

Rakira Breathing

(1) Breathing Mechanics

- (a) Inhale deep, slow, and full
- (b) Exhale slow, soft, and smooth
- (c) Belly expanding on the inhale
- (d) Belly relaxing on the exhale
- (e) Chest expanding on the inhale
- (f) Chest relaxing on the exhale
- (g) Inhale turning to exhale without pausing
- (h) Exhale turning to inhale without pausing
- (i) Continuous circular breathing
- (j) Lying down in Shivasana

(2) Systematic Relaxation

- (a) Focusing on tensions with attention
- (b) Owning the tensing on the inhale
- (c) Gently relaxing on the exhale
- (d) Not forcing but allowing relaxing to happen
- (e) Scanning body for tensions and relaxing them one at a time
- (f) Patiently watching tensions until full relaxation happens
- (g) Relaxation as surrender to what wants to happen
- (h) Surrender as letting Kundalini evolve us
- (i) Surrender as letting go of all attachments

(3) All Pervading Awareness of Body

- (a) Noticing all body sensations simultaneously
- (b) Continuously being aware in the breathing

- (c) Feeling oneself as aware presence in the body
- (d) Feeling oneself as pure consciousness in the body

(4) Radical Acceptance of Whatever Is

- (a) Not resisting feeling any thought, emotion, sensation or reaction
- (b) Not trying to change anything by willing it to be different
- (c) Coming from loving acceptance of what is just as it is
- (d) Being inclusively aware of everything that is arising

(5) Feeling True Nature as Awareness abiding in Awareness as Awareness Now

- (a) Not identifying with any thought, emotion, sensation, or reaction
- (b) Feeling body as a hollow hologram
- (c) Feeling body as a projection of consciousness
- (d) Feeling the body as floating in luminous spaciousness

(6) Feeling present in the Body as the Threefold Breathing

- (a) Breath of Space is Continuous Awareness in the Breath
- (b) Breath of Air is the physical air going in and out
- (c) Breath of Energy is Cellular Breathing
- (d) We are the Breath that moves the Body
- (e) When the Breath moves the Body there is a feeling of floating
- (f) Conscious Presence in the Body is through the Union of the 3 Breaths

(7) The Body as Visualization, Vibration, Presence, Wakefulness, and Energy

- (a) Revisioning the Body through Visualization, Breathing, and Intention
- (b) Calling in Divine Grace as Purifying Fire
- (c) Quieting Thought
- (d) Transforming Afflicted Emotions
- (e) Relaxing Tension

(f) Transforming Sensation and Reaction to Pure Energy

(g) Generating and Completing the Light Body