



YERU BÖN CENTER
གཡས་རུ་ལོན་གྱི་རྒྱུད་ལྷེ་
Minneapolis
Los Angeles

THE NINE BREATHS

Latri Nyima Dakpa Rinpoche

1. Sit cross-legged, back straight, head level. Hold hands in lap, left hand lying on top of right, palms up. Touch the thumb of each hand to the base of that hand's ring finger.
2. With thumb touching base of ring finger, use the ring finger of R. hand to block the R. nostril. Inhale through the L. nostril. Imagine the breath going down through the red channel (up over the L. side of the head, then down the left-center side of the body to the junction point just below the navel). Hold the breath there, while the energy moves up the R. channel. Imagine it rising through the white channel (up the right-center side of the body, over the R. side of the head, to the tip of the R. nostril). Then release the R. nostril and close the L. nostril with the same R. ring finger. Exhale through the R. nostril, allowing all of the poisons to flow out through the white channel. Repeat three times.
3. Without changing the hand position, inhale through the R. nostril by blocking the L. nostril with the same finger. Imagine the air going up through the white channel (up over the R. side of the head, then down the right-center side of the body to the junction point just below the navel). Hold the breath below the navel as you visualize the air continuing up the L. (red) channel until it reaches your L. nostril. Then release the L. nostril and close the R. nostril with the same R. ring finger. Exhale through the L. nostril, allowing poisons to flow out through the red channel. Repeat three times.
4. Return R. hand to contemplation position on lap. Inhale through both nostrils filling both the red and white channels to the junction point. Hold the breath below the navel as the visualized air fills the center blue channel. As the visualized air reaches the top of the head, exhale strongly, visualizing all of the air, as well as any poisons, being released out the crown of the head through the blue channel. Repeat three times.
5. Feel yourself free of all negativity. Visualize yourself as a clear, pure, crystal body.

