

Breath & Time

Day	Morning Hours					Afternoon Hours					Evening Hours				
	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
1															
2															
3															

How to use the chart: Observe your breath for at least three days. Set alarms on your mobile for every hour. At every hour, hold your forefinger before your nostrils and observe which nostril is flowing freely. This is the active nostril. Make a note of the active nostril in the appropriate column. If the left nostril is flowing freely, mark the box with L. If the right nostril is active, mark the box with R. If both nostrils seem to be flowing freely, then the breath is transitioning between the two nostrils. In this case, mark the box with T. As you continue observing, you may notice that even if both nostrils seem to be flowing, one is more dominant. This means the breath is transitioning. In this case, mark the box with TL, if the left nostril is slightly more dominant or TR, if the right nostril is slightly more dominant.

Breath & Emotions

Day	Morning Hours				Afternoon Hours				Evening Hours			
	10	Emotion	12	Emotion	3	Emotion	5	Emotion	8	Emotion	10	Emotion
4												
5												
6												

How to use the chart: Observe your breath for another three days. Set alarms on your mobile for the scheduled hours. Observe your breath and make a note of the active nostril. Now find a word or two to describe the state of your mind at that point of time: creative, dynamic, focused, joyous, excited, contemplative, analytical, logical, happy, calm, balanced, dull, sad, nervous, tense or angry. Study the relationship between the breath and emotions. You may notice a pattern.