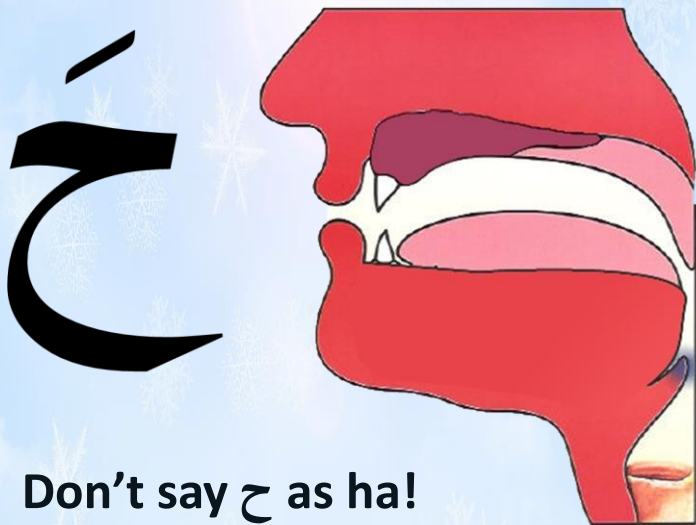


From the middle of the throat
Take a deep breath and release it from inside the throat!



Don't say ح as ha!

How to practice?

Cooling your throat (from chilli)...
Deep relaxing sound

ح الْحَمْدُ لِلَّهِ

Try to repeat it 500 to 1000 times
when you are alone (in room, car
etc)

