

Meditate

A Collection of Meditative Tools and Techniques

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Table of Contents

Introduction.....	1
Why Meditate?.....	2
Starting Meditation	3
Entering the Meditation State	4
Position	5
Counting.....	5
Colors.....	6
The Meditation State.....	4
Chi Energy	7
Characteristics of the Chakras	8
Styles of Meditation.....	11
Quiet Sitting Meditation	11
Breathing Meditation	11
Guided Meditation	15
Prayer Meditation.....	17
Meditation on God and Holy People	17
Mudras (Hand Positions)	18
Posture Meditation.....	21
Meditation with Motion	23
Visualization Meditation.....	24
Gazing Meditations.....	29
Partner Meditations.....	29
Group Meditations	31
Attention Meditations	32
Sound Meditation.....	34
Healing Meditation	36
Grounding Meditation.....	37
Exercise.....	38
Combining Techniques	40
Enlightenment.....	41
Meditation risks	42

Additional Concepts.....	43
Blocks & Disease.....	43
Spiritual Growth.....	44
The Evolution of Humans.....	44
Coincidences.....	46
Thoughts	46
Imagination is a wonderful thing.....	47
Bibliography	48

Introduction

I started writing this book primarily for people new to meditation to encourage them to explore meditation by showing it's interesting variety. A meditation novice is prone to conclude early on that meditation is boring, or that nothing is happening. I want to show that with the variety of meditation practices available, meditation never has to be boring. If one style of meditation is boring or unproductive, switch to another style. Alternatively, try a range of meditation styles, and practice the styles that appeal to you.

The people experienced in meditation can also use this book. During the process of writing this book I found that many people practice only one style of meditation. At times, these people feel that they have ceased to progress in their meditation practice. This feeling is usually temporary, then they become satisfied with their progress again. However, as a way of stimulating their progress, they can practice some other styles of meditation. This book may be useful in giving them ideas on new meditations to try.

This book is not an exhaustive study of meditation. It is an overview of the variety of meditation styles available. I hope to encourage people to try a variety of meditation styles to keep their meditation practice interesting and alive.

Warning: In general, meditation should not be practiced while driving a car. It may affect perceptions and reaction times. A powerful meditation can easily make a driver unsafe. If you are familiar with a gentle meditation, then practicing it while driving can be safe.

In this book, there will be a number of references to energy. The term is generally understood to mean vitality, stamina, strength, the ability or willingness to act. In some of the references, especially where it refers to moving energy, it more specifically refers to Chi energy. See the section of Chi Energy for a description of what is meant by this term.

This book also mentions Chakras. Chi energy is normally recognized as having nodes or centers of energy within the body. These are called Chakras. The body contains many of these energy centers, some are major and some are minor. Different systems of study may name the chakras differently or may state a different number of major chakras in the body. Do not worry about the differences between systems. Just consider that your body contains energy centers, which you can help clear through meditation.

Why Meditate?

There are many reasons to meditate. You can meditate to know your true self, meditate for health, meditate to obtain guidance or wisdom, meditate to manifest things in your life, obtain balance, increase calmness, clear things out of your energy, increase your energy, etc.

Meditation clears away the loud energies in our lives, allowing the more subtle energies to be revealed. Meditation clears away the outside influences allowing the internal to be revealed.

Meditating can bring an inner calmness to a person such that the person is not tossed about by the rushing madness of modern society. It can help a person to understand what their purpose is in life. It can help one to understand and connect with other people better. Meditation can help people to increase their intuitive and psychic abilities.

Meditation can be done to relax and release the stress of life. It can be done in quietness to provide a chance to listen and gain direction to one's life. It can be done to direct and to try to create something in your life. It can be done to balance your life or energetic body. It can be done to release something such that it won't trouble you anymore. It can be done with the intent to heal yourself or someone else. Let your imagination roam and you may find new ways to include meditation into your life and new ways to help you live your life.

Your intent in your meditation practice will shape the results of your meditation. Your intent also shapes which types of meditation are more useful to you, since some meditations will aid in the creation of your intent.

A good goal to have is balance. This goal can be combined with other goals. A person should have an active spiritual life along with an active physical life. We should grow spiritually along with growing strength physically. We should balance our energy and balance all aspects of our lives. We may make great gains by focusing on one area of our lives. But if this continues without encouraging other areas of our lives, we may find ourselves held back by the undeveloped area.

Starting Meditation

Meditation is an acknowledgement that there is knowledge in the universe that you can access through your core self. You find your core self through silence. Silence allows you to listen. By listening, you can learn more about yourself and the universe. A silent meditation can be the most potent for encouraging wisdom and understanding. Sure we can use meditation for manifestation and building of power. However, if we don't listen, how do we know whom we are following?

Silence can be hard to obtain in this culture. Everything is driven to an extreme. It is difficult to shut off this stream of energy/culture. However, shutting down this chatter will help reveal your silent core. It also reveals a universe talking with you. If you are always talking (even in your mind) or analyzing, then you are not listening. If you do not listen, then you will not hear your true self nor hear the universe. Silent meditation will make you more aligned with your core self. It will give your core self more ability to manifest in this life.

Sitting quietly, emptying the mind of all thoughts, trying to become one with the universe: this is one of the typical views of silent meditation. However, since many of us have a lot of trouble emptying our mind of thoughts and keeping it empty, we find silent meditation difficult to do. This book will show that there are many ways to meditate. These many ways of meditating can promote clarity, understanding, health, energy, etc. Even though many of these meditations are active, they also help to create a state suitable for silent meditation. Anyone can meditate and receive the benefits of meditation.

Meditation is commonly practiced daily to derive the greatest benefit. However, the style of meditation can be varied to keep the practice fresh and interesting.

Meditation can be the quiet sitting meditation. Or, meditation can use various poses, mantras, other sounds, visual imagery, prayer, motion, or breathing techniques. It can be done alone, with a partner, or in a group. One can meditate while washing the dishes, or sweeping the floor. Athletes, when they enter the Zone are actually in a meditative state.

A strong aspect of meditation is focused awareness. Normally, our awareness is scattered. It is dealing with the many details of life, such as paying bills, getting to work on time, analyzing past actions, preparing for future actions. The meditations in this book provide many different ways to focus your awareness. One of the simple techniques is to focus your awareness on your breath. You can focus your awareness on many different activities and things in order to enter the meditation state. The following meditations provide a range of awareness focusing techniques to use to enter the meditation state.

The Meditation State

The meditation state can be quite varied. It can be quiet and serene or it can roar like a hurricane. It depends on the style of meditation practiced and where you are in your meditation practice. For most people it will be quiet and serene. Beginners often have trouble saying that they are experiencing anything different. It may take some practice to notice a change in your mental state. You may start off doing fifteen minute breathing meditations and not notice any difference. After a while, you should notice that after a ten to fifteen minute meditation that you feel relaxed. Sometimes you feel the shift into a relaxed mode, sometimes you notice it after the fact. This is the beginning of the meditation state. It is a shift from the normal routine. It is usually a shift into a relaxed inward looking state. It is a more focused state. It is a focus in the present without attachment to past or future. This meditation state will benefit you in a number of ways starting with making you more relaxed and less stressed. It may make you more aware of events around you. Most people will experience the meditation state in this inward form with some people experiencing it as a relaxed outward looking state. The outward look can incorporate an awareness of the spiritual aspect of the world or a looking upward for spiritual guidance.

For a small number of people the meditation state will occasionally have a roar of energy or information that overwhelms the normal quiet state. When this happens, it shouldn't be fought. You can accept what is happening, or if it seems too much you can ask that it be moderated. Depending on your belief structure, you can ask the universe, God, guiding spirits, angels, saints, etc.

Your concern in practicing meditation will primarily be to create the time and habit to sit down and meditate. If you give yourself the quiet time to meditate, you will achieve a meditation state that is appropriate for you. If you dislike what you are doing then you probably won't achieve a meditative state. You probably won't be very meditative if you are concerned about time and are watching the clock. So set aside the time, create a pleasant place to sit, and enjoy your meditation.

Entering the Meditation State

There are many schools that teach meditation. They each have their own style. Their style may have worked for a master. However, there are many spiritual masters who each have their own style. Each of their styles may have something useful for you. However, what worked for a spiritual master might not be the best technique for you. If you find a master or school that resonates with you, study with them. But if no school or master pulls you as the one to follow, try to open to your own spirit and allow it to guide the meditations that you do and create.

Some people may find it difficult to enter into a quiet sitting meditative state. Many of the techniques in this book require an active focus as you do breathing techniques, visualizations, or motions. This active focus helps to bring you into a focused-awareness meditative state. The active meditations can then be followed by or lead into a quiet sitting meditation. The techniques that focus the mind can also quiet the mind. You give the mind something to do which helps it to stop worrying about the details of modern life.

With our busy lives, our minds are continually racing. You tend to have to lead your mind into a quiet internal awareness to meditate. Many people will find it difficult to sit down and try to immediately quiet their mind. Their mind will be full of details of the coming day, details of recent events, relationships, etc.

One method of dealing with distracting thoughts is to watch them, acknowledge them without judgement, and release them. Then gently bring your focus back to your meditation. This is a useful meditation in itself. It allows you to see what is in your mind while releasing its energy. To acknowledge your thought without judgement will reduce its energy. If you judge a thought, good or bad, you are giving that thought energy, which increases its likeliness that it will come back.

