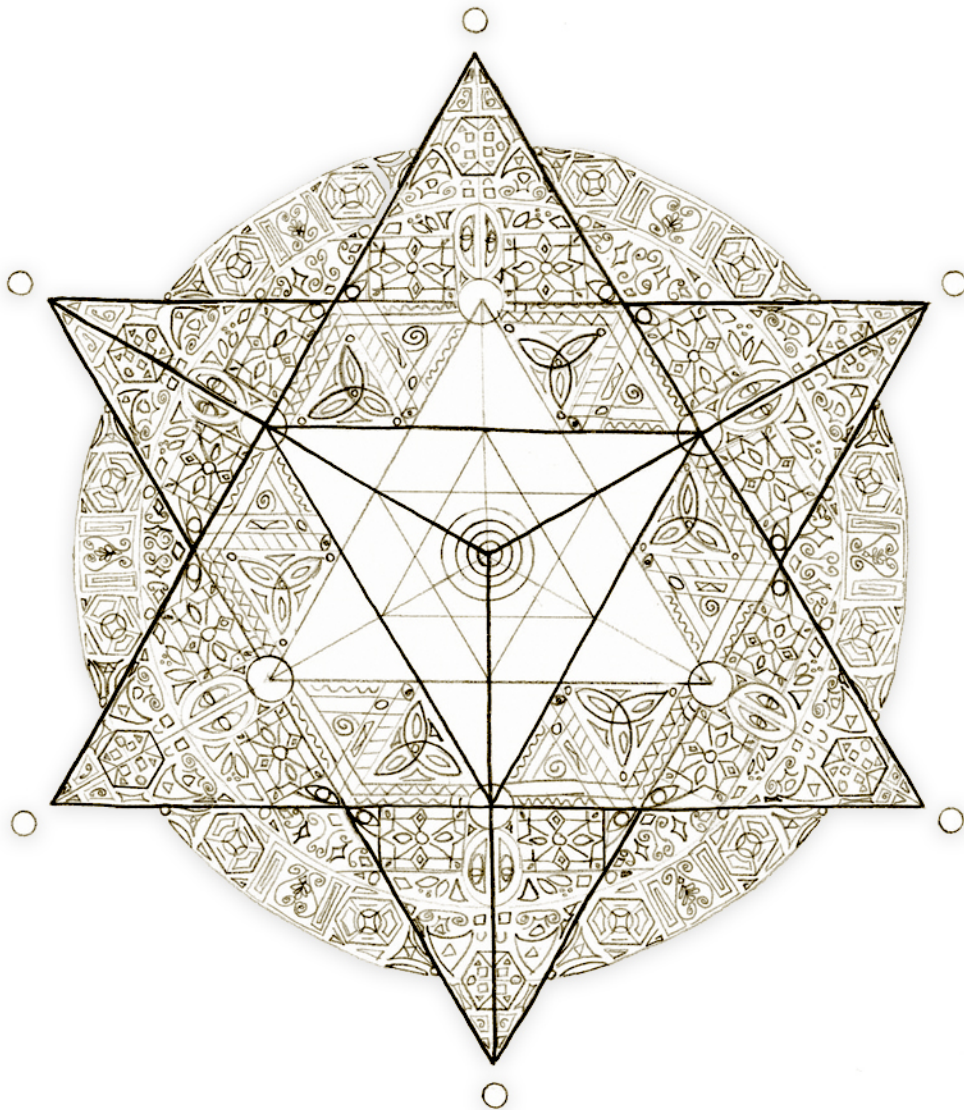


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The Hong-Sau Meditation

Clear The Subconscious Mind of Unwanted Thoughts, Emotions and Memories



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Hong-Sau Meditation to Clear Unwanted Subconscious Thoughts, Emotions and Memories

(Pronounced “Hong Saw”)

Introduction & Background

The Hong-Sau pranayam (breathing technique) is a powerful ancient method for quieting the entire body and conscious mind, thereby allowing subconscious material to surface for review and ultimate release. It is an extraordinarily powerful technique and it is important to read through this entire document before beginning its practice.

This one mantra (sacred sound) has been used for thousands of years in many different ways, however, these all primarily revolve around achieving profound relaxation of all the body’s systems, at which point profound healing and release can occur.

