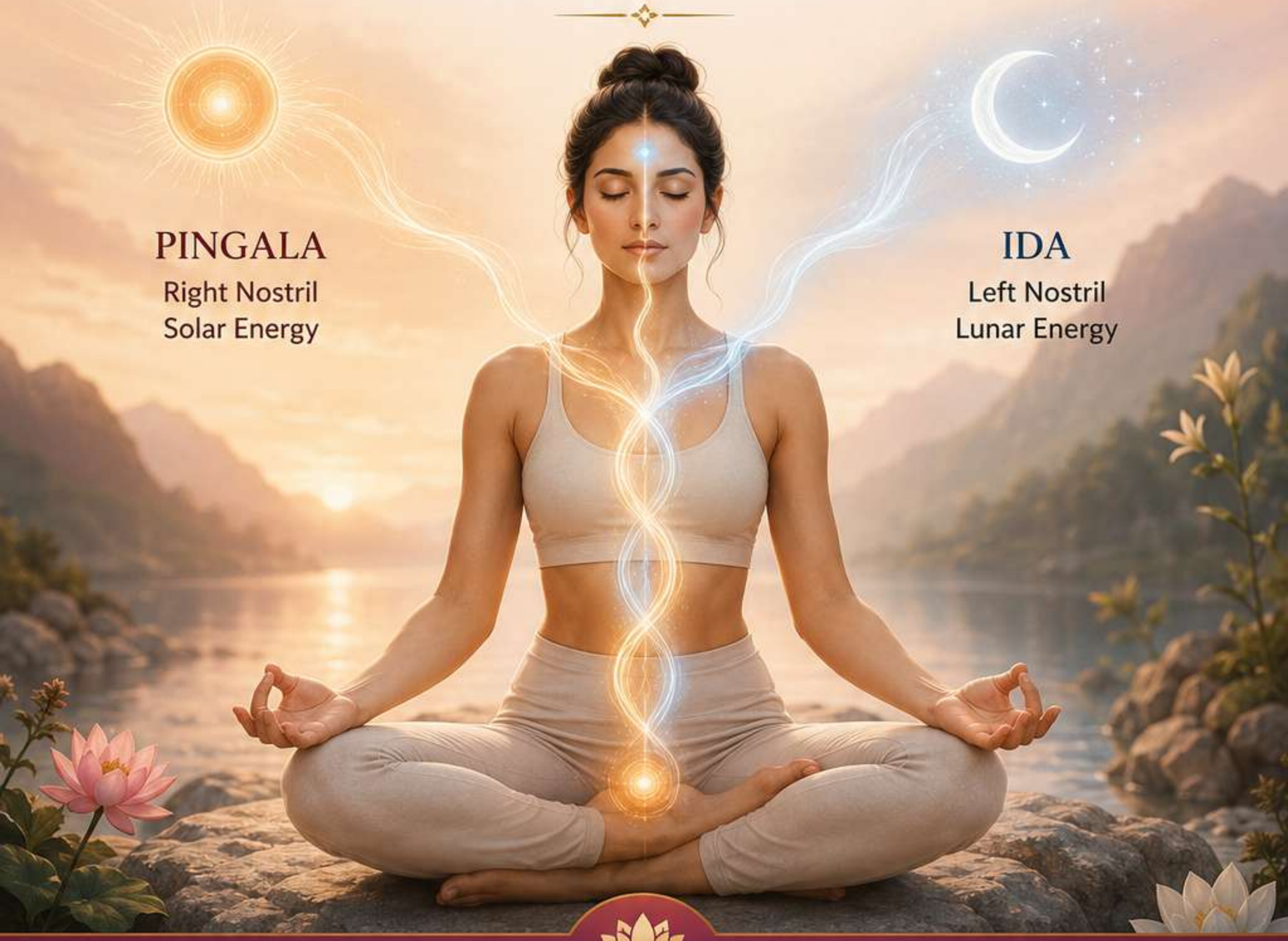
HerAwaken

The Sacred BioRhythm of Life™

7-DAY AWARENESS & BALANCE GUIDE

The Secret to Your Health & Wealth is in Your Breath

By Nylah Razvi



AWARENESS | ALIGNMENT | BALANCE | TRANSFORMATION



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Why Breath *Matters*

Energy · Digestion · Mental Clarity · Sleep Quality · Emotional Balance · Decision Making

Most people go through life without noticing that their breath changes naturally throughout the day. Ancient wisdom teaches that these natural rhythms influence many aspects of life. Over the next 7 days, you will learn simple practices that help you recognize your natural bio-rhythms and align with them more consciously. This is not about controlling your breath. It is about observing, aligning, and benefiting from its natural intelligence.