In addition to most of the active meditations in the book, the following two techniques are simple techniques that give you a chance to change gears and slow down as a way of entering a quiet meditative state.

Position

You can meditate sitting, laying, or even standing or walking. The position should be comfortable and without concerns, i.e. don't lay where someone may step on or trip over you. It is important that your back should be straight as this facilitates good energy flow and health.

Counting

Slowly breathe the numbers from one to ten. Breathe in the number one, then breathe out the number two. Continue until you reach ten and continue breathing without counting. You may find other thoughts coming in while trying to count through the numbers. Each time this happens bring your attention back to the number and continue breathing the numbers.

Colors

Slowly breathe in the color red and then slowly exhale red. Visualize the color as best as you can entering you as you inhale and leaving you as you exhale. Continue with slow inhalations and exhalations. Maintain a color for at least a complete breath cycle. You can also keep breathing the color until you feel or see the color moving easily. Each time your thoughts wander, bring them back to the color. After red, use orange, then yellow, green, blue, violet, and white. Continue breathing and maintain the color white.

You may find other techniques that will help you to forget the worries of the day and quiet your mind. Anything that works for you is acceptable.

Chi Energy

A belief in Chi energy is not required to have a fulfilling meditation practice. If you want to do a meditation that asks to move energy, all you have to do is move your area of attention along the path the energy is supposed to flow. The energy will follow where you put your attention.

Chi energy has other names associated with it. It is also known as Ki, Prana, and Vita. It is subtle, yet powerful, life force energy. It is associated primarily with living things, but inanimate objects also hold the energy. Health is associated with a free flow of this energy. Holding onto the energy, or blocking it, can cause emotional or physical illness.

The energy is subtle, so one tends to have to slow down and clear themselves of noise to be able to feel the energy. However, everyone has the potential to feel and move the energy.

Meditation is a very good way of slowing down and reducing the noise, so that one is more likely to feel chi energy. There are also simple exercises to work on developing the feel for chi energy.

If you check physics books or other western science texts, you won't find a description of chi energy. This is because chi energy is not "scientifically valid". As a scientist, I have come to accept the existence of chi energy based on personal experience. This has been validated to me through observation of other people's reactions to the energy and descriptions of their experience with the energy. Chi energy is not accepted in western science for several reasons. First, we do not have an instrument to detect it (similar to light and radio a hundred years ago). Second, we do not have a mathematical description of it. And last, we cannot generate decent reproducible experiments involving chi energy. Reproducible experiments will be difficult to design, since the energy is very variable with the effect it carries. It is different with different people and different over time with the same person.

There have been some experiments that showed that healing techniques (which manipulate chi energy) can produce physiological changes in patients. These experiments cannot actually show that chi energy is involved.

The quality of the energy can be varied. Just as visible light can have many colors associated with different frequencies, chi energy can also have many qualities. These qualities can be associated with colors. The colors can be visible to a clairvoyant. But anybody can change the color and quality of the chi energy by visualizing a color associated with it.

Characteristics of the Chakras

Belief in chakras is not necessary for a healthy meditation practice. Nor is a belief in chakras contradictory to any major religion. The philosophy of chakras was developed over millennium in Asia. Chakras are energy centers, which pass chi energy into and out of the body. There are many chakras, both large and small. The largest chakras are seven along the midline of the body. Each of these chakras is associated with different areas, organs, and glands in the body. They also are associated with different colors, properties, and other aspects of existence. An aspect of being emotionally and physically balanced is to have all the major chakras balanced. To have all the major chakras open, healthy, and exchanging similar amounts of energy, will have all aspects of your life active and healthy.

In addition to the major chakras, the palms of the hands and soles of the feet have important chakras. We connect to the earth through the soles of our feet, in addition to our root chakra. And we express ourselves tremendously through our hands to other people and the universe.

The system of chakras is a level deeper than the system that acupuncture is based on. By deeper, I mean that the chakras are a little further removed from the physical, and more subtle, than the energy meridians used in acupuncture. The chakras channel energy from the spiritual or energy universe into the physical body. The energy meridians, utilized in acupuncture, channel energy throughout the body. In both systems, health is represented by free flowing energy.

Root Chakra

The root chakra, located at the base of the spine, is associated with life, survival, earth energy, abundance, vitality, groundedness, and procreation. It is associated with the color red, the ovaries or testicles. The root chakra needs to be open to be well grounded. You will tend to be flighty or lightheaded if your root chakra is closed at the same time your crown is open. A healthy, open root chakra will provide you with a lot of energy. This charges and energizes your other chakras.

An imbalanced root chakra can be associated with weakness, wide spread illness, survival fears, alienation, sexual problems, low energy, and inability to take care of oneself.

Pelvic Chakra

The pelvic chakra, located about two inches below the navel, is associated with the assimilation of energy and food, sensuality, sexuality, abundance, emotional feelings, the intestines, the bladder, enthusiasm for life. A healthy, open pelvic chakra invigorates and energizes the other chakras. It is associated with the color orange and with the spleen.

The pelvic chakra embodies the sensuality of the universe. It is richness of texture. Everything feels alive and richly textured. The more subtle or finer energy that you learn to sense will yield even greater richness of texture and experience.

An imbalanced pelvic chakra can be associated with emotional imbalance, being overly influenced by the emotions of others, controlling others or being controlled by others through sexuality, imbalances in desires for food and sex, jealousy, and envy.

Solar Plexus chakra

The solar plexus chakra, located about two inches above the navel, is associated with personal power, will, self-motivation, and peace. It is associated with the color yellow. It supports the adrenal glands, liver, gall bladder, stomach, pancreas, kidneys, lumbar vertebrae, and general digestive processes.

Imbalances in the solar plexus chakra can manifest in feelings of powerlessness, low energy, low will, power trips, controlling or being controlled by others, fear of others influence or control, and digestive problems.

Heart Chakra

The heart chakra, located in the center of the chest, is associated with love (to be able to both give and receive love), empathy, to be in loving acceptance of yourself and others, to be in loving acceptance of all of creation, to love God. It is associated with the color green. It supports the thymus gland, the heart, lungs, breasts, ribs, and general circulatory and respiratory functions.

An imbalance in the heart chakra can manifest in controlling or being controlled through love, distrust of others, and feelings of hate and anger.

Throat Chakra

The throat chakra, located at the hollow of the throat, is associated with communication, honesty, creative expression, inner voice, telepathy, and hearing spirits. It is associated with the thyroid and parathyroid glands, mouth, vocal cords, and cervical vertebrae. It is associated with the color blue.

Imbalances in the throat chakra can manifest as an inability to express oneself, inability to listen to others, confusion from inner voices, illnesses relating to the thyroid, mouth, vocal cords, and neck.

Forehead Chakra

The forehead chakra, is associated intuition, insight, the ability to see energy or spirits, visions, loving-kindness, and the appreciation of beauty. It is associated with the pineal gland, eyes, nose, ears, and sinuses. It is associated with the color purple. It is also referred to as the third eye because when it is open and connected to the rest of you, you can see through this chakra, although you see energy, spirits, possible futures, not the physical surroundings.

An imbalance in the forehead chakra can manifest in confusion, hallucinations, inability to see beauty, headaches, eye aches, and sinus problems.

Crown Chakra

The crown chakra, located at the top of the head, is associated with knowingness, truth, spiritual will, connection with the divine, inspiration, selflessness, and harmony. It is associated with the pituitary gland, the brain, and central nervous system. It is associated with the colors violet and gold. The crown chakra also feeds and energizes the other chakras.

An imbalance in the crown chakra can manifest as lack of faith, lack of inspiration, confusion, being controlled, not knowing one's own truth, disease of the pituitary gland, brain, or central nervous system.

Styles of Meditation

Quiet Sitting Meditation

This is one of the more familiar styles of meditation. A well rounded meditation practice will include a quiet meditation. Many of the other "active" meditations will help you grow in various ways, but it is good to have a quiet meditation for an unstructured receptivity to the universe.

If you only practice the active meditations and don't include the quiet meditation, then your mind may be directing your meditation practice too much. The quiet meditation is a way to get beyond the mind and allow your core self to emerge. The mind is too driven by the currents and trends of society. Getting beyond the mind allows your true self to emerge.

Sit in a comfortable position. Well-trained yogis will sit in a lotus position. Most of us cannot form our legs into this position! Any comfortable position is acceptable; however, we want to sit with a straight, but not rigid, spine since this facilitates a good flow of energy. After sitting, we empty our minds and enter a meditative state.

It can help to use one of the techniques from "Entering the Meditation State" section to help you to quiet the mind prior to becoming truly silent. Or you can do any one of the other meditations in this book as a lead in to a quiet meditation.

Emptying the mind is the hardest part for someone in the modern culture. We fill our minds with lots and lots of stuff. Watching TV, listening to the radio, playing on the internet, playing video games, working hard and playing hard, we are constantly barraging our minds with unending audio-visual stimulus. Meditation is one of the few times that we stop pumping things into our minds. However, as we slow down our mind in meditation, these images start to pour back out leaving our mind dealing with many irrelevant thoughts. To empty the mind, one need not attach onto these thoughts, don't judge them, don't hold onto them, don't fight them. We want to be a silent observer of our thoughts. Just release any thoughts that occur and let them go. If they are emotionally charged (either good or bad), you can bless them while letting them go. Or you can send them white light, a form of blessing, and then send them away. After a while, the thoughts will slow down and carry less emotional charge. It may take a bit of practice before the thoughts will stop.

