

The New Nine Breaths from Lama Tsultrim Allione

This important purification practice works with the body's prana, or life force -- a very important part of one's constitution. It is of great benefit to any practice to release stale prana because pure and clear prana opens to wisdom prana.

Breathing Instructions

- Sit with a straight back in the open posture, one foot in front of the other with knees releasing down.
- Place your thumbs at base of your ring fingers and make soft fists.
- Place the backs of your hands, not knuckles, at the tops of your thighs.
- Lock your elbows, raising your shoulders as necessary. This presses your arms on to your chest to create a container for your body.
- Both men and women start with the left hand. Inhaling, bring it up with the index finger extended as if to hook the breath you are inhaling.
- Place the side of your left index finger along your left nostril to close it. Exhale through the right nostril.
- Return your left hand to your thigh.
- Raise your right, inhaling as before, with the index finger extended and place it on side of your nose. Exhale through the left nostril.
- You will repeat this sequence two more times for a total of six breaths, alternating sides.
- For the last, three-part breath, press both hands on your thighs as before, with locked elbows. Take a full, deep inhalation. Then exhale in three parts, with a strong diaphragmatic push for the last part.

Visualization Instructions

First Cycle, First Side

- For both men and women the inhalation visualization is the same. All see the essence of the five elements, the rainbow light, as they raise their left hand placing the index finger along the left nostril.
- For **women**, the first exhalation out the right nostril is like a **dirty dark red** river representing the release of **craving, desire and grasping**.
- For **men**, the first exhalation is like a **dirty white** river representing **hatred, anger, aggression and aversion**.

First Cycle, Second Side

- The inhalation visualization is the same as for the first side. All see rainbow light as they inhale and place the right index finger along the right nostril.
- As they exhale, **women** see **dirty white** representing **anger, aggression and aversion**.
- Men see **dirty red** as they exhale **craving, desire and grasping**.
- The colors stay the same for women and men in each cycle.

Second Cycle

- Inhaling the five-element rainbow light, bringing up the left hand and placing the index finger along the left nostril, **women** exhale a clearer, more luminous **red** river of light representing **craving**. And **men** exhale a clearer, more luminous **white**, representing **anger**.
- On the right side, **women** exhale a clearer **white** and **men** a clearer **red**, .

Third Cycle

- Inhaling and placing the left index finger along the nose, **women** exhale a clear **red** and **men** a clear **white**.
- In the final, sixth breath, the right hand closes the right nostril and **women** exhale a **clear white** river of light, **men** a **clear red**.

Last Three-part Breath

Here, both men and women have their hands down, elbows locked and inhale the rainbow light as deeply as possible. The exhalation representing **ignorance**, **delusion**, **spacing out**, and **non-recognition** is in **three parts**. The **first part** of the exhalation is a **dirty blue** river, the **second part** a **slightly clearer blue**, and the **third part**, emphasized by a sharp diaphragmatic push, is a **completely clear, radiant** river of **blue** light.

When you've finished, place your hands on your knees and rest in the wisdom prana. Don't rush on to the practice but deeply rest in the wisdom prana.

Additional Visualization

An additional visualization, similar to *Feeding Your Demons*, can be added:

As you do each of the exhalations above, you see below and slightly in front of you all the challenging and difficult people in your life. They can be karmic debt holders, enemies, and so on. They are people with whom you have karmic ties.

You may also see the Lord of Death who looks like a wrathful bull with a gaping mouth. He represents your own death waiting for you. As the exhalations of light come out of your nostrils, they go down to these karmic debtors and the Lord of Death and turn into nectar that calms them by satisfying their desires.

Each of your exhalations satisfies them until they are completely at ease. Then the earth closes up, your body/mind is completely purified, and you rest in the wisdom prana.