

9 Round Breath Meditation

Preparation for practice:

- Sit comfortably, with a straight back.
- Set the greater intention or motivation for practice.
- Become aware of our surroundings, both inner & outer.
- Acknowledge the elements that support us, both inner & outer.

The physical practice:

- 1st Round: right index finger closes left nostril. Take a deep breath in that goes up, over the inside of the head and down parallel to the central channel to the lower belly/womb (4 finger-widths below the navel). Hold comfortably, then switch so that left index finger closes right nostril, and exhale the breath from the lower belly, up, around the top of the head and out the left nostril. This completes one round.
- 2nd Round: left index finger continues to close right nostril. Deep breath in goes up, over, around and down to the lower belly/womb. Hold comfortably, then switch so that right index finger closes left nostril, and exhale the breath from the lower belly, up, around the top of the head and out the right nostril.
- 3rd Round: Deep breath in both nostrils goes up, over, around and down to the lower belly. Hold comfortably, then the air crosses over to the opposite side & is released up & out the opposite tube & nostril.
- Rounds 4-6, repeat as above.
- Rounds 7-9, repeat as above with this change to the in-breaths & out-breaths: instead of taking one long breath, do 3 shorter inhalations/exhalations, with the 3rd one longer than the previous two, and with slightly greater power.

The visualization:

- The body has natural pathways upon which energy flows. In this practice, we aid the flow by visualizing two narrow tubes that run from the nostrils, up and over the top of the head and down parallel to the spine that join 4 finger-widths below the navel at the lower belly or womb. The tubes are translucent, flexible and made of light; about the diameter of a stalk of wheat, or an earbud cord.
- When we inhale, we are gathering up the power of the 5 elements that compose our outer environment. We start with the golden yellow light of earth, fully imbued with the earthy qualities of strength, stability, and the unconditional love that Mother Earth has for us. When beginning, we may focus on just one color/element. Over time, we may add in the other elements. Full descriptions of the other elements are below.
- The beautiful, rich golden light of earth follows the tube pathway as we inhale, and as we hold the golden earth energy gently in our lower belly, it fully suffuses us with the earthy qualities of strength, stability, and the unconditional love that Mother Earth has for us.
- When we exhale, the golden light has gathered up all the things we don't need - any negativity, dullness, obstacles or obscurations - and sweeps away any confusion or scattered energy as our breath exits through the opposite tube in the form of smoke and fog.
- We repeat this for the 2nd round, using the opposite nostril.

9 Round Breath Meditation

- When doing 3rd breath, the air enters both nostrils/tubes at once, goes up, around the head & down to the lower belly, is held gently and then the breath from each side is visualized to cross over to exit the opposite side. It then goes up, around & out the opposite nostril from which it entered.
- Rounds 4-6, repeat as above, with this change: the exhalation gathers up all physical imbalances of the body, both manifest & latent; all diseases, viruses & bacteria, and expels them in the form of blood and pus.
- Rounds 7-9, repeat as above with 2 changes: the exhalation gathers up all foreign energies and interferences, and expels them in the form of insects, snakes and frogs. And, as mentioned in the description of the physical practice, instead of being one long breath on the in-breaths & out-breaths, they are done in 3 shorter inhalations/exhalations, with the 3rd one longer than the previous two, and with slightly greater power.

Additional details:

- The 5 elements are drawn in with the breath in the order shown by the chart below. Each one is 4 finger-widths in size, made of luminous, bright light, and all 5 flow in during one breath in succession:

Color	Element	Corresponds to	Qualities
Yellow	Earth	Flesh & bones	Strength, stability, unconditional love, abundance
White	Water	Blood & fluids	Sparkling, purifying, adaptability, flexibility
Red	Fire	Body heat & digestion	Clarifying, transformative, burns away the unnecessary
Green	Wind	Breath & pulse	Life force, revitalizing, vivifying
Blue	Space	Space	All-encompassing, welcoming, equanimous

- Further details & clarification provided upon request :)
- Before sharing this with others, please ask me so that I may clarify any points and provide additional details to maintain the integrity of the practice.