At this point, you may slip into the space between the past and the future, where you are fully in the present. Normally, your thoughts tend to pull you into either the past or the future and keep you from being present in the now.

Breathing Meditation

There are a number of techniques to quiet the mind without making it overly active in some other respect. The easiest is to focus on your breathing.

This meditation style has a variety of different meditations that can be done. Some are quite simple to master. And others take a bit of practice to do comfortably.

The simplest breathing meditation is to meditate quietly in a comfortable sitting position. Focus your awareness into your breathing. Be present with each inhalation and each exhalation. Listen to the sound of your breath. Don't try to control your breath, just observe.

This is a very good method of doing a quiet meditation. Focusing on your breath will help to reduce distracting thoughts because you have given your mind something to do. Although, at the same time it gives your mind nothing to do since breathing is a semi-automatic function, it does not require our awareness. As thoughts come up, acknowledge them without judgement, release them and gently bring your focus back to your breath. Focusing on your breathing is also very centering in the present.

Deep Breathing

You can focus on your breath regardless of how you breathe; however, it will help to learn to breathe deeply. Breathing deeply results from leading the breath with the diaphragm. As you inhale the belly should inflate first, and for a deep inhalation the chest inflates after the belly. As you exhale the belly deflates first followed by the chest. Using the diaphragm will show in movement of the belly, but it draws air deep into the lungs, providing a good supply of oxygen that promotes general health. Another beneficial side effect is a gentle massaging and stimulation of the intestines, which provides promotion of good digestion.

Breathing is necessary for life. In the process, it brings in oxygen and flushes out carbon dioxide. Without this constant flushing of gases our bodies would turn toxic and then die. On the energetic level, breathing facilitates bringing in fresh chi energy and flushes out used or stale chi energy. Deep breathing will vitalize our energy on both the physical and chi levels.

A practice for deep breathing to insure that you are using your full breath, is to lead and check your breath with your hands. In this practice, you divide the lungs into top, middle, and bottom and also front, side and back. Combining these two sets of three together creates nine areas of the lungs. First, put your hands on the bottom front of your lungs, use the front of your belly for this. Focus on breathing deeply into the area under your hands. You should be able to feel your breath with your hands. Continue breathing into the area under your hands, feeling for the breath with your hands, while you move your hands to the other locations. The other hand locations are the side of your belly, your lower back, the center of your chest, the sides of your ribs, your middle back, your upper chest, the tops of your shoulders, and your upper back. If you wish, for the locations on your back, you can sit with you back against a wall or against a partner's back. Without using your hands you can still send the breath into the lower, middle, and upper back, while feeling the breath in the sensation of pressure against the wall or your partner's back.

A style of breathing which helps focus for meditation includes a pause or retention between breaths. Inhale slowly, at the top of the inhalation hold for a second or two (a full retention). Then exhale slowly, at the bottom of the exhalation hold for a second or two (an empty retention). This helps to create a slow deep rhythm to our breathing that can take us deeper into the meditation.

Deep breathing and deep breathing with retention are some of the most basic styles of breathing that should be included in a meditation practice.

The following breathing techniques are a little more advanced and should come after you are comfortable with deep breathing.

Chakra Breathing

If chakras are unfamiliar to you, then read the section on Chi Energy for a discussion of Chi energy and energy centers called chakras. The heart chakra is probably one of the easiest chakras to start breathing through since it is easily associated with the lungs. Imagine that as you breathe in, a flow comes in through the center of your chest, over your heart chakra. As you exhale, a flow leaves your heart chakra. You don't have to imagine what is flowing in and out of your heart chakra. It is, of course, chi energy. However, if you imagine it is air, that is OK. If you imagine that it is subtle energy, that is much better. If you imagine a flow and don't specify what is flowing, that is probably the easiest. You don't need to worry about the energy yet, the important aspect is the flow.

Some signs of a flow are; a feeling of fullness and a feeling of emptiness, tingling, a fluid or flowing sensation, or other feelings, which follow the breath.

Breathing through the heart chakra will aid in the expression of the emotions associated with the heart; love, compassion, forgiveness, acceptance, etc.

After you practice this for a while, and especially if you can feel any signs of a flow, then you ready to breathe through other chakras. Take turns and breathe through the crown, forehead, throat, solar plexus, pelvic, and root chakras. You can also breathe through your palm and sole chakras.

Breathe through each chakra and make sure it is open. When it is open, it will be easy to imagine a flow through the area associated with the chakra. During one session, you can put an emphasis on specific chakras if it needs work. However, normally in one session you will breathe through all chakras to keep yourself balanced. Breathing through one chakra only can create an imbalance where that chakra is open and strong, but other chakras are closed down or clogged.

Breathing through the chakras with help to open and activate them, allowing a greater expression of emotion or aspect associated with the chakra. The Crown chakra, located on top of the head, will aid understanding and wisdom. The Throat chakra, located at the base of the throat, will aid honesty and communication. The Solar Plexus chakra, located at the center base of the ribs, will aid in emotional connections and balance. The Pelvic chakra, located in the center of the pelvis, will aid in sensuality and sexuality and intimacy. The Root chakra, located in-between the legs, aids in balance and survival.

A closed chakra may feel like a stuffed up or clogged feeling. A clogged chakra may have a full feeling that won't empty or an empty feeling that won't fill. Other uncomfortable feeling associated with stagnation, claustrophobia, etc. However, a chakra going through the process of opening up, or even interacting with other energies, may feel mild pain. This can be from energy pushing through a channel, which is not open

enough or even fighting it because it is struggling against a strange or potentially fearful energy.

Alternative Nostril Breathing

This breathing practice is commonly used in Kundalini Yoga. It helps to balance your right and left sides while promoting a deep breathing style and a good energy flow. This exercise can be done sitting or standing. Put the right hand next to the nose such that the thumb is along the right side and the index finger is on the ridge of the nose and the middle finger is on the left nostril. Press the right nostril with the thumb to close off that nostril. Inhale deeply using the diaphragm. When inhaling with the diaphragm, the belly should inflate before the chest inflates. Hold your breath while you release your right nostril and press your index finger against the left nostril. Exhale slowly through the left nostril. Now inhale deeply through the left nostril. Hold your breath while you block the left nostril and open the right nostril. Exhale then inhale through the right nostril. Continue this process. The breathing should be smooth and deep with pauses after complete exhalation and inhalation.

Breath of Fire

This breathing exercise also is used in Kundalini Yoga. This breathing exercise pumps a lot of energy through you very quickly. It is a fast breath using the diaphragm to pump the air in and out of the lungs. The belly should be moving with the breath. A lot of energy will flow through the belly area. The final breath is held and then slowly released. This can be done in different yoga postures to direct the energy to different areas of the body.

Chaotic Breathing

This breathing exercise consists of rapid chaotic breaths. Breathe rapidly but don't try to make the breaths consistent, allow it to be inconsistent. The purpose of this practice is to break down patterns. We hold many patterns in our breathing that are a result of blocks and withholdings. Chaotic breathing helps to break these patterns.

Circular breathing

This is a nice meditation to expand on the breathing meditation. In addition to the centering achieved from meditating on your breathing. This meditation will also help to open up your energy centers and smooth the flow of energy through your body. It will help to connect and balance your chakras, including balancing the front and back.

Sit in a comfortable position. Breathe slowly and smoothly. As you inhale, imagine a ball of energy come in with your breath. Let the ball of energy flow down your spine. When you complete your inhalation, the ball of energy should be at the base of your spine. As you exhale, let the ball of energy come up the front of the body. As you complete your exhalation, the ball of energy should be at the base of your throat. Now you inhale the ball of energy down your spine and continue the cycle.

You do not need to feel the energy to benefit from this meditation. You just lead with your imagination or thought. Trace the route with your thought as you breath and the energy will follow.

You can reverse the circle on this meditation and breath down the front of the chest and up the spine.

There are some variations on this meditation. The energy can be travelling in the body, on the surface of the body, or a couple of inches away from the body. All of these provide the benefits of opening and balancing the main energy channels of the body.

Deep Relaxation Pose

Lie on your back with your feet shoulder width apart. Let your legs and feet relax. Your feet will fall toward the side. Have your arms on the floor at a comfortable distance from the body with your palms facing up. This pose is commonly used as the final meditation at the end of a yoga session. It is usually done with a relaxing breath such as deep breathing and relaxing the mind without any focus except for the deep breath.

It is a good pose to relax the whole body; however, you don't want to do this pose if you are too tired because you will fall asleep.

Guided Meditation

A guided meditation is where one or more persons are led through a meditation. A live or taped person leads the meditation. These meditations can be designed to lead the meditator to many potential goals. The meditation can be such that the seeker can be passive or very active. It is also possible for you to lead yourself through a guided meditation once you know the meditation enough that you don't have to read it. This type of meditation can be very useful. However, it shouldn't be the only type of meditation practiced. It is good to include less structured meditations to allow a more varied and dynamic experience.

