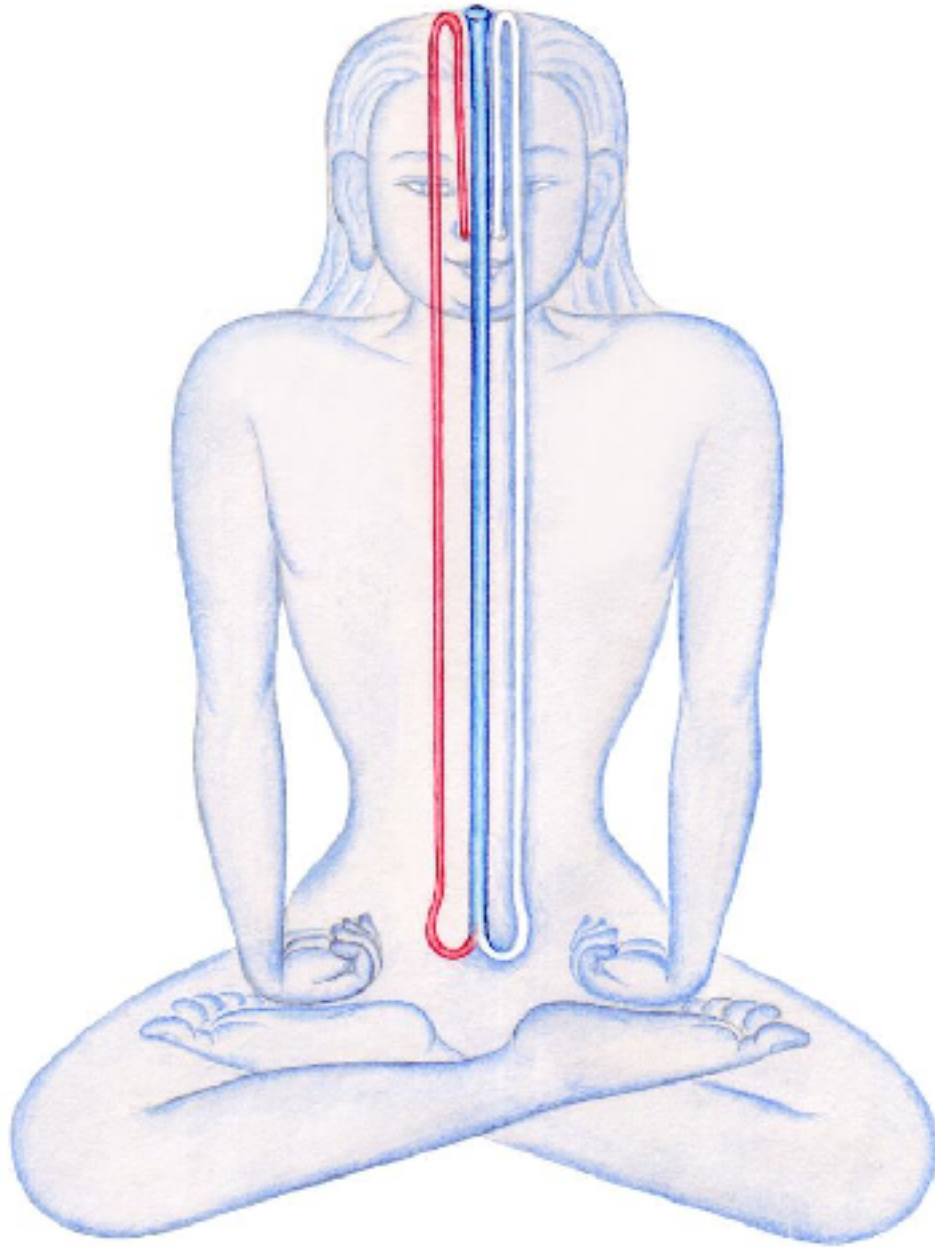


ལྷུང་རོ་དགུ་ལྷུག་ལམ།

Ninefold Purification Breathing





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Ninefold Purification Breathing

Compiled with explanations by Dr. Nida Chenagtsang

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made this work possible.