Recognising Your Breath Channel

Throughout the day, one nostril is often more active than the other.
Each breath channel is associated with different qualities and states of being.



PINGALA
Right Nostril

Associated With
- Action
- Vitality
- Warmth
- Digestion
- Productivity

You May Notice
- More physical energy
- Faster thinking
- Increased motivation

BODY • ACTION • HEAT



SUSHUMNA
Both Nostrils

Associated With
- Balance
- Inner Stillness
- Meditation
- Higher Awareness

You May Notice
- A sense of neutrality
- Presence
- Clarity

SOUL • BALANCE • HARMONY



IDA
Left Nostril

Associated With
- Calmness
- Rest
- Creativity
- Intuition
- Cooling Energy

You May Notice
- Relaxation
- Reflection
- Better emotional balance

MIND • REST • COOL

Gentle Reminder

Your breath naturally shifts throughout the day. There is no need to force or manipulate it. Simply observe, become aware, and allow your natural rhythm to reveal itself.

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THE 3 FOUNDATIONAL PRACTICES

These simple practices build awareness of your natural breath rhythms and create the foundation for the next seven days.





Simply become aware.

PRACTICE 1
OBSERVE YOUR BREATH

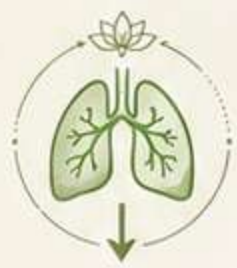
WHAT TO DO

1. Place a finger beneath your nostrils.
2. Exhale gently.
3. Notice which side feels stronger.
4. Observe without trying to change anything.

Simply become aware.

BENEFITS

- ✓ Develops awareness
- ✓ Helps you understand your natural rhythms
- ✓ Creates a deeper connection with your body





PRACTICE 2
DEEP BREATHING

WHAT TO DO

1. Take 5 slow breaths.
2. Allow the abdomen to expand as you inhale.
3. Breathe deeply toward the navel.
4. Exhale slowly and comfortably.

BENEFITS

- ✓ Calms the nervous system
- ✓ Improves oxygenation
- ✓ Reduces stress
- ✓ Enhances focus and clarity





PRACTICE 3
OBSERVE & BALANCE

WHAT TO DO

If you feel:

- Overheated
- Restless
- Agitated
- Unable to relax

You may gently place a small cotton ball in the right nostril for a short period.

Then simply observe how you feel.

BENEFITS

- ✓ Promotes calmness
- ✓ Encourages emotional balance
- ✓ Helps reduce mental overstimulation

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NOURISHMENT & MORNING ALIGNMENT

Simple daily practices to support digestion, hydration, and an intentional start to your day.

PRACTICE 4

EAT WHEN PINGALA NADI IS MORE ACTIVE



Right Nostril → *Meal* → *Digestion*

WHAT TO DO

- Before eating, take a moment to check your breath.
- When the right nostril is naturally more active, it is an ideal time for meals.
- Allow yourself to eat calmly and mindfully.

BENEFITS

- ✓ Supports digestive fire
- ✓ May improve digestion
- ✓ Helps reduce bloating and heaviness
- ✓ Encourages better assimilation of nutrients

PRACTICE 5

DRINK WHEN IDA NADI IS MORE ACTIVE



Left Nostril → *Water* → *Hydration*

WHAT TO DO

Before drinking water, observe whether the left nostril is active.

Pause.

Take a moment of awareness.

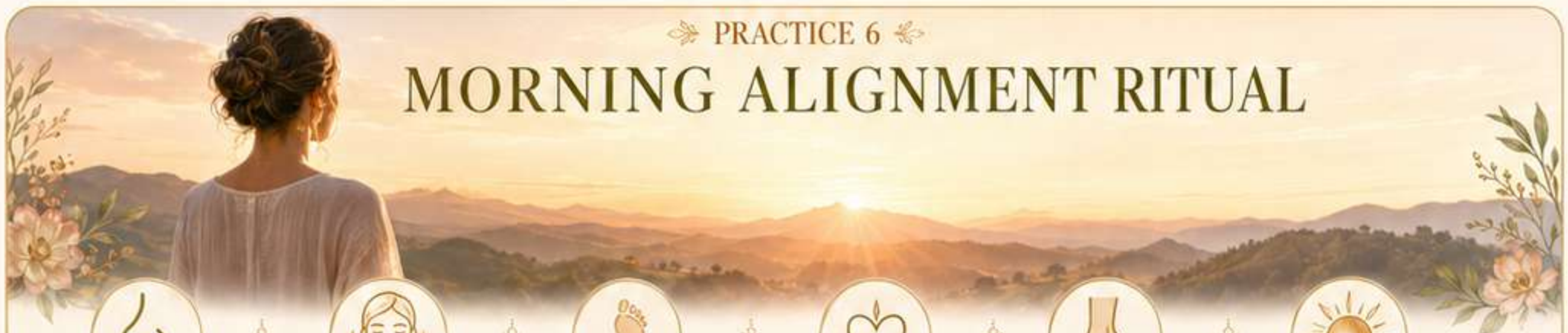
Then drink slowly.