This type of meditation can be taken in many directions, only limited by our imagination. It can be directed inward for various types of learning, healing, or growth issues. It can be directed towards others to bless them, heal them, heal issues with your connection to them. This can be done with specific other people, other people in general, groups of people, and even the earth. It can be used to work on your connection/relationship with your higher self, spirits or angels.

I have had many beautiful experiences using guided meditations. However, one of my favorite guided meditations has been "Meditation on Twin Hearts" from the Institute for Inner Studies. I like the meditation because of its mission of healing the earth. It starts with issues of personal forgiveness. And it finishes with blessing and healing the inhabitants of the earth. A tape of the meditation is available from the Institute for Inner Studies.

Twin Hearts Meditation

The following is a short description of the twin hearts meditation. The name of the meditation, Twin Hearts, refers to the heart and crown chakras working together.

Exercise

Since this can be a powerful meditation it is recommended to do a series of light exercises to clear and energize the chakras. See the exercise section, page 55, for a selection of exercises.

Invocation

It is recommended to ask for a divine blessing. Call upon God and your spirit guides for guidance and protection. Use your own words and names to fit your own spiritual beliefs.

Forgiveness

Think of a situation where you have wronged someone. Mentally ask their forgiveness. Then think of a situation where you have been wronged. Sincerely, forgive the people who have wronged you.

Heart chakra

Press the front of your heart chakra with your fingertips for several seconds. This will help to activate your heart chakra. Concentrate on the front of the heart chakra and bless the earth with love and loving kindness. As you think of an issue or group of people who need blessing, bless them with the words that seem appropriate. You can visualize a pink glow around the earth. Visualize people helping each other. Visualize people communicating instead of fighting. Visualize people smiling, laughing, and being happy. For each issue or group of people that you are blessing find appropriate imagery which promotes the blessing that you are invoking.

Crown Chakra

Press the top of your head with your fingertips for several seconds. This helps to activate your crown chakra. Concentrate on your crown chakra and bless the earth with loving kindness. Continue concentrating on the crown chakra while blessing the earth with loving kindness for several minutes. You may feel sensations in your crown chakra during this time such as an expansion, a downward pressure, a flow, or similar sensations. These sensations represent the crown chakra opening up and energy coming in. After allowing the crown chakra to open up, concentrate on both the crown chakra and the heart chakra and bless the earth with love and loving kindness. This helps to align and connect the heart and crown chakras and make the blessing more potent.

Inner Om Meditation

Visualize a bright white light in your crown chakra or in the top center of your head and chant the om mantra. Meditate on the light, the om, and on the gap between the individual oms. Do this for five to ten minutes.

This meditation has the potential for a very powerful experience where there is something like an explosion of light and understanding within your head. This is an illumination or divine ecstasy experience. (Note: Trying to achieve this experience can

make it more difficult to achieve. It is better to do the meditation without expectation. It may take from month to years for someone to have this experience.)

Release excess energy

This meditation generates tremendous amounts of energy. It is important to release the excess energy to avoid overwhelming your body and causing congestion. Use the excess energy to bless the earth. Bless the earth until your energy level approaches normal.

Give Thanks

You should thank God and your guiding spirits for the help, guidance, and energy that they have provided.

Exercise

You should finish up with a short set of exercises to help assimilate the energies into your body. The exercises will help to flush out excess and stagnant energies. This will help your body to remain strong and healthy and avoid energetic congestion.

Prayer Meditation

Prayer can be a powerful addition to a meditation. In general, prayer is a communication with a higher spirit. This can be a monologue or a dialogue. The higher spirit can be your higher self, saints, guiding spirits, angels, or God. You can invoke the higher spirit, talk to them, pour your emotions out into them. If your mind is clear, you may receive a direct response.

Of course prayer meditation can have many personal variations. There is the personal request prayer, where one is discussing or requesting help on various topics. This can be a request for help, healing, strength, guidance, wisdom, etc. This request can also be made for others, where you are asking to heal, help, guide other people. There is the praise prayer, where one is praising the Glory of God. The thanksgiving prayer, thanks the Supreme Deity for life or other specific things.

A prayer meditation can use a "given" prayer such as the "Lord's Prayer". This can be a simple saying of a prayer, or a repetitive saying of a prayer. A repetitive saying of a prayer is similar to using a mantra, it will help clear the mind of extraneous thoughts and put your mind in a very focused space. This space will be directed in part by the message of the prayer. A meditative, repetitive prayer will also put extra "power" into the message of the prayer.

Meditation on God and Holy People

Very similar to a prayer meditation is a meditation on God or holy people such as saints or prophets. Meditate on the thought or name of God. Meditate on the thought, name, or image of a holy person. Allow the energy of God or the holy person to fill your meditation and to fill you. Allow this energy to change you. We do not meditate to remain the same, we meditate to change ourselves. The energy of God is very powerful.

If we open up properly to it, then we may come away from the meditation a very different person. Meditating on saints and holy people can also tap into very powerful energies. We may more easily identify better with a human that was able to tap into the divinity and incorporate it into their lives. This may be an easier way to see a path of transformation in our own lives.

Mudras (Hand Positions)

Mudras are gestures that affect your personal energy. They are usually hand gestures but can also include body postures. This can be used in the quiet sitting meditation or combined with mantras or visualization meditations.

There are many known mudras that you can use in your meditations. Some of these are described below. You may be inspired to form gestures while you are meditating. Do not worry if it is an accepted mudra, just let your own meditation guide you. Many masters have learned the mudras through their own meditations. Some confirm the use of the mudras afterwards with other masters before teaching them. Use the mudras that feel good to you. If you are led to perform a gesture that is unknown, allow it and feel its affect on you.

Prayer Pose

This may be the best known mudra. It consists of the two hands joined together at the palms with the fingers flat. It is used by a number of religions for prayer. It is also used in some cultures as a respectful greeting.

The most common position is to hold the hands in front of the heart. The mudra forms a connection with higher spirits and the heart, our center of love. This promotes a loving connection with higher spirits and promotes love in our lives.

The mudra can also be held in front of other chakras to activate other goals. For example, the mudra can be held in front of the third eye to promote insight and understanding. Or, it can be held in front of the throat chakra to promote honest communication.

Gyana Mudra

This is one of the most well known mudras. It consists of joining the tips of you index finger and thumb. The hands are usually resting on the legs or knees. This mudra represents knowledge and ability.

A modification of this mudra is to hold your thumb and index finger close together in alignment, but with a small gap. This completes the energy circuit of the two fingers, giving you the benefit of the mudra, but it also makes it easier for you to feel the energy in the circuit so you can see how healthy the circuit is.

Shuni Mudra

This mudra consists of joining the tips of the thumb and middle finger. The hands are usually resting on the legs or knees. This mudra represents patience and discernment.

A modification of this mudra is to hold your thumb and middle finger close together in alignment, but with a small gap. Feel the energy flow between the fingers.

Surya Mudra

This mudra consists of joining the tips of the thumb and ring finger. The hands are usually resting on the legs or knees. This mudra encourages good health and increased energy.

A modification of this mudra is to hold your thumb and ring finger close together in alignment, but with a small gap. Feel the energy flow between the fingers.

Buddhi Mudra

This mudra consists of joining the tips of the thumb and little finger. The hands are usually resting on the legs or knees. This mudra represents clear communication and intuition.

A modification of this mudra is to hold the tips of your thumb and little finger close together in alignment, but with a small gap. Feel the energy flow between the fingers.

Receptive Mudra

This mudra consists of laying the hands on the legs or knees with the open palms facing up. This mudra encourages receptivity to the universal energies. It can also be used in sending energy out to the universe, or other people, countries, etc. It represents an opening to the universe.

Golden Light Mudra

This hand gesture forms an oval between your fingers and thumbs. The left thumb is on top of the right thumb fingernail. The left fingers are below the right fingers. The hands sit in the lap. In this position, the mudra connects with and channels energy into your tan tien center. The tan tien center is your seat of personal energy located about 2 inches below your navel.

Sword Mudra

In this mudra, the index and middle fingers are straight and the ring and little fingers are folded back. The thumb is along the side of the ring finger.

Meditating with this mudra, activates the mudra in general. This gives the mudra more energy for use in healing or otherwise moving energy.

Diamond Wisdom Mudra

This mudra uses the Sword Mudra with both of the hands in the lap with the index and middle fingers of each hand pointing at each other. This mudra forms an energy circuit passing through the index and middle fingers. It activates and builds the energy in the energy channels passing through these fingers. If you focus your attention on the mudra, then the circuit is connecting with your third eye. If you focus your attention on your heart chakra, then the circuit is connecting with your heart chakra.

Meditating with this mudra, strengthens the energy channels between your hands and heart and third eye chakras.

Jade Brilliance Mudra

The thumb tips of both hands gently touch each other. The back of the right hand is cradled in the palm of the left hand. The hands are generally flat and laying in your lap. This mudra activates and feed all the chakras up the front of the body.

Bear Grip Mudra

This mudra consists of holding the arms level in front of your chest with the hands connected with the fingers of each hand curled into each other. A slight tension pulls on the hands. This mudra stimulates concentration and the heart.

