



# Dru Inner Fire sequence

from the book:

DRU YOGA—Stillness in Motion®  
[www.dru.com.au/books](http://www.dru.com.au/books)

NATURAL CONFIDENCE



# NATURAL CONFIDENCE

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!



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# INNER FIRE SEQUENCE

## ravaya namaṣkara

### KEY INTENTION

TO BUILD CONFIDENCE  
BY INCREASING INNER  
STRENGTH

This inner fire sequence directs dynamic energy from your solar plexus up to your heart. This helps to:

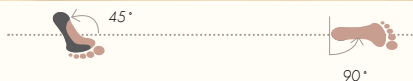
- ☞ release the inner strength and determination needed to overcome obstacles
- ☞ enhance empathy and integrity, enabling you to build more meaningful relationships.

### KEY CHAKRA

HEART CENTRE   
high self-esteem



Visualise light at the heart centre.



- 1 From the mountain pose, step out to the left so your feet are at least two shoulder-widths apart. Turn the left foot out 90 degrees and the right heel slightly to the right.

INHALE

Draw in the core muscles and lift the sternum. Raise your arms sideways to shoulder height, keeping your hands in your peripheral vision. Turn the palms to face away from you.

## SAFETY POINTS



Make sure that in all sideways-facing postures the knee of the leading leg is turned outwards in the same direction as the foot. Keep the core muscles strong throughout this sequence.

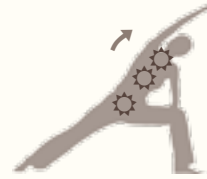
### Avoid this sequence:

- ☞ if you have high blood pressure
- ☞ if you have a heart condition
- ☞ during the first three days of menstruation.



2 OUT

3 IN



Visualise light moving from the solar plexus through the heart and up to the throat.

4 OUT



EXHALE

**2** In one flowing movement, bend your left knee until the shin is vertical. Lower your left forearm onto your left thigh, stretch your right arm above your head in line with the right leg. Extend the right leg further if needed.

INHALE

**3** Stretch the right side of your chest and lengthen your spine. Feel into the strength of the posture as you stretch along your right side. Hold the position for a moment and enjoy the stretch.

EXHALE

**4** Turn to face left as you lower your right hand to rest on the ground just inside the left foot. Twist from the base of the spine taking the left shoulder back as you begin to raise the left elbow.

INHALE

BODY BENEFITS



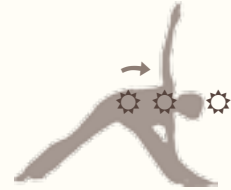
- ⌞ The inner fire sequence gives rise to a tremendous sense of balance and co-ordination, determination and endurance.
- ⌞ The digestive system is stimulated so energy levels are boosted.
- ⌞ Posture is improved as the whole of the spine is mobilised.
- ⌞ The muscles of the abdomen, legs and buttocks are toned.



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5 IN



Visualise light flowing from the base of the spine, expanding in the heart and rising to the crown.



Visualise light at the base of the spine.



6 OUT

**5** Straighten your left leg. Press down on the floor with your right hand to deepen the spinal twist as you raise your left arm until it is vertical.

Gaze up at your hand and then forward again.

NORMAL

Breathe normally and feel your strength growing. Hold this position for as long as is comfortable.

EXHALE

**6** Bending the left knee, circle your left arm behind you and lower it to the ground just outside the left foot.



7 IN

INHALE

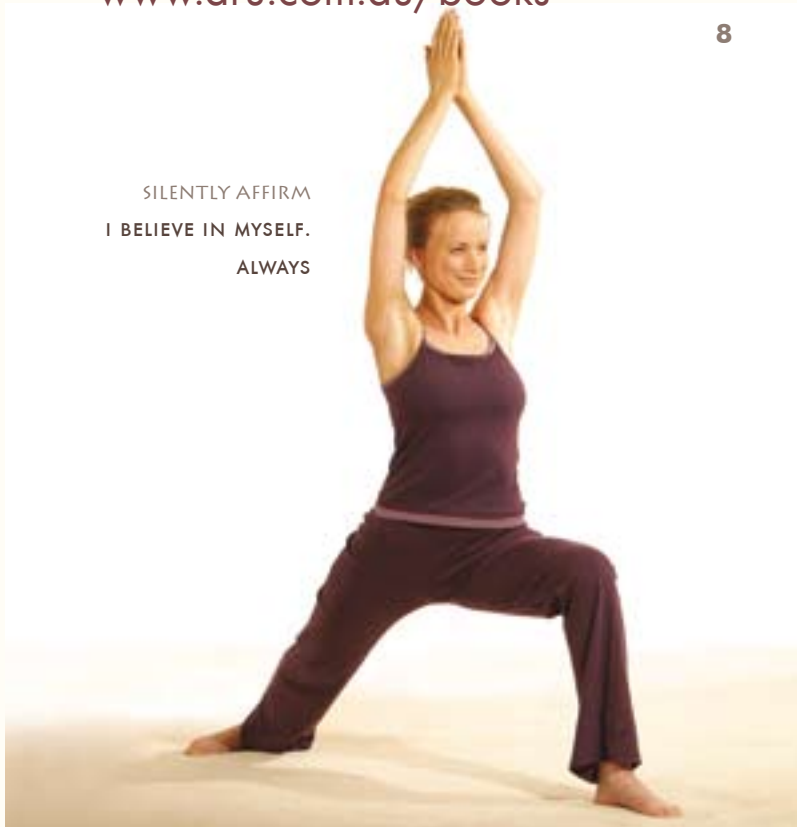
**7** With the left knee still bent, raise your trunk to an upright position. At the same time raise your outstretched arms in front of you and above your head, palms together.

QUICK FIX



SHORTCUT

Want to energise quickly? Simply warm up then follow stages **1** to **4** of the inner fire sequence. Reverse the movements to come out of the posture. Repeat on both sides.

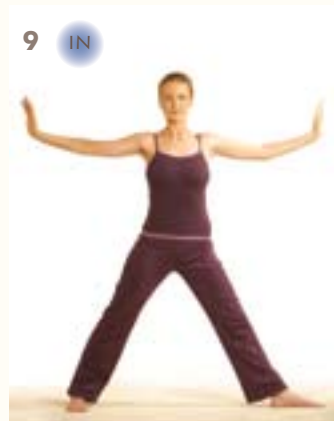


8

SILENTLY AFFIRM  
 I BELIEVE IN MYSELF.  
 ALWAYS



Visualise light rising from the base of the spine to the heart centre.



9 IN

**8** **NORMAL** Breathe normally and relax into this warrior posture. Feel your inner power. Hold this position for as long as is comfortable.

**9** **INHALE** Straighten your legs and rotate your body and feet to face forward.

**10** **EXHALE** Lower your arms to your sides.

Relax for a moment then repeat on the other side.



HAND POWER



MUDRA

Hold your hands in front of your heart with the tips of the fingers and thumbs gently touching to create space between the palms. Hold for one minute. This mudra boosts your energy levels and helps dissolve fear and apathy.