

~45-60 minutes...with each paragraph break you can pause for between 10 second and a few minutes as you see fit

To begin this meditation, we are going to begin with the understanding of the focus here.

We are going to be focusing on our own chi, our own ability to heal.

The life force within.

Energy is universal, it flows through all things and all beings...So this is a universal presence. It's a universal energy that we all have within us.

And as we begin this meditation in this active engagement with our own chi, I want to take a second as you get comfortable in your space here on the mat. Let the body and mind relax and perhaps stay connected to that idea of the universal nature of energy.

So taking this opportunity now, with just that idea of universality. connectedness, oneness.

Just let the body become heavy.

Know that during this active meditation the active engagement with your own chi and invite you to stay with us meditation fully.

So if you ever feel yourself becoming distracted, or you feel that you're drifting off, just gently come back. Keep the mind aware. Stay focused on your own energy.

Letting the body become heavy. Feeling all the points of contact of the body onto the mat. And I asked now that you bring both of your hands to the lower abdomen, that area just below the navel. The sacral chakra

So placing the hands directly on top of the abdomen and feel a palms feel the surface of the hands now, just on top of the navel, just below the area below perhaps the navel and the waist keeping the hands just on the very bottom of the abdomen, the very bottom of the torso area just below the navel

and let us take a few minutes of pause here.

directing the breath just into the lower abdomen as if you're breathing into your hands, so you should feel the stomach expanding into your hands

just keeping your awareness here and start to develop or witness or experience anything that may come breathing fully into the hands themselves.

So your lungs at this point or your ribcage or upper torso should mostly be completely still. Just breathing into the hand

awareness in the lower abdomen into the sacral chakra.

This is the seat of all of our energy In the lower abdomen, below the navel, the space where healing begins or energy radiates

continue to breathe into the palms of the hands and feel perhaps heat building or any sensation start to well up in the lower abdomen.

Keeping all of your mental focus here allowing the rest of the mind and the body to become still going back once again to re the idea of universality of oneness of this energy. S

till focusing on the hands and the breath and on the next exhale, now I want you to fully deflate the belly.

So you're really start to suck the abdomen in.

Really, really draw the abdomen and as if you're pulling it back to the spine, and hold. Feel the tension and the abs.

And as you inhale, resist the urge to inflate the abdomen, hands still on the lower abdomen themselves. Inhale and don't inflate the belly now...try to resist it moving at all

Perhaps the inhale becomes a little bit more shallow and then as you exhale, try to suck the stomach down even more, the lower abdomen, pulling it in tighter again to the spine

inhaling again and still no movement on the abdomen

And again on the exhale, deflate it fully into the spine

and now inhaling fully and let the abdomen fully inflate, releasing that tension and letting it expand fully.

Starting to cycle the breath into the lower abdomen starting to cycle it into the sacral chakra.

With the awareness on the abdomen, a very lower part of the abdomen and to the sacral chakra. Let us began a very simple breathing technique to really start to build the energy in the abdomen.

I'm going to be slowing our breath. But I want you to keep your attention on the lower abdomen where your hands are on the lower part of the abdomen just below the navel.

And I want you now to begin working at your own pace, as we are all breathing at per our own needs....so counting at your own pace.

So I want you to inhale to a count of eight. Slowly so you're inhaling the entirety of this count as you count to eight, from one to eight as a continuous inhale.

And then for a count of eight, hold the breath. And then for the further count of eight, continuous exhale and repeat

so that the breathing really slows down. Keep focused on the hands on the sacral chakra and keep feeling the lower abdomen.

This count of eight now slowing our breaths down to just a little bit over two breaths per minute.

Staying mindful of the action of the breath, inhaling fully during that count of eight from one to eight  
retaining the breath from a count of one to eight  
and then exhaling for a count of eight

Keeping the awareness on the sacral chakra.

Very simple act of pranayama allows one body to become at ease.

The universal energy within us that chi within all of us has to flow through the body. And it can only through flow through a body at ease

tension, stress, anxiety, worry, illness, disease. All of these things restrict the flow within the body. It's very simple pranayama allows everything to just let go.

I invite you now to extend this count to a count of 10.

Inhaling for a count of 10 retaining the breath for a count of time and then exhaling slowly to a count of 10. Keeping the awareness on the hands on the the sacral chakra of the Chi the universe

It's not uncommon to feel anxiety or panic on the exhalation in this particular pranayama it's not uncommon to feel the diaphragm quiver or tension.