Yoni Mudra

This mudra isolates the person from sensory experience of the surroundings, allowing them to reach deeper inside themselves during the meditation. Both hands are held along the face. The thumbs are used to block the ears. The index fingers gently hold the eyes closed. The middle fingers are used to hold the nostrils closed. The ring fingers and little fingers are placed just above and below the lips to hold the mouth shut. The pressure on the nose or lips is released enough to exhale and inhale. The full breath is held as long as is comfortable.

Posture Meditation

These meditations use combinations of mudras, postures and other techniques together. These provide a nice variation in a meditation practice. The mudras and postures will modify the energy of the meditation.

You can design your own postures to focus on certain areas of your body or life. The Prayer Mudra, Golden Light Mudra, Diamond Wisdom Mudra, and Receptive Mudra are easy to incorporate into varying poses. They each focus energy and attention a little differently. You can focus this energy into different areas of your body and life by holding the mudras over those areas of the body. You can also direct the mudra up towards heaven or down towards earth. In directing the mudra up or down, you can either be in a receptive mode to receive energy or a giving mode to release energy.

Standing Meditation

This is a simple standing meditation. You stand with your feet shoulder width apart, with your knees slightly bent. Your arms are at your side with your palms facing forward. You can do a quiet meditation, breathing, or some other style. Standing while meditating automatically engages the root chakra which is active in the process of holding you upright.

Salutation Meditation

This meditation uses your hands, palms together, as in the prayer pose, to channel energy into your chakras. And by covering all of your main chakras, you balance and energize your energetic body. It is a simple and easy meditation for working with all the chakras.

Start sitting or standing with your back straight and self supporting. Standing during this meditation keeps the root chakra activated during the entire meditation and helps to connect the root chakra with the other chakras. Put your hands together over your head with your arms straight. This position channels energy into and along your spine, which is the main power cord in your body. If your root chakra is already open then you may feel a strong flow up and down your body. This position also serves to charge the chakra which is located a couple feet above your head.

Bring your hands down to just above your head. This position also feeds into your main power line along the spine, but is also charging and activating the crown chakra. Hold the position for as long as it feels appropriate. Some days you will hold some positions a long time and other days you will move on quickly.

Move your hands to the center of your forehead. This will charge and activate your third eye. This chakra is connected to sight on the physical level and vision in the psychic level. Moving your hands down to your brow, will activate and energize your brow chakras. This chakra is associated with mental concentration. Typically, if one of these chakras is open then the other chakra is overshadowed. It is uncommon to open up and balance both of these chakras. Therefore, to open up your vision, you charge up your third eye but you don't charge up the brow chakra.

If you are preparing a report, presentation, or doing other activities, which require concentration, then you may want to activate your brow chakra. In that case you wouldn't charge up your third eye.

Allowing your hands to move while located over a chakra can produce interesting results. The energy of the chakra can push the hands around. This allows you to feel the energetic structure of the chakra.

Move your hands to the front of your throat. This position will charge and activate your throat chakra. This helps to activate your communication ability.

Move your hands to the front of your heart chakra. This position will charge and activate your heart chakra. This is a common prayer position. It of course taps into the love and empathy of the heart chakra. It also directs divine love into your heart, a good thing for prayer and everyday living.

Move your hands to the front of your solar plexus. This position activates and energizes the solar plexus chakra. This will help your emotional connectivity to other people along with increasing your own will.

Move your hands to the front of your pelvic chakra. At this point your hands may have to point away from the body to be comfortable. This position activates and charges your pelvic chakra. This will tend to facilitate your sensual connectivity with the universe. It also increases overall health and strength.

Point your hands straight down and move down slightly from the base chakra. This position will activate and energize the root chakra. This increases your groundedness. It also increases vitality and health.

Your mind is not required to be active during this meditation, outside of moving your hands occasionally. You can pay attention to the sensations produced, or you can keep a blank mind.

Tan Tien Meditation

Sit with your back straight and legs in a comfortable position. Hold your hands in the Golden Light mudra over your tan tien point. The tan tien point is approximately two inches below the navel. You can go into a quiet meditation in this posture and not worry about energy. Your hands will focus the energy into your tan tien. Or if you want, you can visualize light entering in or radiating from your tan tien point as focused by your hands.

The tan tien point is a powerful energy center for the body. It is on a deeper level than the chakras and is more closely aligned with the hara line. (The hara line is a core energy line that closely follows the spine. The tan tien point is utilized in various martial arts. Being rooted in your tan tien point tends to make a person very solid and strong. They will not be pushed around by the energies around them. They will be closer to their own life purpose.

You can also activate and energize your main energy line running along the spine by focusing your attention on your third eye during the Tan Tien meditation. This will help channel energy from the tan den up to the third eye.

Tower Meditation

Stand or sit straight with your arms straight over your head. Your hands are clasped palm to palm. The fingers are folded and interlaced together except for the index fingers. The index fingers line up and point straight up.

This meditation brings energy down into your spine energizing your whole body in the process.

Meditation with Motion

Some activities lend themselves well to joining with meditation. Exercises such as walking, jogging, riding a bicycle, even gardening can be very meditative. When the activity becomes so well known that it becomes automatic (e.g. walking), it both gives the mind something to do while also freeing up the mind to release and relax. Of course, stress prevents relaxation, so stay away from busy roads. If you do this with someone, allow yourselves to be quiet and don't talk. Don't listen to the radio. There is too much on the radio which will clutter the mind or other things that will distract. A judicious selection of music can be combined with the meditation. Pick the music with an eye toward to the type of energy it generates. Don't use any music that requires the attention of the mind outside of appreciation. Music is useful if the sounds of the environment, such as cars, are distracting.

Walking Meditation

Walking meditation is a wonderful way to combine exercise and meditation. Walking is the most natural exercise a person can do. You can do a vigorous walk or a slow mellow walk. You can empty your mind or focus your mind on your breath or on your steps.

A style that has been used in Buddhist meditation is a very slow walk with the breath linked to the steps. You can inhale with one step and exhale with the next step. This method is very conducive for focusing the mind.

The trick in doing a walking meditation is to walk where there are no distractions. Walk someplace peaceful. Walk someplace beautiful. Find a trail or path that you can walk with no thought as to safety. Let your mind be free of daily worries. Give your mind a chance to not think. Don't hold onto any thought that arises.

Walking by itself will help to move energy through your system and helps free up some blocked energy. While walking, feel the motion throughout your body. You may be able to feel imbalances or blocks. Use the rhythmic walking motion along with breathing into imbalanced or blocked areas to loosen and free the energy. This released energy may cause thoughts to flow through your mind. But you don't want to hold onto them, let each image pass without attachment.

Trance Dance

A powerful type of moving meditation is the Trance dance. This is a free form dance directed at expressing your internal energies in dance form. It is often done in low light or even blind fold. You want to reduce the reliance on the external, which we bring in with our vision. We also don't want to look at ourselves or others dance and change our dance based on our judgements of how the dance looks. We want to go internal and then to express ourselves externally in a dance. In the process we go into a meditative state, the trance.

Pick a music that doesn't draw excessive attention onto itself. You want to create an atmosphere to go within and then to release into dance, so the music should support this. Music that can create a variety of moods may be useful to access different parts of your psyche.

If you have time, this meditation can be done for hours. This meditation can release blocks and patterns and otherwise move a lot of energy. It can also bring up visions.

Shatki Dancing

This is a vigorous style of free-form dancing. You may want to pick a fast music for this dance. Throw yourself into the dance. Express yourself in any fashion with vigor. This style of dancing moves a lot of energy through you. It raises your energy level and helps to release energetic and emotional blocks.

Moving Breath of Fire

The Breath of Fire can be augmented with some simple motions. While sitting, kneeling, or standing, you can hold your arms level in front of you with your hands clasped, do the breath of fire linked with a twist of the upper body from side to side. The twisting helps to pump the air and energy through the body.

Another version is to hold your arms in front of you with your hands clasped. As you inhale, you raise your arms up and back. And as you exhale you lower your hands. Do this rapidly for several minutes. This exercise also pumps a lot of energy and air through your body.

Visualization Meditation

Adding visualizations to a meditation can be very powerful. Visualizations help to activate your third eye, but the actual visualization will direct where the intent of the meditation goes. You can use these following visualization meditations. You can also create your own visualization meditations to focus your intent in any direction that is appropriate for you. You can use your imagination to create meditations. Find symbology that is meaningful to you and apply it toward your intent. For example, to ground yourself, imagine roots going from you to the earth. Or you can use a rope or a beam of red or clear light. You can imagine your whole body sinking into the earth to make sure that your whole body is grounded. You can open yourself up by visualizing your chakras as ball, cones, or rings and then expand them. You can protect yourself by visualizing your chakras as balls, cones, or rings and then shrink them. You can help

other people by visualizing their chakras opening up, expanding, and energizing. You can bless a place by visualizing the place and visualize it receiving light, flowers, or some other appropriate symbols. To receive energy from a place you may visualize yourself walking or relaxing in that location. You can visualize a holy figure such as Jesus or Buddha to draw your energy closer to theirs. You can visualize a mandala or other holy object to connect with the energy associated with the object. Don't limit yourself to specific meditations in this book or other books, be creative.

