – visualize the energy moving down into the heart
- “Ham-Sah is the Great Breath. Ham-Sah is the Astral light. Ham-Sah is also a mantra that transmutes the creative energies.”
–Samael Aun Weor



“Sit in an eastern style (crossed legs), so... However, for westerners, this position can be very tiresome. Therefore, sit comfortably in a comfortable armchair, western style. Place the open palm of the right hand into the left, meaning the back of the right hand on the palm of the left hand.

Relax the body as much as possible, and then inhale deeply and slowly. As you inhale, imagine the creative energy rising through the spermatic channels up to the brain. As you inhale, pronounce mentally the mantra “Haaaaaaammmmmmm.”

Exhale, short and quick, and utter the mantra “Saahh.”

Indubitably, one inhales through the nose, and exhales through the mouth. Again, as one inhales, one must mantralize the sacred syllable HAM mentally, given that one is inhaling through the nose. But as one exhales, one can articulate the syllable SAH in an audible manner.

This mantra is Sanskrit. Ham is written with the letters **हम्**. Sah is written with the letters **सो**. Ham-Sah can mean “I am That,” meaning the ultimate Reality.”

—From the lecture, “The Conquest of the Illuminating Void” by Samael Aun Weor

“The inhalation is performed slowly, while the exhalation is short and quick. The reason? Obviously, in every person the creative energy flows from the inside towards the outside, that is to say centrifugally. But for the purpose of spiritual growth we must reverse that order. Our energy must flow in a centripetal manner, that is to say, from the outside towards the inside.

Indubitably, if we inhale slowly and steady, the creative energy will flow in a centripetal manner, from the outside towards the inside. And if we exhale short and quick, then that energy will become increasingly centripetal.

During this practice, one must not think of absolutely anything. The eyes must be fully closed. Only the Ham-Sah will vibrate in our mind, and nothing else.

As one practices it, the inhalation becomes deeper, and the exhalation very short and quick. The great masters of meditation transform their breathing into an inhaling process only, and even then that is suspended. For scientists this is impossible, but factual for the mystics! Thus, in such a state, the master engages in Nirivi-Kalpa-Samadhi or Maha-Samadhi, the eruption of the Illuminating Void comes, and one is precipitated into the Great Void where nobody lives and where is heard only the word of the Father who is in secret.

With this practice, one achieves the eruption of the Illuminating Void with the condition that one must not think of absolutely anything: no thought, no desire, no memory must be admitted into the mind. The mind must be completely still, inside, outside, and in the center; any thought, as insignificant as it might be, is an obstacle for Samadhi, for ecstasy.”

—From the lecture, “The Conquest of the Illuminating Void” by Samael Aun Weor