



Double-Breath Exercise

Integrating The Wish to Grow with The Inner Flow

The **double-breath exercise** is a very important tool for meditation and open-eyes class. It will help you to experience and deepen the flow of kuṇḍalinī, or vital force. It's an integration of our wish to grow with the awareness of the breath, chakras, and flow of energy within, into one smooth process. Do the double-breath every 5-10 minutes during meditation or class to sharpen your inner focus. Use it throughout the day.

Feel the breath filled with spiritual energy & nourishment.

- Take a deep breath, let it go, and relax.
- 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 for about ten seconds or until it naturally releases — let out about half of the breath and deeply let go. Keep your attention and the energy in your heart.
- Breath in again, through the heart, bringing the breath and your attention into your navel/ abdominal chakra. Hold gently and relax deeply, feel your belly open and soften with the expansion of energy. Again, hold the breath and your attention there for about 10 seconds. As you release the breath, feel the energy naturally expand across the sex chakra and into the base of the spine.
- 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 resonate there.

With the double-breath you are working to establish a flow down the front and up the back. When not doing the double-breath, focus your breath and attention on the heart chakra and be aware of the flow of energy moving down through the chakras and up the spinal column to the top of the head. Throughout meditation or class, be very aware of your breath, and at the end of each out-breath, deeply relax. Feel the expansion inside.

During the exercise cultivate a deep wish to grow inside.

It is the ever-deepening wish to grow that mobilizes your inner energy to facilitate a very profound lasting change in your consciousness and in your experience of life. Surrender inside by deeply letting go.



THE CHAKRAS – THE PATHWAY FOR THE RISING OF KUNḌALINĪ



- ◆ Top of head/Crown
- ◆ 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