

Breathing & Centering Exercise

Develop a loving attitude toward what comes up during the Meditation, and you will find that over time fewer and fewer phenomena cloud your consciousness.

Now, if you are ready to begin...

1. Lie down (or sit down) and get comfortable. Rest your arms at your sides so that your arms are not crossed over your chest or stomach. Close your eyes and relax for a minute or so.
2. Before you begin the Meditation, always clear your body of tension by tensing and relaxing your body three times. Tense every muscle in your body: feet, legs, buttocks, stomach, shoulders, fists, face. Hold tightly for ten seconds, then relax everything. Rest for about 30 seconds. After resting for 30 seconds, tense all your muscles again, hold for 20 seconds, then relax and rest for 30 seconds. Repeat a third time.
3. Now take three big breaths from toes to head, letting each go with a big sigh.
4. From now on, you will be breathing in and out of your nose, and in and out of your relaxed abdomen. (If your nose is too stuffy for efficient breathing, it is all right to breathe through your mouth and open through.) From now on, throughout the Meditation, keep your body as relaxed as you possibly can. Begin by taking six deep, full, relaxed breaths in and out of your relaxed abdomen. These breaths should be big and audible. Then pause and breathe very quietly for 30-60 seconds. Again, take six deep, full, relaxed breaths in and out of your relaxed abdomen. Then rest for 30-60 seconds. Repeat a third time.
5. As you rest, breathing quietly with your eyes closed, notice if you are feeling energy sensations yet. These are tingling, buzzing, humming currents and breeze-like sensations. Notice the quality of light in your mind. Is it white light, a combination of light and dark, or dark? There are no right answers to this question—just notice what you are experiencing.
6. Now take 12 deep, full, relaxed breaths in and out of your relaxed abdomen. These should be big, audible breaths you breathe, let the breath be connected and circular. Do not pause or hold the breath at the top or the bottom. Let the in-breath melt right into the out-breath. After your 12 breaths, shift to a quiet breathing for a while. As you rest, notice energy sensations and the quality of light in your mind. Rest for a minute or so.
7. Again, take 12 deep, full, relaxed breaths in and out of your relaxed abdomen. Let the breaths be connected, circular, big and audible. After 12, shift to quiet breathing for a minute or so. During the rest, notice energy sensations and light.
8. Now, instead of continuing breaths, let your intuition tell you when to shift back and forth from the big, audible breaths to quiet breathing. The goal is to bring up energy sensations with the big breaths, then shift to the quiet breathing and stay suspended in the energy sensations until they start to subside, then go back to the big breaths. Bring up energy, rest in it until it starts to subside, then go back to bringing up more energy. Do this now for the next 15 minutes or so. Always stay in the comfort zone. If you feel tension or dizziness or anything unpleasant, shift

immediately to the quiet breathing until it passes. Do not chare into any unpleasant sensation with the big breaths.

9. When you are at a good stopping place, rest for a minute or two before going back into normal activity.