Doubt fear anxiety, these are all manifesting into the middle part of the abdomen

And during this pranayama we are working to release these energies, so just stay with it.

Allow the body to relax. Allow the energy from the sacral to flow through the body.

During this act of pranayama this engagement with your own breath we stay in a state of observation with the mind

observing the hands  
the body

looking for signs of connection or awareness of your own energy  
your own Chi in the Sacral itself.

This may manifest as heat. tingling sensations in the lower abdomen or pressure in the spine may manifest as visions of water, the ocean of rain, you may feel tingling in the feet or heat developing in the soles of the feet or the palms of the hand. Tingling perhaps on the head. Staying in a state of passive observation allows the mind to come into final connection and awareness of your own chi

bringing this practice of pranayama now if you wish to a count of 12 inhaling for a count of 12 retaining the breath for a count of 12 and exhaling for a count of 12

Slowing way down the simple action of breathing allows the nervous system to finally and completely relax the fight or flight action of the body produced by stress fear anxiety worry whatever it may be, finally, become still inhaling for a count of 12

retaining for 12

and exhaling for 12

Awareness still on the sacral

still on the lower abdomen staying with the pranayama staying with the sacral letting everything else go.

Notice now that you are breathing less than two breaths per minute  
it's not uncommon for people in their waking lives to breathe 20 times per minute. So you are now only breathing 10% As much as normal

this is all made possible in a state of ease and neutrality.

Not even in sleep do you breathe so slowly

Entering into a deep state of relaxation and the entire nervous system allowing the energy from the sacral to flow freely and fully through the body.

So I invite you if possible to continue on a slow rhythmic state of breathing and to discontinue your count. Keep the breath slow and long.

Retaining the breath and exhaling very slowly.

Just let the count go.

And I invite you now to bring your awareness from the sacral to the feet. Hands still on the lower abdomen. Breathing still slow. Staying with the pranayama inhaling retaining and exhaling very slowly.

Notice any awareness in the sacral and if you notice any feelings of heat or pressure tingling perhaps you can feel your intestines moving. Perhaps you can hear them bubbling gurgling away I invite you to now be simultaneously aware of your feet

perhaps that just means that you can feel where your feet are on the floor, perhaps covered if you're using a blanket.

Or perhaps if you have socks, you can feel your socks.

Or perhaps you can just feel the breeze on your feet.

Just being simultaneously aware of the sacral and the feet.

And see if you can't connect in the state of pranayama slow rhythmic breathing in the state of a free nervous system.

See if you can't begin to connect the nervous pathways from the feet to the sacral as if there's little winds of energy or little wires moving from the hands down to the feet

see if you can't begin to feel these little pathways if this is difficult, I invite you to just take the awareness from the heart down step by step to the hips. Feeling the bones resting on the floor, perhaps feeling the pelvis open and relaxed as if you're extending that heat from the hara down into the pelvis extending that awareness down the legs even further into the thighs

into the knees

and finally down into the feet staying with the pranayama slow inhale, retain and exhale

No need to count just let it be awareness from the hands to the feet as if you can feel this entire part of your body. Perhaps it's becoming light or dense, weightless or heavy.

Perhaps you can feel tingling down the legs.

The focus of this exercise during this stage of the meditation is to get you aware of your own ability to feel your own ability to sense your own ability to be aware of your own energy, your own chi.

If you're ever feeling just balanced in life, stressed, anxious, nervous, overworked, overwhelmed. If you feel like there's no stability and no direction there's difficulties with your family, your love life. Invite you to go as far as we've gotten thus far in this meditation into the pranayama into the sacral and into the legs and then into the feet.

See if you can't start to find a sense of security and stability. Almost as if you're grounded into the earth rooted down into strength and stability confidence.

Staying again with the pranayama. And the awareness on the legs as if there is now a wave of energy moving from the lower abdomen, out through the feet. Just at this moment in one direction moving from the abdomen down the feet You can envision this as water, perhaps a waterfall rushing down the legs, tingling or light sensations moving down the legs out to the feet as if the body is just finally letting go finally draining all of this tension that we hold let us now link this action, this rhythmic wave to the breath to the pranayama on every inhalation now I invite you to inhale through the feet to the hands.

So, that may mean just bring the awareness to the feet as you inhale to whatever count you're doing, or at whatever pace you're inhaling, you're starting at the feet and at the very final breath, very final pull of oxygen, your awareness is at the hands and in the retention of breath, bring that awareness the entirety of the lower body

and the hands the feet and then as you exhale you exhale from the hands all the way down through the feet

you're creating a rhythmic flow of energy through the body slow breath still mind feel the energy inhaling up through the feet

to the sacral and then exhaling from the sacral down through the feet.