BENEFITS

- ✓ Supports hydration
- ✓ Encourages cooling and nourishment
- ✓ Creates mindful drinking habits

PRACTICE 6

MORNING ALIGNMENT RITUAL



1. Check Breath
2. Rub Face
3. First Foot Down
4. Set Intention
5. Step Forward
6. Begin Your Day

Wake → Align → Intend → Step Forward

WHAT TO DO

Upon waking:

1. Check which nostril is active.
2. Gently rub your face toward the side of the active nostril.
3. Place the foot corresponding to the active nostril firmly on the ground first.
4. Take a deep breath in and mentally set your intention for the day.
5. Exhale and place the second foot down.

Before leaving your room:

Step forward first with the foot corresponding to the dominant nostril.

Before leaving your home:

- Check your active nostril.
- Take a deep breath in.
- Step out with the corresponding foot.
- Bring the second foot forward.
- Exhale gently.

BENEFITS

- ✓ Begins the day intentionally
- ✓ Aligns body and mind
- ✓ Creates a positive energetic start
- ✓ Encourages confidence and focus

GENTLE REMINDER

Small rituals practiced consistently often create the greatest transformation.

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TRANSITION, STILLNESS & REST

Simple practices to help you move through your day with greater awareness and end it in a state of balance.



PRACTICE 7
STEPPING INTO YOUR DAY

Breath → Step → Enter

WHAT TO DO

1. Check which nostril is more active.
2. Take a deep breath in.
3. Step forward with the foot corresponding to the active nostril.
4. Bring the second foot forward.
5. Exhale gently.

Move through the doorway with awareness and intention.

BENEFITS

- ✓ Creates awareness before entering new environments
- ✓ Encourages energetic alignment
- ✓ Builds presence and confidence



PRACTICE 8
THIRD EYE MEDITATION

Focus → Stillness → Clarity

WHAT TO DO

1. Sit comfortably in a quiet place.
2. Close your eyes gently.
3. Direct your gaze slightly upward toward the space between the eyebrows.
4. Allow your breath to flow naturally.
5. Remain in this awareness for 5 minutes.

Simply observe without effort.

BENEFITS

- ✓ Calms mental chatter
- ✓ Supports intuition
- ✓ Improves concentration
- ✓ Encourages deep sleep



PRACTICE 9
EVENING SLEEP ALIGNMENT

Left Side → Relax → Rest

WHAT TO DO

Before sleep, lie comfortably on your left side for a few minutes.

Observe how your breath changes.

Allow the body to relax naturally.

BENEFITS

- ✓ Encourages relaxation
- ✓ Supports restful sleep
- ✓ Promotes overnight recovery

REFLECTION

As you become more aware of your breath patterns, you may begin noticing subtle changes in your energy, emotions, sleep, and overall sense of wellbeing.

These small moments of awareness often become the foundation for lasting transformation.

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YOUR 7-DAY BIORHYTHM TRACKER

Track your experience over the next seven days and observe the subtle shifts that occur through consistent awareness.

HOW TO USE THIS TRACKER

At the end of each day, rate the following areas from 1–5.

1 = Very Low ✦ 5 = Excellent

There are no right or wrong answers. Simply observe your experience.

Day	Energy	Mood	Sleep	Digestion	Mental Clarity	Emotional Balance
Day 1	☐	☐	☐	☐	☐	☐
Day 2	☐	☐	☐	☐	☐	☐
Day 3	☐	☐	☐	☐	☐	☐
Day 4	☐	☐	☐	☐	☐	☐
Day 5	☐	☐	☐	☐	☐	☐
Day 6	☐	☐	☐	☐	☐	☐
Day 7	☐	☐	☐	☐	☐	☐

BIGGEST OBSERVATIONS

What changes did you notice over the 7 days?

REFLECTIONS & INSIGHTS



YOUR BREATH IS YOUR BIORHYTHM

The more aware you become of your natural breath patterns, the more you begin to notice the connection between breath, energy, emotions, and daily life.

Small daily awareness creates profound transformation.

Ready to Take Your Practice Further?

The awareness you've developed over these seven days is only the beginning.

The complete Sacred BioRhythm of Life™ Program teaches you how to work with your breath rhythms to support better health, greater emotional balance, improved timing, enhanced intuition, and more conscious living.

Learn More:

herawaken.com/biorhythm