Color Chakra Meditation

This meditation uses visualization to open and energize each chakra. By working on each chakra an appropriate amount, you will balance your chakras. It is tempting when you do this meditation to put more time into the chakras which are open because it feels good and less time into the chakras which need it more but don't feel much. If you do this, you will help all chakras but not equally, so that you will remain unbalanced.

Visualize your root chakra as a ball of red light. This ball should have a beam of red light from it to the earth. The light is alive with motion. You should not try to direct the motion. Just visualize the ball of light with a beam connecting it with the earth aspect of the universe, and allow the energy to move. You will give some energy to the earth, but you will likely receive more than you give. The ball of light may grow with the influx of energy or may strengthen without gaining size.

Next, visualize a ball of orange light in your pelvic chakra. This ball can have beams of light from both the front and back of the chakra. (You can play with using either balls of light or balls of light with beams coming from them. They both can be effective. However, it may at times be more effective or easy to use one over the other.)

Next, visualize a ball of yellow light in your solar plexus chakra, again with beams of light coming from the front and back of the chakra. Visualize a green ball of light for your heart chakra. Visualize a blue ball of light for your throat chakra. Visualize a violet ball of light for your third eye chakra. And finally visualize a white or golden ball of light for your crown chakra.

This sequence will activate and balance all your chakras. It will also strengthen your kundalini energy since this direction will pull up kundalini energy from the root chakra. Doing this meditation from the crown down to the root will pull crown energy down from the crown.

After you are comfortable doing this meditation, you can expand it. You can do two or more chakras at a time even up to doing all the chakras at once. If it is difficult to visualize all the chakras at a time then work with two at a time. Two adjacent chakras will normally be easier than two separate chakras.

One method of doing multiple chakras is to first visualize the root chakra. Then visualize both the root and pelvic chakras. Follow this with the root, pelvic, and solar plexus chakras. Next you add in the heart chakra while holding the other chakras. Individually add the throat chakra, third eye chakra and finally the crown chakra. You will end up with all the chakras open and visualized at once.

You can do this from the crown down. Or even, start with the heart chakra and alternatively add in one adjacent chakra from above the heart and then below and continue until all chakras are included.

Color Breathing

Breathe in the color red. Hold momentary and then exhale red. Do at least three cycles of breathing in red. Let the color fill your being as you inhale. If the color has trouble reaching an area, try to breathe directly into that area. Ideally, you will experience the color filling all of you with your inhalation and leaving you with your exhalation.

Continue breathing the other colors: orange, yellow, green, blue, violet, and white. Do at least three breathing cycles for each color. If the color has difficulty moving through you, then you can do a couple extra breaths with that color.

Sun Moon Balancing

This meditation balances the third eye chakra. It also very effectively charges the chakra. If you feel discomfort from this meditation, it means that you are being charged too much. If this happens, either reduce the number of breaths used or avoid this meditation altogether.

Imagine the sun in front of your forehead. The sun should be several inches in diameter. Inhale pulling golden energy from the sun through your forehead into your head. Exhale without releasing this energy. Do three or four more breaths pulling golden energy from the sun into your head.

Next imagine the moon behind your head. The moon should be several inches in diameter. Inhale silver energy from the moon into your head through the base of your skull. Exhale without releasing this energy. Do three or four more breaths pulling silver energy from the moon into your head.

Now, sit in the energy and observe quietly. You may feel the energy move throughout the body. You may feel it gather somewhere, avoid a location, or get stuck in a spot. You may see images or hear voices. Just watch without judgement.

This meditation can also be used with other chakras. It is good to use with chakras that feel weak or unbalanced.

Lotus Meditation

Imagine your body to become a lotus. Visualize yourself becoming a lotus flower and feel the energy change around your body. You may feel an intertwining energy going up the center of your body.

The lotus flower is commonly used as a representation of the unfolding or flowering of the universe. The lotus flower represents wisdom. Its shape is similar to the shape of many mandalas. Its shape is also similar to the shape that our chakras take.

You can do many variations of meditating with lotus's. You can have a lotus form on your crown or crown and third eye to promote wisdom. You can use lotus's in your palm to help guide your hands.

Rose Meditation

Visualize and meditate on the image of a rose. The rose can be in front of you or the rose can be centered in your heart. A rose is a good symbol for love. Meditating on a rose can bring the quality of love into you.

Rose Heart

This can be done alone or in pairs. First quiet yourself with a focused breathing meditation. Breathe in fresh energy. Exhale all your busy energy/thoughts. Breathe in fresh energy, and exhale used energy, do this for at least a minute.

Next is a relaxing sequence. Allow the energy to flow into one arm. Let it build there for several breaths. Now let the energy to flow into the other arm and let it build there for several breaths. Let the energy flow into one leg and let it build there for several breaths. Let the energy flow into the other leg and let it build there for several breaths. Now direct the energy to your lower torso and feel it build there for several breaths. Direct the energy to your upper torso and feel it build there for several breaths. Now direct the energy into your head and feel it build there for several breaths.

[This section is written for partners, but it can also be done alone.]

Look at your partner and smile at them. Imagine a small rose in their heart. Observe its color, size and shape. See its beauty. The rose has a light glow around it. Feel the warmth of the glow in your own heart.

See the stem of the rose elongate downward. The stem branches and extends down and out of your partner into the earth, rooting the person to the earth. See the rose get larger and brighter. Feel yourself connected to the earth and the warmth in your heart grow.

See a light shining down onto the rose from above. See the rose open up and expand to receive the light. The light permeates the whole person but is brightest on the rose. The rose now seems to send its own glow back up and out the head of the person. Feel the warmth coming through your head to your heart.

See the sides of the rose become brighter as if light is shining on them. The rose responds by glowing brighter and growing wider. The rose has a large glow about it now. The rose and its glow fill your partners heart and form a large glowing ball extending out of their heart. The rose is receiving light and love. And the rose is giving out light and love. Feel your own heart radiate with warmth and love.

See now that the glow surrounds all of your partner's body. It radiates out from the rose in the heart and surrounds their whole body. The glow has no sharp boundary. It appears to radiate outwards to the world. Feel warmth throughout your own body. Feel that part of that warmth is coming from your partner. Be thankful and smile at them. Rest in this state. Breathe in light and warmth. Exhale light and warmth. Energy flows

through you, you do not resist, but you feel very centered, secure, and loved. You can feel energy moving in all directions from your body, up, down, forwards, and backwards. Breathe and feel the energy move. Close your eyes, and visualize your own glowing. Be thankful. Continue watching and feeling the energy move as you breathe. Relax in this state.

When you are ready, open your eyes.

Thank your partner.

Rose Forgiveness Meditation

This meditation is designed to generate forgiveness of others and for ourselves. This is helpful in reducing the hate, anger, hurt, and frustration that we experience in interpersonal relationships.

Picture a person in front of you, with whom you need to forgive or otherwise have tension in your relationship. Visualize yourself handing this person a beautiful radiant rose. The person takes the rose and holds it to their chest. The rose sinks into their chest and into their heart. If you want you can thank the person for receiving your gift. Sit in this energy and observe quietly without judgement.

Next, reverse the mediation. Allow a person to appear before you. Do not force the identity of this person. They can have a recognizable identity or be anonymous. Do not make a judgement on whose image you see. Visualize this person handing you a beautiful, radiant rose. Receive the rose and bring it to your chest. Allow the rose to sink into your chest and into your heart. You can thank the person for their gift. Sit quietly and observe the energy this creates.

Fire Meditation

This is a good meditation for cleansing and purifying yourself by loosening up energy and moving it. In a the fire meditation, the fire and object overlay each other but the fire does not consume the object.

Visualize yourself sitting in the middle of a fire. The flames wash up and through you and out your head. As they wash over you, they release stagnant energy and move it out.

You can use the fire on parts of your body. You can clean your hands by holding them up and visualizing them in flames. You can clear your head by visualizing your head in flames.

Using colored flames will modify the effect of the meditation. You can use a cool green flame which can help promote healing and keep you heart centered.

You can start with a green flame, then let it slowly turn orange, then red, and finally transparent. This purification will start heart centered and then move lower to purify your connection with the earth.

You can use a fire meditation on other objects. For example, if there is stagnant or negative energy associated with a house that you are moving into, you can visualize the

house in non-consuming flames. The flames consume and remove the energy only and do not consume the wood structure of the house.

You can use a fire meditation in a group to purify the intentions of the group. Then you move on to other meditations such as a lotus meditation.

Gazing Meditations

These are open eye meditations. These meditations can gently stimulate the third eye. While you meditate your focus can shift from the physical eyes to the psychic eye (the third eye). When this happens, your focus can shift, you can see auras or other images. These are good meditations to prepare for seeing auras.

Candle Meditation

This is a good meditation for people who have trouble sitting still with their eyes shut. You sit in a quiet, dark place with one candle lit. You sit quietly and watch the flame of the candle. Watching the flame occupies the mind such that the mind has something to do, so it does not need to look for something to occupy it (the mind is less likely to wander).

Meditating with the eyes open looking at a candle mildly activates the third eye chakra. This is a good meditation for preparation to seeing auras. Your focus may shift at times and at times you may see two candles. This is quite normal, and you need not worry about it. You also may see an aura around the actual flame. This is a sign that your third eye is starting to open up.

