

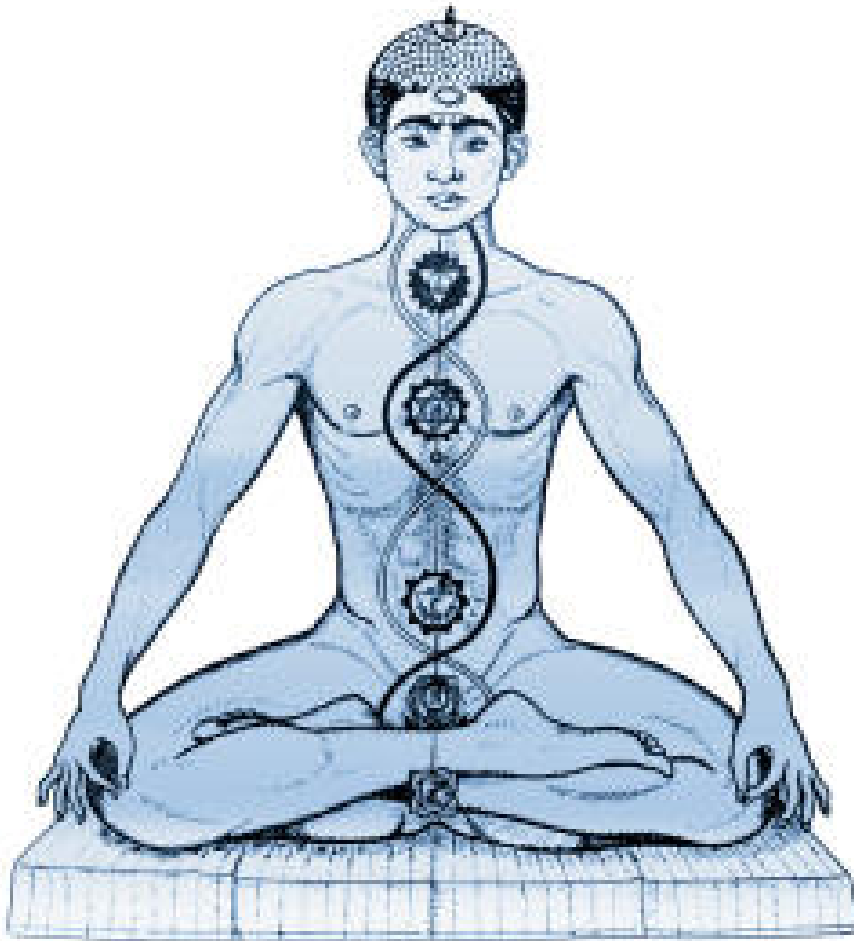
THE DOUBLE-BREATH EXERCISE

The double-breath exercise developed by Swami Rudrananda is a very important tool for meditation. It will help you to experience and deepen the flow of vital force. The double breath integrates the wish to grow with awareness of the breath, the chakras, and the flow of energy within, all into one smooth process. With the double-breath, you are working to establish a flow of energy down the front and up the back. Use the double-breath every ten minutes during meditation to sharpen your inner focus. Use it throughout the day.

1. Take a deep breath, let it go, and relax.
2. Be aware that the breath is filled with spiritual energy and nourishment.
3. Draw the next breath into the heart chakra. As the breath moves through the throat chakra, swallow. Without forcing the breath, allow it to fill and open your chest. Relax in the heart chakra and feel an expansion taking place. Feel a deep wish to grow. Ask deeply to open your heart; ask deeply to surrender your worries, problems, and boundaries. Hold the breath in the heart for about ten seconds or until it naturally releases.
4. Release about half of the breath and deeply let go. Keep your attention and energy in your heart.
5. Breathe in again, through the heart, bringing the breath and your attention into the navel chakra. Hold gently and relax deeply. Feel your belly open and soften with the expansion of energy. Hold the breath and your attention there for about ten seconds. As you release the breath, feel the energy naturally expand across the sex chakra and into the base of the spine.
6. Relax the base of the spine and allow the energy to rise up the spinal column to the top of the head. Feel the energy there.

At other times during meditation, when not doing the double-breath, remain very aware of your breath, and focus your breath and attention on the heart chakra. Be aware of the flow of energy moving down through the chakras and up the spinal column to the top of the head. At the end of each outbreath, let go, and then let go again. Feel the expansion in yourself. Surrender inside, allowing something deeper and finer to fill you. It is this ever-deepening practice that mobilizes your inner energy to facilitate a very profound and lasting change in your consciousness and in your experience of life.

THE CHAKRAS – THE PATHWAY FOR THE RISING OF THE KUNDALINI



Top of head

Between the
eyebrows (in the
center of the head)

In the throat

At the heart level (the
center of the chest)

In the abdomen (two
fingers below navel)

Base of the sex

Base of the spine