



THE NINE-FOLD BREATHING EXRCISE

*According to the 13-Deity Vajrabhairava Lineage
As Taught by Lhundub Pandita*

The Nine-fold Breathing Exercise

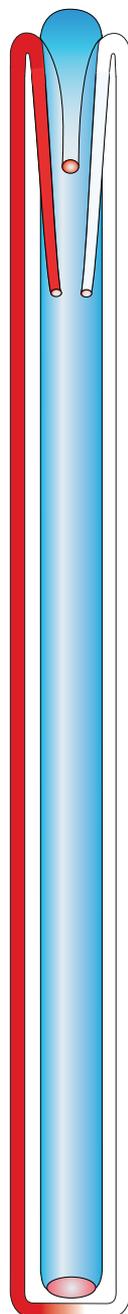
Basis

You are Vajrabhairava, with the face of a water buffalo, two arms and the consort. The body is clear and transparent, shining with light. In the center of the body, closer to the spine, is the central (heart) channel (Skt: *avadhūti*; Tib: *dbu ma*). It has the thickness of a straw, is straight, blue on outside and red on the inside. To the right side of the *avadhūti* is the red (sun) channel (Skt: *rasanā*; Tib: *ro ma*). To the left of the *avadhūti* is the white (moon) channel (Skt: *lalanā*; Tib: *rkyang ma*). The upper ends of all three reach the crown and then bend down towards the front. The central channel ends above the nose; the other two channels penetrate the bases of the respective nostrils. The lower end of the *avadhūti* is at the tip of the vajra but for practical reasons it is imagined that it ends four finger widths below the navel. For this practice, *rasanā* and *lalanā* are imagined to be slightly longer than the central channel (connecting to each other on the base for the first two exercises, and merging into the central channel for the third).

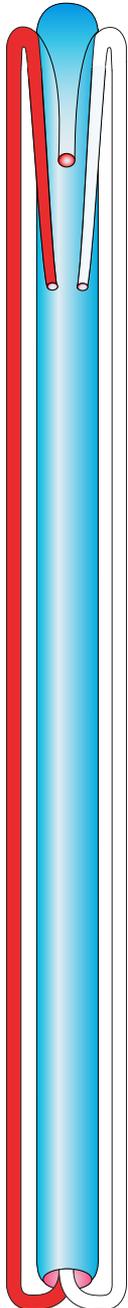
First Three Breathings

It is important that, for the first and second set of breathings, the lower end of the left channel enters into the right channel (like one sleeve is stuck into the other; U-shaped).

Then close the right nostril and inhale through the left nostril. The breath descends the left white channel and fills it completely. Try to stay with this visualization for a moment. Afterwards the wind moves straight to the right channel. Blow the air forcefully out of the right nostril and imagine that any negativities that might have resided in the *rasanā* channel,



like pus, blood, bile, illnesses, all attachment energy (desires) and other obscurations are completely expelled. Repeat three times.



Second Three Breathings

Now close the left nostril and inhale through the right nostril. The right channel fills completely with air. Try to stay with this visualization for a moment. Afterwards the wind moves straight to the left channel. Blow the air forcefully out of the left nostril and imagine that any negativities that might have resided in the *lalanā* channel, all aversion energy (hatred) and other obscurations are completely expelled. Repeat three times.

Third Three Breathings

Now the ends of both side channels merge into the central channel like in the Tibetan letter CHA (ཧ). Breathe in with both nostrils and fill both side channels with air. Try to stay with this visualization for a moment. Then the wind moves straight up through the central channel. Blow the air forcefully out of both nostrils, and imagine that any negativities that might have resided in the *avadhūtī* channel are completely expelled. Repeat three times.