Face Gazing

This is an interesting little meditation. It seems to work primarily on your third eye. You sit in front of a mirror and gaze into the image of your own face. During this meditation, you may feel a shift in your focus, in how you see. You may see things in your own face or your whole face may take on another appearance. You shouldn't judge what you see. Try not to put any attachment on the images, whether they are beautiful, old, distorted, etc. Maybe you will learn something from the images. But usually, it will not be of any use to attach onto the images, either good or bad. By trying to reject an unpleasant image, you actually give it energy. Attachment onto pleasant images might reduce your learning a lesson from the overall set of images.

Partner Meditations

Meditating with a partner can be a real pleasant way to spend time with someone. In the process you can help each other balance energies, clear blocks, and progress spiritually. Additionally, some of these meditations will promote a deeper connection between the partners and help clear blocks in your relationship.

Partner Scanning

Sit close to your partner. One person uses their hands to scan over their partner's body. Hold the hands 2 to 6 inches from the body and slowly move them along the body.

Pay attention to any sensations. You might feel something in your hands or at other location in you body. You might see images or hear sounds. Pay attention to all these sensations without judgement. As the first person finishes the other person can then scan. This meditation helps you to develop a sensitivity to aura's and other people' spiritual and energetic bodies.

Chakra Energizing

Sit facing your partner. Sit close enough to reach behind your partner. Take turns using your hands to brush each other's chakras to clean them. You can also do generalized sweeping of the aura to untangle knots in it. After both of you are finished cleaning the others aura, you then energize them. Put one hand on the front of a chakra and the other hand on the back of the chakras. Imagine either a ball of light between your hands (This puts the ball of light in the center of their chakra.), or a beam of light passing between your hands. You can take turns doing the energizing on each other or you can both do the energizing simultaneously. Working simultaneously reduces the amount of time needed for this part of the meditation.

When the energizing is complete, the next step is a quiet meditation with your partner. Either hold hands or have your hands in your lap in the receptive mudra. Allow your chakras to be open to give and receive energy. You don't have to push or pull the energy, just give yourself to be open in all of your chakras and have a free exchange of energy with your partner.

Partner Chakra Connection Meditation

In this version of the partner chakra meditation, the partners sit close enough to reach around the back of their partner. This time each person puts both hands on the back of the same chakra. Concentrate on your hands. Imagine energy coming from your palms. And imagine that the energy passes through both of you and connects with your partner's hands, which are behind your back. Do this with all of the major back chakras.

This meditation will activate both of your chakras. It will also align you and your partner's energy and help clear any blocks between the two of you. This meditation is especially useful for lovers and close friends. It can be useful for people working in groups such as in healing circles.

Circular breathing with partner

This is a good meditation to do with a close friend or a lover. It will help to align and connect your energy centers. It is fun to do and it will help to make you feel closer and more in touch with your friend. It is also a simple way of showing that the energy, which flows through your body, is not restricted to your body. The energy flows through both of you. So who's energy is it?

Sit facing your partner, close enough to touch. You can play with how you sit depending on how close you want to be. You can sit such that your knees are almost touching. You can sit so that your knees are alongside each other. You can sit with your legs intertwined. You can sit with your legs wrapped around each other. In any position, your torsos should be aligned.

Both of you should breathe slowly and smoothly. However, as one is exhaling, the other is inhaling. So, your breathing cycles are reversed. During the inhalation cycle, imagine a ball of energy entering your throat and travelling down your spine. It will reach the base of your spine as you complete the inhalation. Your partner is exhaling during this time.

Now as you begin to exhale, imagine the ball of energy leaving your pubic area and entering your partner's pubic area. The partner inhales this ball of energy up their spine and completes the inhalation with the ball of energy at their throat. And the cycle is repeated. Allow yourself to just watch the energy as it flows.

During this breathing cycle, one person is always breathing the energy down their spine and the other person is always breathing the energy up the spine. After breathing in this pattern for a while, the direction of flow should be reversed for some additional time.

A variation on this meditation is to extend the length of flow of the energy. Instead of using the throat as the top end of the energy flow, let the energy flow up to the third eye. So you will be passing the energy between the third eye and the pubic area. The heart can also be used as the upper transfer point for the energy.

Partner Face Gazing

It often is more fun doing this style of meditation with a friend. Sit comfortably facing each other and gaze into each other's face. Again, you may experience a shift in focus at some time. There are several shifts possible, a slight crossing of the eyes will make your partner seem to have either one eye or three eyes. Another shift will occur when the third eye starts to play a bigger role in looking. Your partner may feel and respond to some of these shifts.

Here also, it is good not to put any real attachment in what you see. You may see distortions, or other faces. Accept what you see without judgement. You can share what you see and experience after the meditation. It is good to reserve the talk until afterwards, otherwise, the talking can distract from the meditation.

Group Meditations

Group meditations are excellent for a healing group or spiritual group. They can also be fun and useful for a family or group of friends. They can be conducted with everyone facing in the same direction such as facing a shrine or altar. They can be done with every sitting in a circle or lying in a circle. People may or may not hold hands while meditating. You can take many of the meditations in this book and adapt them for use in a group. The following is a fun meditation that can generate good energy.

The Crown Circle Meditation

In a sufficiently large space have the group lie on their backs in a circle on the floor with the heads pointing into the center of the circle. The heads should be relatively close. Everybody should put their attention on the top of their heads. The attention on the crowns will help to open up this chakra and warm up the head. Since you trust the group that you are with, you will allow your energies to blend. Allow yourself to be receptive

to the groups energy and allow your own energy to blend with the group. You can use visualization in this meditation. You can visualize a ball of light in the center of the circle, large enough to intersect with everybody's head. Or you can visualize a beam of light coming down into the center of the circle. This meditation can be done with the group sitting in a circle instead of lying in a circle. Lying in a circle with your crowns together seems to intensify the effect on the crowns. This meditation is for spiritual growth and awareness.

Another variation on this meditation helps focus the meditation on drawing in spiritual wisdom. While in the circle, visualize a lotus flower at the center of the circle or large enough to encompass the whole circle.

Attention Meditations

These meditations put energy into an area with a focus of attention. They are not using visualization techniques; however, images may result from the meditations. These are excellent meditations for activating various chakras or pathways.

Chakra Connection Meditation

This meditation helps to strengthen the energy flow between the chakras, especially between the third eye and the other chakras.

Put the attention of your third eye into your root chakra. Rest your attention there, but allow any energy flow between these chakras.

You may get images during this meditation. You should watch the images without judgement. Just accept each image as it arises, and then let it go. A wide range of emotions can be tapped by these images. Again, don't judge your emotions, accept them and then let them go.

One at a time put the attention of your third eye into another chakra. Continue until you have connected your third eye to all of the other chakras. Working from the root to the crown chakra will support raising your kundalini energy. Working from the crown to the root chakra will support bringing down godhead energy. It may be useful to vary the directions that you do the chakra meditations (i.e. top to bottom or bottom to top) to insure that you can receive energy from both above and below.

This meditation can also be done between any two chakras. For example you can connect your heart chakra to any other chakra by putting your attention onto both chakras simultaneously along with the path between the chakras. This will help to insure that action and energies that come from that chakra are always connected to heart energy. This can help to increase love centered action and reduce negative energy that you may direct at other people.

Crown Meditation

This can be a powerful meditation. It has resulted in some people in having kundalini or illumination experiences. These experiences usually won't occur without extensive meditation over a period of at least weeks if not months. Also, if you try to gain these

experiences, your desire shifts your focus and actually decreases the likelihood that you will have the experience.

In this meditation, you put your attention at the top of your head and sit in quiet awareness. This meditation activates your crown chakra. An illumination experience can happen when your crown chakra opens up wide. A kundalini experience can happen when energy from your open root chakra connects up to your open crown chakra.

A modification of this meditation is to chant "om" while focusing your attention onto your crown chakra. The "om" chant will help to move energy and open up chakras.

Neighborhood Meditation

I would recommend this meditation only after you are secure in your own self. The idea of this meditation is to open up to the energies around you. It is a uniquely wonderful experience to open yourself up to the energies around you when you are in a beautiful nature setting. It can be a noticeably different experience when you open up in an apartment with neighbors above and below you or in a house with neighbors across the driveway.

Sit in a comfortable position with your back straight. First you will open and energize yourself. Focus your attention onto your root chakra. Allow this spot which is at the base between your legs to warm up. Feel it fill with energy and become alive and strong. When the root feels warm and energized put your attention onto your pelvic chakra. Concentrate on this chakra until it feels warm and energized. Continue energizing each chakra until you finish your crown chakra. You can bless and send yourself love during this process. You want to fill yourself with love and energy such that a glowing egg shaped sphere of energy surrounds you.

When you feel yourself energized and strong you start to expand your awareness. Let it fill up the room you are in. Now let it expand outside your room and expand to fill the building you are in. If there are other people in the building, then allow yourself to feel their energy. It is easiest to begin with your heart chakra. Allow your energy to reach out to the people in your building. Accept that your heart can feel them, and that they can feel you. To feel allows you to be felt. Don't judge what you feel. You will be opening yourself up to other people's energies, be they happy or sad, loving or hateful. It is a healthy connection when judgement is not involved. When you get the impulse to judge send love or white light instead. Send love by exhaling while focusing on your heart chakra and thinking or saying the word "love".