Until recently, it was largely kept secret – deemed too powerful for the uninitiated masses and passed down over thousands of years between yogi’s and their disciples living in solitude in the Himalaya mountains. However, in the 1970’s the technique was finally transmitted to a Westerner who had been studying with the Tantric masters in the sacred mountains for many years. She was instructed to bring it to the West and told that those who it was appropriate for would be attracted to her work, writings and teachings. And so it is – if you are reading this, you have been called to this meditation to reach higher levels of conscious awareness.

Do not think that because you have found this technique through ordinary means that it is no less profound. Quite the contrary. This practice requires great respect and if you approach it in this way, you will be presented with a rapid and potent method of removing subconscious blocks, which is a truly priceless experience indeed.

Effects of the Meditation

The practice of the Hong-Sau technique stimulates the nervous system. It cleans out the subconscious debris that clogs the energetic channels of the body. Over a period of time, all of the attachments to the past and future will be removed from the mind. All your hidden fears and neuroses come up for observation. Being the uninvolved witness allows you to release them, permanently. And so this process relieves the mind of all its tensions and subconscious debris, the source of all physical and mental suffering.

During the meditation, some individuals may spontaneously feel as if they no longer have the need to breathe. **This is nothing to be alarmed about**, as you still retain the ability to breathe whenever you desire. It is not a loss of control, but rather a releasing of the subconscious need to breathe. When your body requires oxygen again you will start breathing once more as if you never stopped.

Note: You do not need to stop breathing to get the full effects of this meditation. It is mentioned here as something to be aware of so that if you feel this urge, you do not become afraid or resist, but instead welcome it as part of the natural flow of the meditation.

This practice can produce psychic abilities. When you stop the breath, you can pick up telepathically what another person is thinking. When the breath is calm, the mind is calm and then impressions can be received. If you are receptive, the symbols are intelligible and the lessons manifest in your life.

Hong-Sau is the internal sound that is going on within your body as you inhale and exhale. The breath contains this mantra (sacred sound) and that is the key that will take you to a very profound space.

The Technique

1) As you inhale, mentally recite the word “Hong” as you feel the sound energy traveling down from the third eye (between the eyebrows) throughout the length of the spinal cord and down into the base of the spine (the perineum -- between the genitals and anus).

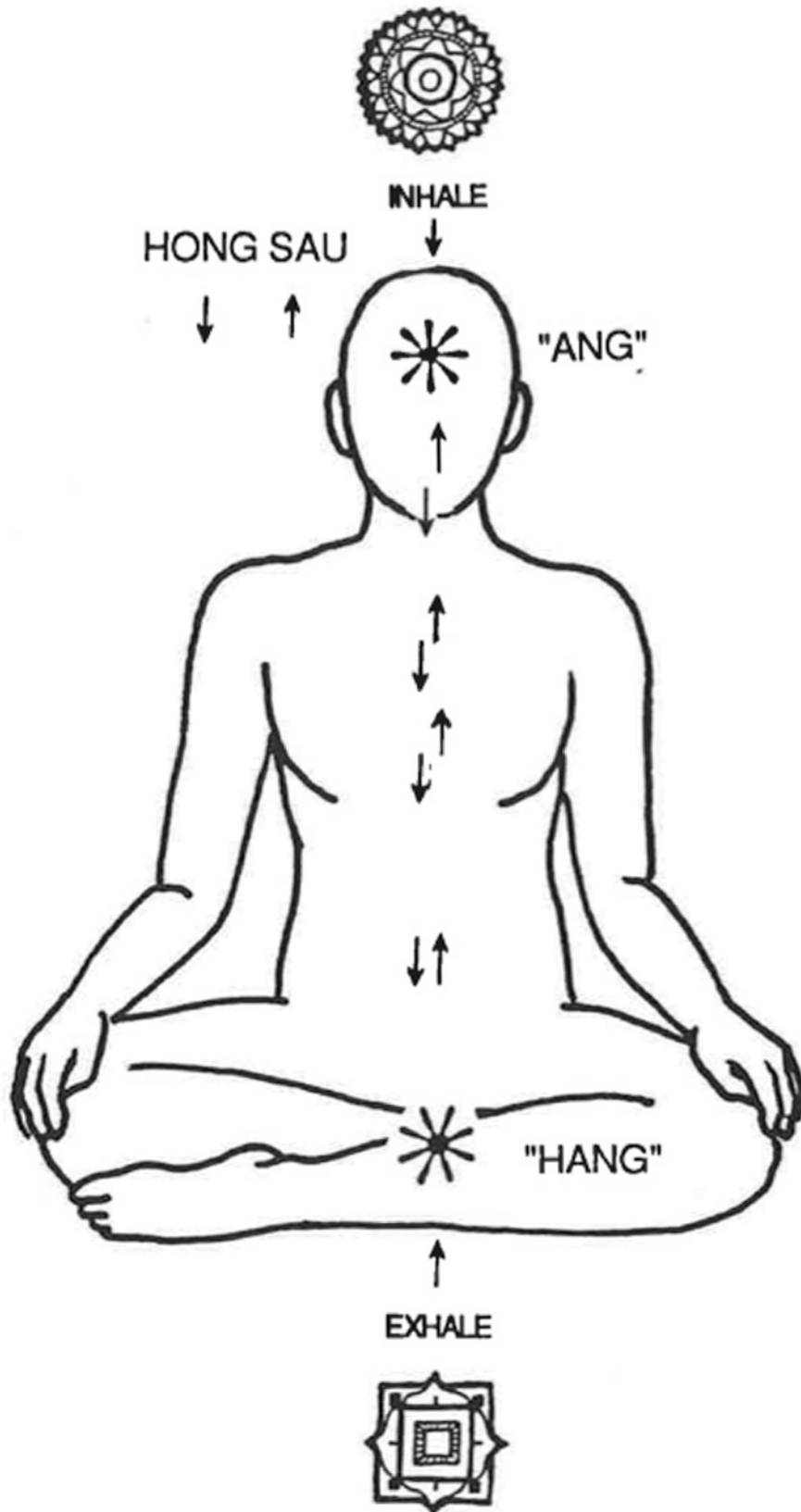
2) As you exhale, mentally recite the word ‘Sau’ as you reverse the energy flow, beginning at the perineum and imagining the energy flowing up your spine, neck and out again through your third eye.