The awareness and understanding of one's chi allows for the awareness and the understanding the ability to heal.

At first you feel it and then you let it go.

At first perhaps you cannot release it but then eventually you are able to let go a bit, and then you release in its purest sense,

Allowing the energy to flow with zero resistance, awareness, expectation or ego without any belief on healing without any direction without any focus without any statements beginning with I just stepping aside and letting it flow.

A completely passive body.

A completely passive state of mind state of being allows us energy to flow with zero resistance. And when you're in a state of zero resistance, you are in a state of ease, so it's impossible to be in a state of disease.

Feel the freedom and then let it go staying with your awareness on just the legs down to the feet to the sacral.

See if you can start to build that sensation

see if you can build tingling or pressure or heat in the legs. See if you can start to drive energy down through the feet.

First you learn and then you unlearn.

Right now you witness and then you forget that just flows that's witnessing stage, feel it in the pelvis, the knees feel it coming from the sacral staying in a state of passive observation we experience energy in many different ways perhaps you're not feeling anything in the feet at all yet you see perhaps you see visions or hear voices or see colors. All of this is an expression of your own energy your own chi flowing.

First we witness and we forget so whatever way you're witnessing we just stay with it. passive observation.

Changing our hand positions now a bit, I invite you to now put your left hand just below the navel and move your right hand just above the navel.

The left hand is below the belly button. The right hand is two inches above the belly button.

Maintaining awareness with the legs and the hips and the sacral. I invite you to extend that awareness now to the right hand.

The area just in the middle of the torso itself referred to as the solar plexus.

The Solar Plexus governing our digestion or self confidence or direction the organs of digestion radiating from the spine radiating out through the central torso, the center of the abdomen.

See if you can start to feel the energy moving from the sacral to meet the right hand. maintain awareness on the feet and the legs let everything flow remaining mindful of your pranayama practice, inhale, retain and exhale

at your own pace, helping build prana in the body prana helping hoping to balance and helping to restore the sacral itself the left hand on the sacral on the right hand on the solar plexus I invite now the body to just fully surrender.

On the next exhale as if you exhale fully into the floor into the mat.

Feeling the shoulders, the neck, the head, the legs, the hips, the arms, everything just give up.

In the state of surrender, see if you can't feel the energy moving that much easier through the body.

See, if you can't start to be aware of more aspects of your body perhaps higher up from just the right hand.

Perhaps the heart the neck, the shoulders, the head, the top of the skull. Perhaps even bringing that awareness beyond the body itself.

It's as if the energy is finally able to expand through and to expand into the the universe.

Allow it to connect. Find the oneness that it is.

First feeling of flow from the sacral through the body and then beyond and allow that beyond to be whatever you need it to be to t

Perhaps to those that you love  
your family, your friends, perhaps even to the earth to the universe reflecting back on the meaning of re meaning universal, understand that you can also send this energy to yourself, past or future to your family, past or future.

Universal energy energy can never be created or destroyed. It can only change form universal energy in the sacral extending to all living beings  
and to all things in the universe staying with the pranayama slow breath still mind staying with the awareness on the sacral. Notice that the universe that is outside is also the universe that is inside it's the exact same.

The energy is the same

Let the ego go let it step aside.

Become a witness.

To that which is beyond time, beyond our understanding of space beyond our relevant existence, become a passive observer that which is universal and allow it to flow through the body. And in that passive flow through the body, you find my release, trauma, your release

tension, you release illness, you just let go. Staying with the energy and the sacral letting it move through the body staying with the breath remember, first we learn and then we unlearn.

First we witness and we forget

We stay here now in noble silence for the final minutes of this meditation of the pure pulsation of this energy and this flow...stay with it and be with it fully

(pause 5 minutes)

I invite you now to conclude this meditation by just placing the arms down along your side to conclude this meditation in a state of savasana.

And an opportunity before we come back to take notes  
and opportunity to reflect on an opportunity to judge how your ego may be responding  
an opportunity to witness or perhaps compartmentalize any points of resistance within the body or the mind  
and then very slowly to wake yourself out of savasana again by wiggling the fingers on the toes  
and then I invite you to conclude this meditation completely at your own pace. Coming out whenever you wish by opening your eyes very slowly and giving yourself a full body stretch