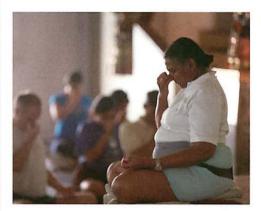
## The Importance of Chinlock

In order to build natural dykes for prāṇāyāma practices, Jālandhara Bandha or the chinlock was introduced by the yogis. This judiciously helps the prajñā of the inner prāṇa to receive the incoming prāṇa as well as check the incoming prāṇa to flow in rhythmically and later on be distributed.

In controlled nostril or digital prāṇāyāma such as or like Anuloma, Pratiloma, Sūrya Bhedana, Chandra Bedhana, and Nāḍī Śodhana, the practitioner has to construct the dykes at the inner edge of the roof of the nostrils for inhalation and the outer edge of the roof for exhalation. He has to know these above mentioned places in order to form the dykes before beginning digital prāṇāyāma.

If the breath deviates from its conditioned paths, it enters forcibly and goes out forcibly. This type of deep breath cannot be termed <code>prāṇāyāma</code>. In <code>prāṇāyāma</code>, the job of the <code>sādhaka</code> is to see that in inhalation the energy gets filled in deeply and soaked into the body and in exhalation, the energy is released through the sluice gates of the nostril formed by the fingers and the thumb so that time is given for it to be absorbed and stored in the system.



A class of students practises chinlock and the precise placement of fingers for digital pranayama with Geeta lyengar.

"Jalandhara Bandha...
automatically makes the brain become reflective and pensive."

Extract opposite from "Introduction to Praṇāyāma", Yoga Rahasya, July 1994.