

The Pranayama Healing Method

Guided by Brad Johnson

Attribution

This guide is based on pranayama and emotional healing teachings presented by Brad Johnson.

The practices, techniques, explanations, and healing process described herein originate from Brad Johnson's instructional videos. This document has been compiled and organized into a structured practice manual for ease of study and application.

Original Sources:

For the complete teachings and additional content, please refer to Brad Johnson's original video below.

Source Video: <https://www.youtube.com/watch?v=U-4iimWiEsQ>

All credit for the teachings belongs to Brad Johnson.

Acknowledgement

Special thanks to Brad Johnson for sharing these teachings and making them available to the public. This guide was created solely to organize and preserve the material in a concise, easy-to-reference format while maintaining the integrity of the original instruction.

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PRANAYAMA

HEAL • BALANCE • TRANSFORM

A COMPLETE BREATHWORK & EMOTIONAL HEALING SYSTEM

RECHAKA PRANAYAMA
Lengthen your exhale.
Activate relaxation, clear toxins, and calm the nervous system.

UJJAYI PRANAYAMA
The Ocean Breath.
Cultivate focus, inner awareness, and steady calm.

KHAND PRANAYAMA
Divided Breath.
Energize the body, strengthen the core, and balance the mind.

KAKA-SHUDDHI KRIYA
Crow Breath.
Powerfully purify the lungs and activate your vital systems.

“ You cannot heal a problem while attached to it through fight-or-flight. First enter **rest-and-digest** through breath. Then observe, dissolve, and transform. ”

EMOTIONAL HEALING PROCESS

1. **ENTER THE PARASYMPATHETIC STATE**
Calm your body. Dilate your pupils. Rise to the mountain top within.
2. **HOLD THE PROBLEM**
Bring the issue into awareness. Hold it in your hand. Observe from a place of distance.
3. **DISSOLVE WITH OM**
Direct the vibration of OM with love, compassion, and acceptance until it dissolves.
4. **SAVOR THE RESULT**
Feel the relief. Anchor the new emotional state. Be fully present with the outcome.
5. **CREATE THE FUTURE**
Set intentions. Choose new responses. Visualize positive outcomes. Release and let it go.

BREATH IS THE BRIDGE
BETWEEN BODY, MIND & SOUL.

TEACHINGS BY
BRAD JOHNSON

This guide was compiled and organized by **GoodHealings** to support and share these powerful teachings.

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Introduction

This practice combines breath regulation, pranic cultivation, nervous system balancing, and emotional healing techniques.

The foundation of the method is simple:

First calm and balance the body through breath. Then address emotional, mental, and energetic challenges from a centered state.

Preparation

Heart-Rate Variability Breathing

Begin by establishing a coherent breathing rhythm.

Technique

- Inhale through the nose for 4 seconds
- Exhale through the nose for 6 seconds

As you inhale, the heart rate rises. As you exhale, the heart rate lowers.

This creates heart-rate variability and begins balancing the nervous system.

Uddhiyana Bandha (Navel Lock)

Throughout the breathing exercises:

- Gently tighten the abdominal muscles.
- Maintain awareness of the navel center.

This conserves navel prana within the solar plexus and circulates it throughout the chest region.

Pranayama and Detoxification

Pranayama breathing is said to dispel up to 70% of toxins from the body.

Phase One: Nervous System Regulation

Rechaka Pranayama

Purpose

Stimulates the parasympathetic nervous system.

Benefits

- Improves lung capacity
- Improves ventilation
- Expels carbon dioxide
- Massages and activates internal organs
- Increases circulation to the chest
- Works with the vagus nerve

Practice

- Inhale through the nose for 4 seconds
- Exhale through the nose for 8 seconds

Alternative:

- Inhale for 3 seconds

- Exhale for 6 seconds

Repeat 12 times.

Ujjayi Pranayama

The Ocean Breath / Victorious Breath

Purpose

Creates focused awareness while strengthening breath control.

Practice

As you breathe:

- Slightly constrict the throat
- Create an audible ocean-like sound
- Mentally hear the sound "HA"

Breathing Pattern:

- Inhale through the nose for 4 seconds
- Exhale through the nose for 8 seconds

Alternative:

- 3 seconds in
- 6 seconds out

Repeat 12 times.

Phase Two: Pranic Activation

Khand Pranayama

Divided Breath

Benefits

- Strengthens core muscles
- Balances spinal muscles

- Balances the thyroid
- Eliminates cardiovascular disease
- Increases willpower
- Brings balance to the mind

Practice

Through the nose:

- Fully inhale and exhale
- Use quick pulsing breaths
- Create a double-breath rhythm both in and out

Repeat 10 times.

Kaaka-Shuddhi Kriya

Crow Breath

Benefits

Strengthens and activates:

- Nervous system
- Digestive system
- Respiratory system
- Circulatory system

Purges a vast amount of toxins from the lungs.

Practice

1. Sit upright.
2. Inhale through the chest.
3. Pucker the lips.
4. Lean forward slightly.
5. Forcefully exhale as if blowing out the candles on a large birthday cake.
6. Completely empty the lungs.
7. Return upright.
8. Inhale again.
9. Repeat.

Perform 5 rounds.

Phase Three: Emotional Healing

After completing the breathing sequence, move into emotional processing.

Step 1: Enter the Parasympathetic State

Continue practicing until your pupils dilate.

This indicates entry into the parasympathetic nervous system.

Imagine standing on a mountain summit, looking down into the valley below.

From this higher perspective, challenges can be observed without becoming overwhelmed by them.

Step 2: Hold the Problem in Your Hand

Bring the issue into awareness.

It may be:

- Anger
- Fear
- Conflict
- Resentment
- Emotional pain
- A recurring challenge

Visualize holding the issue in the palm of your hand.

Observe it from a distance.

Step 3: Dissolve the Problem with OM

Direct the vibration of OM toward the issue.

Continue until the problem dissolves.

Use the frequency of love, compassion, and acceptance to transform the energetic structure of the challenge.

Step 4: Savor the Result

Spend approximately 60 seconds:

- Feeling the problem fully resolved
- Experiencing relief
- Anchoring the new emotional state
- Being fully present with the outcome

This step is essential.

Step 5: Create the Future

While remaining in this elevated state:

- Set goals
- Choose new responses
- Visualize future interactions
- Choose love and positivity
- Then release the issue completely.
- Pick your battles.

Let it go.

Complete Practice Sequence

1. Heart-Rate Variability Breathing (4 In / 6 Out)
2. Rechaka Pranayama — 12 Rounds
3. Ujjayi Pranayama — 12 Rounds
4. Khand Pranayama — 10 Rounds
5. Kaaka-Shuddhi Kriya — 5 Rounds
6. Hold the Problem in Awareness

7. OM Dissolution Process
 8. Savor the Result
 9. Set Intentions and Release
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Core Teaching

You cannot heal a problem while attached to it through fight-or-flight.

First enter rest-and-digest through breath.

Then observe the problem from a place of distance, compassion, and clarity.

From that state, transformation becomes possible.