Note: The Hong-Sau has a tendency to change in meditation. Sometimes it will sound like Hong-Sau, sometimes it will switch to So Hum. It might start going in reverse so the inhale becomes ‘Sau’ and the exhale becomes ‘Hong’. This is fine and natural – do not fight it. Just allow it to oscillate until you reach the point of breathlessness.

3) Continue this practice for whatever length of time is comfortable for you. This may be 10 minutes or an hour or more.

4) If you reach the point of breathlessness, you may feel compelled to stop the visualization technique and simply experience this expanded, transcendental state. This is totally natural and should not be resisted. You may either continue the technique when the breath returns or stop the meditation if you feel so inclined.

5) After the meditation is concluded, sit quietly for a few minutes and reflect on what came up for you and how you feel. Set your intention to release all negative emotions and subconscious traumas that have come up during the meditation, if any. Sometimes we are consciously aware of what has come up and other times we are not. It is irrelevant, as the meditation still works as intended whether you consciously realize it or not.



Tips For Practice

The Hong-Sau meditation has the effect of cleansing your subconscious mind of negative patterning, limiting beliefs, traumas and anything that does not serve your highest good. As this 'mental debris' is cleared, it may resurface and need to be consciously released once and for all.

What this means is that you may find yourself feeling the emotions or thoughts associated with these negative subconscious patterns as they come up to be cleared. It is very important that you do not get stuck re-experiencing these old memories. This is not difficult to achieve, but requires **sincere forgiveness** of yourself and whoever else was involved in the formation of this negative thought/memory. Then you can take a **deep breath** and **deep exhale**, releasing this negativity from your mind and soul forever. It is helpful to imagine the negativity leaving your body as black mass as you deeply exhale and expel it from your system.

No matter how painful the experience, you must forgive yourself and those involved and **LET IT GO**. It is helpful to remind yourself that all experiences we have in this lifetime, no matter how tragic or painful, serve to help us learn and grow. While that may be difficult to accept, it is a truth you must acknowledge and embrace if you are to overcome your traumas. We can only transcend negative experiences and thoughts when we accept them as part of our personal journey of spiritual development and growth and release any negative emotions surrounding them through sincere forgiveness.

It may take a few tries to sincerely forgive yourself, but it will happen if you persist.

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If you are having serious trouble releasing negative beliefs, experiences or subconscious baggage, please contact me at healersjournal@gmail.com