
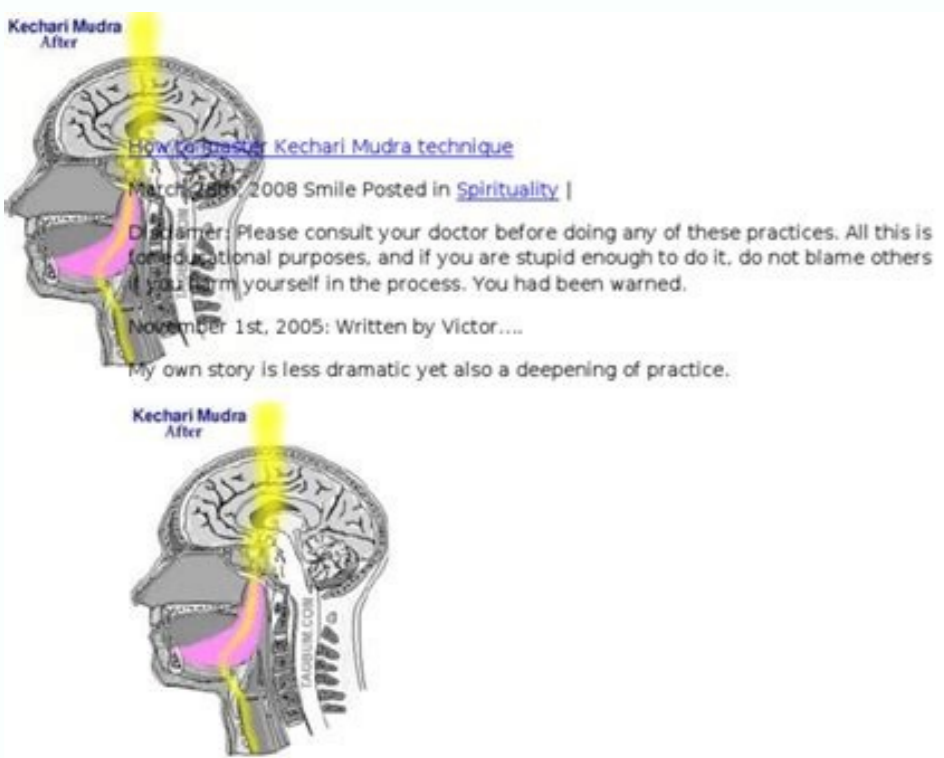


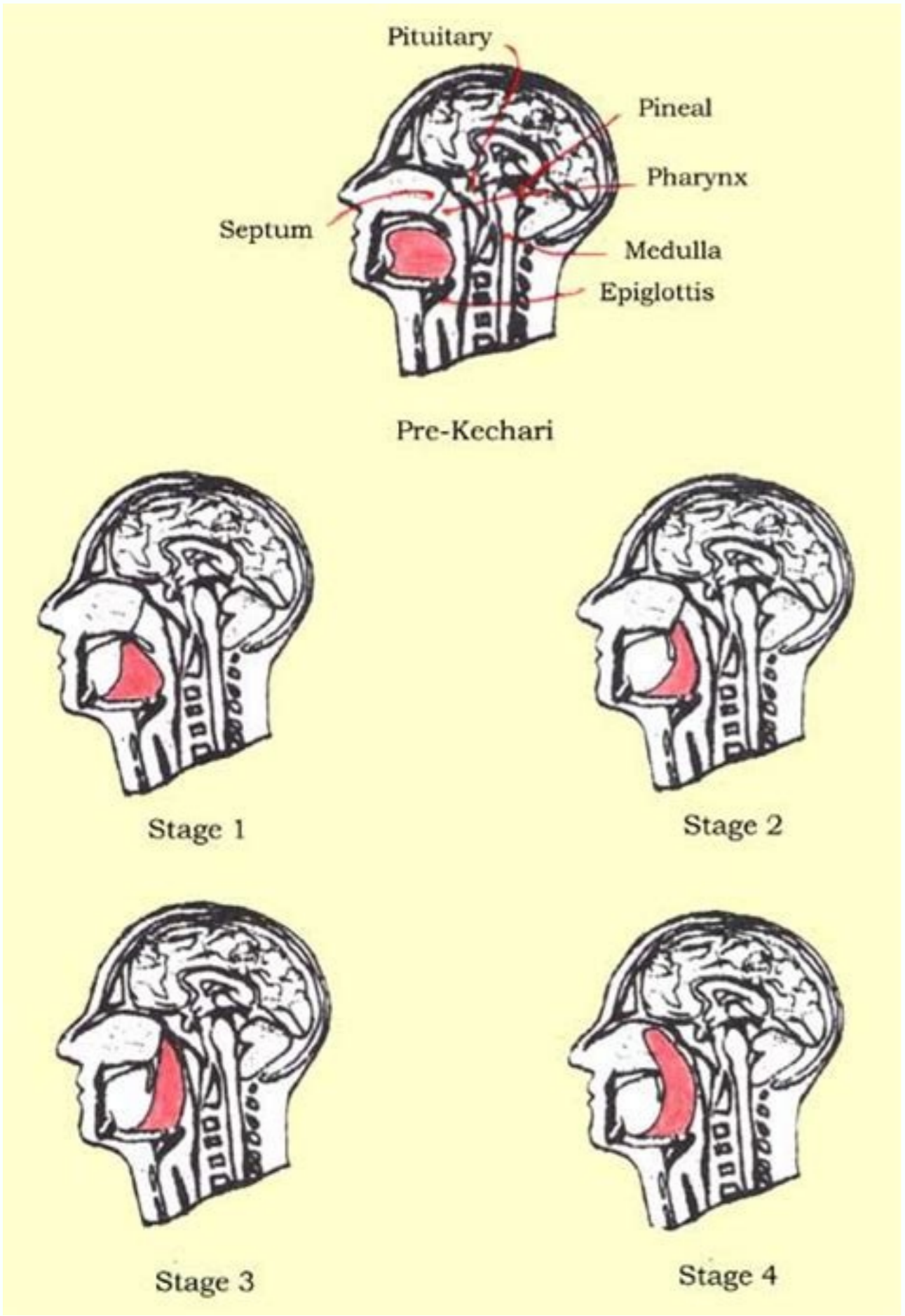
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 Please consult your doctor before doing any of these practices. All this is for informational purposes, and if you are stupid enough to do it, do not blame others for it. You warned yourself in the process. You had been warned.
 1st, 2005: Written by Victor...
 My own story is less dramatic yet also a deepening of practice.

After doing pranayama for over 20 years every day in the Iyengar tradition I felt a need to go farther. I had been curious about khechari for many years but found that although most serious yogis knew of it, none had actually experienced it. After seeking this teaching online I finally found it on the advanced yoga practices website and began exploring. First of all I was able to get the tongue past the uvula already (stage 2) but didn't know anything beyond that. At this point I snipped the tongue once and stretched it every day. I found the ache of the snip to be uncomfortable for about a week and was reluctant to do it again. When that week was over I was able to get the tongue deep in the pharynx and decided that practice and stretching were all I needed. By holding the tongue with my hand (after drying it a bit) and just gently pulling out and left and right for awhile everyday (I did it while driving) I was able to easily get the frenum stretched to where I need it to be. Then I practiced keeping the tongue in the pharynx for much of my time exploring the inner geography there. It did feel that it completed a circuit like a 4th bandha that was missing in my practice and has become an integral part of my pranayama and meditation.
 I also changed my practice. Previously I had done 20 minutes a day of sitting pranayama in lotus pose, now I added a practice at the end of the day and also





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