



# NAMASTE

Breathwork could be the secret to manifesting, says expert **Nevsah Fidan Karamement**

**T**he link between conscious breathing and manifesting is a very powerful topic. If you are not breathing properly (and millions of people do not) your brain is not functioning correctly, and this will stop you from manifesting and affect your quality of life in other ways too. We have an unlimited manifestation capacity when connected with 'the higher consciousness' through the activation of the third eye, and breathwork can create this connection.

## Unlock your manifesting potential

The area of the brain located just behind the brow, the prefrontal cortex, is also where the third eye or Ajna chakra is located. Ajna translates to 'command' and in Vedic tradition, awakening this chakra is believed to awaken cosmic consciousness and bestow supernatural powers. In scientific terms, the manifestation centre in our brain is this same prefrontal cortex. Creative ideas, concepts, goals, visions and manifestation happen right there, between your eyebrows. So, people who are high achievers, who manifest what they want, are living life with a more activated prefrontal cortex or third eye.

However, most people are driven by another part of the brain called the amygdala which is responsible for the processing of emotions and memories associated with fear. When driven by this part of the brain you are reactive and live life with your instincts rather than with a vision.

So, what is the difference between these two sets of people? The answer simply lies with their breathing habits.

Dysfunctional breathing habits lead to not having enough oxygen in the brain and this keeps the amygdala activated, keeping you in flight or fight mode – so there is little wonder manifestation does not happen when living like this.

The great news is regular breathwork can change this. It is scientifically proven to put more oxygen in your cells – especially the brain – which then relaxes your whole body, frees you from the fight or flight response, activates the third eye and prefrontal cortex, which eventually leads to manifestation. We all have such an immense power we are not aware of and breathwork can unleash it.

## NOW TRY SOMETHING NEW *Activate your third eye*

Nadi Shodhana is an ancient breathing technique that helps to activate the third eye. Also known as alternate nostril breathing, this 'pranayama' offers many benefits. It helps reach physical and spiritual balance and provides noticeable mental clarity. For maximum benefit, alternate nostril breathing should be practised daily for five to ten minutes.

This practice incorporates alternating the breath between right and left nostrils with the help of the right hand. We'll fold down our index and middle fingers and use our thumb to close the right nostril and the ring finger to close the left nostril. We'll switch fingers after each inhale. The duration of the inhales and exhales will be equal. You can start with a gentle count of four and gradually increase it as you become more comfortable with the breathing practice.

### Top tip

The 'aum' mantra is directly linked with the third eye and using 'kalesvara mudra' (the hand gesture shown here) makes it even more effective. Add this to your practice to supercharge your manifesting!



- 1 Sit straight in a comfortable cross-legged position and keep your chin parallel to the ground.
- 2 Take a deep breath. Close your right nostril and exhale through the left.
- 3 Inhale through the left then, switch your finger and exhale through the right nostril.
- 4 Inhale through the right. Switch and exhale through the left nostril.
- 5 Inhale through the left. Switch and exhale through the right nostril.
- 6 Repeat this process four times for each nostril.
- 7 To end the practice, exhale through the left nostril. Finally, inhale and exhale through both nostrils.

*Nevsah Fidan Karamement*

is a Breath Expert, Author, Founder and CEO of Breath Hub. For more visit [nevsah.co.uk](https://nevsah.co.uk), download the Breath Hub app and follow @breathhubapp on Instagram and Facebook

