

Nine Purification Breaths Instructions

- Sit with legs crossed, spine straight, chest open, chin slightly drawn in to lengthen the back of your neck. Or, choose any comfortable sitting posture.
- Draw your attention to your body and connect with Stillness, Silence and Spaciousness
- Visualize the three channels of light in your body: the white right channel, the blue central channel, and the left red channel.

Clearing the White Right Channel:

- Selecting: Bring to your mind and select a fresh experience of anger or aversion.
- Releasing:
 - i. Press your right ring finger to your right nostril and inhale slowly and deeply. Imagine the breath follows the path of the red channel all the way to the junction.
 - ii. Hold the breath slightly as you switch the finger to press the left nostril.
 - iii. Following the pathway of the white right channel, exhale slowly and gently at first and more forcefully at the end of the exhalation. Feel your anger release with the exhalation and instantly dissolve into space.
- Repeat the exercise three times, feeling the increasing openness in the white right channel. Maintain connection to this openness as you focus on the red left channel for the

next step of the practice.

Clearing the Red Left Channel:

- Selecting: Bring to your mind and ***select*** a fresh experience of attachment.
- Releasing:
 - i. Press your left ring finger to your left nostril and inhale slowly and deeply. Imagine the breath follows the path of the white channel all the way to the junction.
 - ii. Hold the breath slightly as you switch the finger to press the right nostril.
 - iii. Following the pathway of the left red channel, exhale slowly and gently at first and more forcefully at the end of the exhalation. Feel the energy of attachment release with the exhalation and instantly dissolve into space.
- Repeat the exercise three times, feeling the increasing openness in the red left channel. Maintain connection to this openness as you bring your attention to the blue central channel.

Clearing the Blue Central Channel:

- Selecting: Bring to your mind and ***select*** a fresh experience of self-doubt or lack of confidence.
- Releasing:
 - i. Breathe in slowly and deeply through both nostrils. Imagine the breath follows the path of both side

channels.

- ii. Bring the breath to the junction and hold the breath slightly.
 - iii. Following the pathway of the blue central channel, exhale slowly and gently at first. At the end of the exhalation pull slightly in with your diaphragm and breathe out more forcefully. Imagine that you expel the energies of self-doubt and lack of confidence through the crown of your head, where they instantly dissolve into space.
- Repeat the exercise three times, feeling the increasing openness in the blue central channel.
 - Resting: Feel all three channels as being more open and clear. In this unique space that is freer of anger, attachment and ignorance, you may notice a sense of warmth as qualities of love, generosity, and wisdom spontaneously arise. Breathe normally and move on to the next step in your practice.