རྣམ་སྣང་ཚེས་བདུན།

(*rnam snang chos bdun*)

Sevenfold Meditation Posture of Vairocana




1. Sit crossed legged, ideally in full lotus position.
Balances ཐུར་སེལ་རླུང་། (*thur sel rlung*) descending wind.
2. Keep your spine straight, like a stack of golden coins.
Balances མེ་མཉམ་རླུང་། (*me mnyam rlung*) fire-accompanying wind.
3. Clasp both hands in vajra fists and press on the groins.
Balances ཐུར་སེལ་རླུང་། (*thur sel rlung*) descending wind.
4. Raise tip of your tongue to the palate, just behind the teeth.
Balances རྩོག་འཛིན་རླུང་། (*srog 'dzin rlung*) life-sustaining wind.
5. Lift both shoulders up with straightened arms, like folded eagle's wings.
Balances ཐུབ་བྱེ་རླུང་། (*khyab bye rlung*) all-pervading wind.
6. Tuck chin in slightly, like a swan.
Balances གྱེན་རྒྱུ་རླུང་། (*gyen rgyu rlung*) ascending wind.
7. Gaze at the tip of your nose, or into space beyond.
Balances རྩོག་འཛིན་རླུང་། (*srog 'dzin rlung*) life-sustaining wind.

སྟོང་རྩ་བ་སྟོང་པ།

(*stong rwa bsgom pa*)

Empty Body Meditation

Visualize the form of your body as hollow. Inside your body visualize the three channels as hollow tubes. This is also known as སྟོང་རྩ་གཉིས་བསྟོན་མ་པ། (*stong rwa gnyis bsgom pa*) 'Meditation on the Twofold Emptiness'.

རྩ་མ། (<i>ro ma</i>) Right Channel	དབུ་མ། (<i>dbu ma</i>) Central Channel	རྒྱུང་མ། (<i>rkyang ma</i>) Left Channel
Anger	Attachment	Ignorance
Fire	Wind	Water & Earth
Mkhris pa	Rlung	Bad kan
Solar	Neutral	Lunar
Red	Blue	White
Snake 	Rooster 	Pig 

རླུང་རོ་བསལ་བ།
(*rlung ro bsal ba*)

Expelling the Dead Rlung

This is also known as the རླུང་རོ་དགུ་ཕྱགས། (*rlung ro dgu phrugs*) 'Ninefold Purification Breathing'.

1. Exhale completely. Close your left nostril with your left index finger, and inhale while bringing the right index finger to the right nostril. Visualize inhaling pure rainbow light through the right nostril, bringing it down the right channel together with your finger. At the navel level, hold your breath, turning your index finger and hand up, leading the energy up the left channel. Exhale through the left nostril, visualizing all impurities of anger as red smoke or little snakes being expelled, releasing the left index finger from the left nostril while closing the right index finger over the right nostril.
2. Repeat the process for the left channel with reversed hands. All impurities of ignorance are released as whitish grey smoke or little pigs.
3. Guide with both hands as you inhale with both nostrils to cleanse all channels. Exhale all impurities of attachment as dark smoke or little roosters through both nostrils.

Repeat the breathing sequence at least three times.

དོར་བཟླས།
(*rdor bzlas*)

Mindful Breathing Practice

Sitting in the sevenfold posture, take 7 or 21 deep breaths.
Each deep breath consists of three phases:

- དུབ། (*rdub*) Inhalation
- འཛིན། (*'dzin*) Retention
- འབྲིན། (*'byin*) Exhalation

Use the following count for each breath sequence 4-3-5 (inhaling-holding-exhaling).

You can combine this breathing practice with visualization, inhaling 5 rainbow colors (blue, green, red, white, yellow), representing the 5 pure elements. While exhaling, radiate light out through the pores of the skin.

As another practice, you can also combine the Mindful Breathing with the natural, flowing breath of Vajra Chanting:

Inhale a white	OM	
Hold a red	A	ཨ྘ཾ
Exhale a blue	HUNG	ཨུཾ