

~30 minutes

In this meditation practice we're going to turn deep into the energy flow of the body by turning into the sacral chakra, otherwise called the hara in Japanese Reiki, or the dantian.

(pause)

This is the area just below the navel.

And we are going to bring our awareness now just to the belly as we inhale and exhale.

You can do this meditation seated or lying down and as we bring the awareness to the lower belly, if you're seated or if you're lying, just allow the body to become relaxed.

(pause)

If you're seated as always, the back is straight and the feet are on the floor firmly but comfortably.

And if you're lying on the ground just allowing this opportunity to turn inward and just allow any minor adjustments to the body to find comfort and relaxation as you lie on the ground.

(pause)

Taking any little bit of tension out of the body here as we scan over and notice if there's any resistance to how we are seated or lying in this meditation, breathing as always through the nostrils in and out and allowing the mind to drift away from the act of breathing here.

(pause)

Quite often we focus on the breath and meditation. It's a great anchor point.

(pause)

But here instead of focusing on the sensation of respiration, begin to focus on the sensation of movement.

(pause)

Around the navel

If lower belly breathing is difficult for you then go ahead and inflate and deflate the lower belly with the inhale and the exhale. And you may need to do this on purpose.

For the first couple tries but eventually it should come into sync.

(pause)

All the awareness here is on the movement of the lower belly.

inhale and the exhale and I invite you to make these breaths complete.

And so that means to inhale deeply, not to the point where you're straining but just deep and full inhales

complete exhaustive exhales

(pause)

letting everything out.

Letting all the carbon dioxide and gas to leave the body and replacing on every inhale, deep into the belly that life giving fresh, crisp oxygen the belly rises and falls.

All awareness on the belly here and if it's comfortable for you,  
I would invite you to place your hands over the navel.

(pause)

So placing your hands over the belly button, left hand on the skin or on the clothing and right hand on top of the left. feeling the breath pressing against the hands as the belly rises and falls.

And you may begin to hear your intestines gurgling here as we turn into the movement in the lower abdomen.

(pause)

This meditation is a focus on the flow of energy in the context of water so begin by turning our intention and our intuition our mind's eye into the lower belly.

And imagine a vast ocean of water here. As if the belly itself was nothing more than a window through which you can look out at a vast expanse of sea

(pause 1 minute)

the power of life giving water flowing and moving without restraint with an unimaginable depth and reach

and expanse as if every single aspect of lower belly is simply moving with the waves of this ocean

(pause 1 minute)

these waves are the pulsation of energy or chi through the body.

And so we reside here just with this image of the ocean at this moment and the expansiveness of that water.

If this is difficult for you to project into the belly then simply remembering a time when you're in or around water is perfectly fine.

Or perhaps just remembering what the sea looks like as you stare at the waves.

If it's difficult for you to picture into your abdomen, then I would invite you to place your hands on the lower belly. And then just remember that vision of the ocean

and now begin to see on this ocean of water specific waves undulating and moving.

(pause)

So instead of seeing a vast expanse you begin to see wave after wave after wave flowing in one direction.

(pause)

Perhaps that's from the left side of the body to the right or from the base of the spine up or from the middle torso down to the feet.

(pause)

However you wish to see it as fine but notice how these waves just keep moving.

(pause)

Notice how there's no resistance.

(pause)

Notice how the water simply flows and moves and now instead of just seeing this wave on the surface,

I would invite you to experience this wave at its entire depth.

And so feel as if it's not just a wave on the surface but it's a full column of water that's moving forward and drawing with it naturally the next column of water and naturally the next and unstoppable force of liquid energy.

(pause 2 minutes)

Notice the temperature of the water.

(pause)

Notice the softness,

(pause)

the fluidity notice

(pause)

how it feels

(pause)

if you can sense it touching your skin

(pause)

or perhaps how it smells

(pause)

or perhaps the depth of its color.

(pause)

feel fully into this experience of the movement of water in the lower belly. And stay with us here for just a few minutes.

(pause 2 minutes)

If your mind begins to wander ever, just come back to the image of that water flowing and back to the orientation in the lower belly.

(pause 1 minute)

And now I invite you to bring these columns of moving waves of flowing water to not just reside in the lower abdomen but to begin to pulsate into the heart center and into the hips.

And then further from that into the throat and into the thighs.

(pause)

Further still into the knees and lower legs.

(pause)

And into the third eye and the forehead.

(pause)

And further still into the crown of the head and the base of the feet and then finally, extending above the crown and flowing out from the feet.

As if you have one continual column of water moving over the body and then drawing with it, the next column of water moving over the body and the next and the next. endless waves of energy cascading up and down the body.

(pause)

Allow this experience to permeate fully your physical body, your mental body and your spiritual body.

(pause 2 minutes)

Always remembering that if at any time, it's difficult for you to simply come back. Come back to that image of the ocean moving.

Come back to the awareness of the lower belly. Come back to that flow and then allow it to permeate the body once again.

(pause 1 minute)

This pulsation of energy that we can feel here in the lower abdomen is the movement of our vital life force of our chi of our prana.

It's what sustains not only our life,  
but the life of all things and not only the lives of all things,  
but indeed all things.

The energy of movement and fluidity here that you feel is shared by all things in the universe.

And what a beautiful connection that is.

And so as you feel these waves of energy moving through the body and out through the head and the feet, I invite you to extend that connection if possible to the things or the beings that are close to you.

So it's as if the water flows through the body into the ground or the chair or the room or the people next to you.

(pause)

And it continues on further still outside of the room.

(pause)

To your surrounding community.

(pause)

And further still to your friends and family.

(pause)

Neighbors.

(pause)

To the city next to you to the state or country next to you

(pause)

from there to the entirety of the planet and to the entirety of the universe.

(pause)

Wave after wave after wave moving without inhibition or resistance moving as it should moving as nature intends.

(pause)

I invite you here to just sit and be with this experience for as long as you wish. Knowing that at any time if you need to reset your connection to this water and this flow. You simply come back again to the image of that ocean and then the connection of the ocean to the body.

(pause 3 minutes)....

Stay with the flow and the experience

(pause 1 minute)

Surrender to the water, be taken by it, move with it...become it

(pause 2 minutes)

And now bringing awareness now back to the body and the mind by wiggling the fingers and the toes and slowly opening the eyes.

(pause)

And as we do so we take a moment to remember what we've experienced in this connection to the sacral chakra and to the movement of energy of water through our being

(pause)

what happened in this meditation is no less true now that you've come out and you're back into your conscious waking existence.

(pause)

And so allow those two to become one and allow that sensation to become your reality.

Be well everybody and Namaste