

# Dru Empowerment Breath

from the book:

DRU YOGA—Stillness in Motion®

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NATURAL CONFIDENCE



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When you are happy and content with the world, confidence naturally oozes out of you. You deal with life from a point of fulfilment rather than of need. You are at ease with yourself and people are at ease with you.

There are three important steps that will help you achieve natural confidence. If you can follow them, no longer will you worry about being too fat or too thin, too poor or too rich, efficient or inefficient, attractive or otherwise. You will have found the courage and confidence to pursue your dreams.

## STEP 1

Believe that life is on your side. Remind yourself that anything is possible. Decide never to entertain a thought that disempowers your strength. As Henry Ford said, 'Whether you believe you can or you believe you can't, you are probably right'.

## STEP 2

Transform the apathy that can accompany old regrets and fear of failure. Boost your energy levels so that you want to act rather than seek reasons to avoid action.

## STEP 3

Don't just sit back and hope to receive love; be the first to give it. Strangely, this helps to overcome any fear of failure.

When you are here to give to people, rather than wanting to receive from them nobody feels threatened by you. Instead, they find you attractive.

Regular practice of the inner fire sequence and empowerment breath in this section will help you to develop natural confidence.

Enjoy your journey!



## EMPOWERMENT BREATH

### hridaya kriya

KEY INTENTION  
TO FEEL HAPPY AND  
EMPOWERED

It is said that healthy lungs signify a joyful attitude to life. Our lungs reflect our emotional health and well-being. The empowerment breath expands the heart and lungs, gradually transforming painful emotions into joy and zest for living.

KEY CHAKRA  
HEART CENTRE   
high self-esteem

*Visualise light at the heart centre.*



**1** Adopt a kneeling position. Breathe in and raise your arms in front to shoulder height, palms facing forward. Breathe out and relax.

EXHALE INHALE



**2** Raise your right arm overhead keeping your elbows soft. Lift from the sternum and lengthen the spine. Feel a gentle twisting from the base of the spine as your gaze follows your hand.

INHALE

### SAFETY POINTS



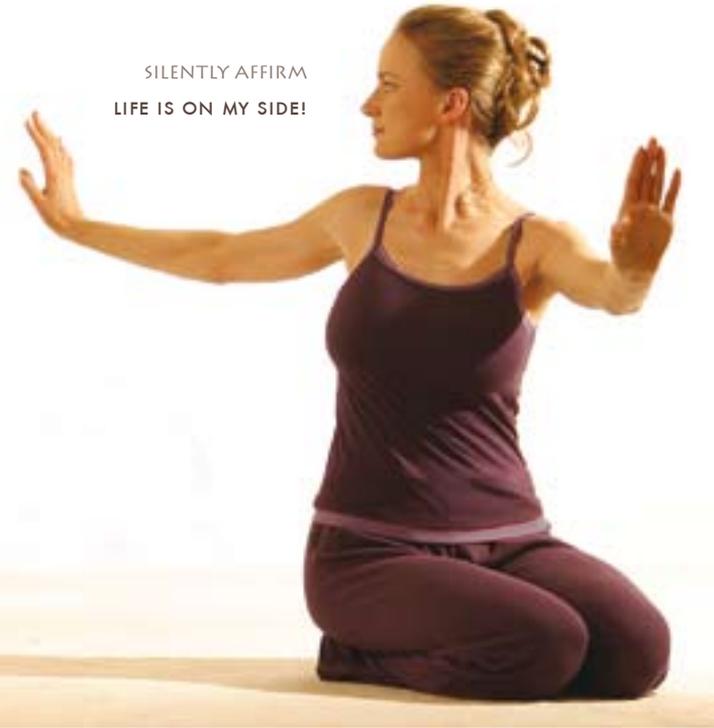
If you experience discomfort while kneeling:

- place a cushion or rolled-up towel under your ankles and/or between the thighs and the calves

- sit on a chair or meditation stool if that is more comfortable.

## 3 OUT

SILENTLY AFFIRM  
LIFE IS ON MY SIDE!



*Visualise light filling the right side of the chest.*

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*This time visualise light filling the left side of your chest.*

- 1** **EXHALE** Adopt a kneeling position. Breathe in and raise your arms in front to shoulder height, palms facing forward. Breathe out and relax.
- 2** **INHALE** Raise your right arm overhead keeping your elbows soft. Lift from the sternum and lengthen the spine. Feel a gentle twisting from the base of the spine as your gaze follows your hand.
- 3** **EXHALE** Lower the right arm behind you to shoulder height. Feel the stretch across your chest and the twist in the upper spine. Relax in the posture.



The empowerment breath opens and aligns the thoracic spine, and therefore:

- ☞ relieves stiffness
- ☞ improves posture
- ☞ acts directly on the heart centre to produce feelings of well-being.

It is an excellent tonic for people with respiratory conditions as it:

- ☞ expands the lungs
- ☞ improves oxygen intake.