When you are comfortable with touching the energy of the people in your building expand your awareness to including the people on your street. You can expand the circle as far as you are comfortable. After any expansion, rest in the new energy and feel it. If any energy or relationship feels that it needs healing, then send it love or white light.

To finish this meditation, you should make yourself less exposed to energies. Your energy channels will be very open. If you just used your heart chakra then it is the only chakra to reduce. Feel the warmth of the chakra, then allow the warmth to dissipate. Don't let it become cold, just less warm. You want to open your chakras as much as possible during meditation and then close them up just a little for everyday use. You

certainly don't want to close your chakra too much. You may close the chakra about 20 % and leave it 80% open. If you opened your chakras wide open during the meditation, then you may want to close them down even further. This will aid you in facing any energy you receive from other people.

If you are somewhat practiced with this meditation, when you extend your energy out keep your attention on your complete energy sphere. Allow all your chakras to reach out, not just the heart chakra.

This meditation allows you to explore the boundary between humans. It is an unusual meditation. While doing this meditation, I have felt completely naked and exposed to the people in my neighborhood to the point that I did a reality check and restated to myself that I was clothed and in my locked apartment. If you are feeling insecure, this is not the meditation to be doing.

Sound Meditation

Sound can be a useful item to add to meditation, either by listening to sound or creating sound. Creating sound in chanting and mantras will certainly activate the throat chakra. It can also be used to activate other chakras or to bring in specific energies. Chanting mantras will also bring in specific energy associated with the mantra. Tones especially are useful since a simple straightforward frequency will vibrate loose the areas that resonate with that frequency. Each chakra and each organ has a tone with which it resonates. By singing a tone that resonates with a chakra, you will activate that chakra and simultaneously the throat chakra. The resonating frequency will tend to open the chakra while encouraging blocked energy to flow. The creation and hearing of the tone will also open and activate the throat chakra and release blocks of energy in the throat chakra. By activating two chakras at one time, you are also activating the energy channel between the two chakras. This will help to clear energy blocks between the two chakras.

Listening to sound is another way to include sound into a meditation. Just by listening to sounds chakras can be energized or blocks released. Meditation tapes, of course, take you on specific paths and create certain energies. In addition to guided meditation tapes, there are also tapes of music and other sounds. Other sources of music or sounds besides tapes can also be a very positive influence in your meditation. These sounds and music can create various moods for your meditation. Be selective in using music. The idea isn't in spending a half hour listening to music but in finding the appropriate music that allows us to quiet the mind and to go inside ourselves.

It is nearly impossible to have perfect silence. We will have some sounds of crinkling chairs, rustling clothes, walls creaking, road traffic, neighbors, etc. We can use a very calming music or other calming sounds as a mask of other distracting noises.

Listening to your own breathing is very centering in the present, the now. This is a meditation that, depending on where you are in your meditation practice, may take you very deep or leave you bored. A good addition to a breathing meditation is to include listening to your breath. Initially, you're putting your attention into your breathing, then you expand your awareness to include listening to your breath.

During meditation, you may hear voices, verbal or even non-verbal messages. Some of these messages can come through live sounds such as rustling leaves or the gurgling sound of water. Voices can be heard in other sounds. Many times the voices heard are totally internal. Variations of natural sounds during a meditation can also provide a non-verbal response to a question or an image received or sent during the meditation.

Do not be surprised if you receive messages while meditating. Messages can come from different sources. Messages can come from spirits, or angels. Messages can come from other people as a form of mental telepathy. Messages can also come from different portions of your own psyche. Along with the message, might come knowledge of which source the message comes from.

Positive messages build up your energy, but do not get caught up in the positive message such that vanity distracts you. Critical messages, the ones that point out where you are doing wrong, and where you need to change, are growing messages. If we can take the knowledge the message is giving us and grow from it, then we have gained. That is the trick to spiritual growth, when given a valid lesson or direction, we have to take steps to manifest it.

Chakra Tones

A simple sound meditation is to sound the tone associated with each chakra. This will open and activate each chakra and help balance the energies between the chakras. It will also connect and balance the throat chakra with each other chakra. The following table lists tones that are associated with the major chakras.

Seventh Chakra	EE (higher pitch than the sixth chakra)
Sixth Chakra	EE
Fifth Chakra	AY
Fourth Chakra	AH
Third Chakra	OH
Second Chakra	OO
First Chakra	UH

Table 1 Sounds Associated with the Chakras

Mantras

Another simple sound meditation is to chant "Om". Om is the sound which represents the sound of the universe. This is a very centering meditation. It helps to quiet the mind. It is also an expansion meditation in that it energizes a connection between you and the universe. A related sound is "aum".

Chanting mantras is another way of using sound in your meditation practice. Different mantras will activate different energies and move your meditations in specific directions.

There are many mantras, which can be used in meditation. You can make up or select your own mantra to use. In former days, a yogin would be given his mantra by his guru. Samples of mantras include: om, om padri om, "be still and know that you are god", hari Krishna, etc. Mantras give your mind focus and bring in the energy associated with the mantra. This is one of the easiest ways to brush away the garbage of the mind. Any distracting thought, which comes up, is swept away with the next chant. The mantra will empty the mind and then focus it into a point on the mantra. Each mantra carries with it a very specific energy, and that is the energy your meditation will be focused on. Once the mind is free of garbage and focused, then it is ready to connect with the subtle energies of the universe and expand into awareness of the knowledge that these energies carry.

You can make your own mantras using English words. Pick what is appropriate for your meditation. Common words that I use in mantras are: Love, Loving-kindness, Compassion, Growth, Expansion, Health, Heal, Happiness, Joy, Life, Wisdom, Clarity, Understanding, Vision and other similar words.

Nature's Sounds

Listening to live environmental sounds, such as babbling water, wind in leaves, chimes, or similar live sounds can be very calming and the energy of the sound can work its way through energy blocks while we are meditating. Being that the sound is "live", allows the sound to be responsive to your meditation. That means that a thought or image may pass through your mind and at the same time there is a shift in the sound that seems to correspond to the image. Just observe these coincidences but don't analyze them.

Healing Meditation

There can be many ways of doing a healing meditation. The intent of course is to promote healing in you, others, or the planet. A well rounded meditation practice will include a focus on healing the self, in addition to self discovery, guidance, and personal growth. We should insure that we are healthy and energetic. Only then can we fully give healing energy to others. It is also good for a meditation practice to give some focus outward to help and heal others and/or the planet. We are not islands unto ourselves, isolated from the world. We, of course, want to be healthy, wise, abundant, self realized, enlightened, etc. By blessing and healing others, we bless and heal ourselves to some degree.

If you know a healing practice already, such as Reiki or Pranic Healing, then you can do these healing practices on others as distance healing, in a meditative state. If you are not familiar with any healing systems, you can still help heal someone during your mediation. The most familiar method is through prayer meditation. You simply ask a higher presence to heal the person. Then it is usually good to accept that help has been given (even if we have a hard time recognizing the help given) and then thank the higher presence for their help.

If you don't believe in a higher presence, or even if you want to supplement or personalize the request to the higher presence, you can send the healing energy directly. You put your intent out to heal the person, and you send them energy directly. You can

shape the energy with thoughts or words, such as saying: "heal", "release", "relax", "grow", "strength", "energy", etc. You can basically talk directly to them, sending, asking, offering, energy for their health.

You can incorporate aspects of other styles of meditations to facilitate the healing. You can visualize the person healthy, visualize light energizing them or purifying them. You can use sounds and tones to loosen up and remove disease energy. Let your intuition guide you in what is appropriate for that person. You may even get an intuitive feedback from the person as to what they want or need. The following meditation is a simple visualization meditation to give someone healing love.

Rose Heart Meditation

This is a simple meditation to bless a person. Imagine a person standing in front of you. You hand the person a beautiful, radiant rose. The rose is full of love of many people. It is so full of love that it glows. The person accepts the rose and takes it in their hands. They then place the rose into their heart. See that the rose is so full of love that the love radiates throughout this person. The person now glows love from the abundance of love, which is flowing out of the rose.

The rose is a good symbol to use since in our culture, it is already associated with love. Another good symbol to use is the lotus flower, which represents wisdom or enlightenment. You can give a person a radiant lotus flower when they are facing an important decision or life change.

Grounding Meditation

Grounding is very important for a healthy and balanced life. We are exposed to all types of energies during our days. The people and situations we encounter impose energy upon us. This energy is not ours. We need to ground out this energy to be able to see our centers.

Additionally, we may become light headed or spacey while why we are meditating. We need to ground ourselves before going out into the world, or else we will not be fully present in our surroundings. This puts us at risk of accidents because we are fully interacting with our surroundings. There are many ways to ground yourself. Techniques that flush your energy clear release energy that you don't need. Techniques that open up and connect the root chakra to the earth also flush your energy and also balances the crown chakra. Stretches and other exercises flush away excess energy and center you in the physical. Use the meditations and exercises that work for you.

Center line Meditation

Stand with your spine straight. Inhale energy up from your feet along your spine and exhale that energy out your crown. Inhale energy through your crown and down your spine. Exhale that energy out your feet. Then inhale energy into your tan den and then exhale that energy out of your body as a whole. Several cycles of this breathing meditation should be enough to ground you. This breathing routine helps to connect you to the earth and also flushes your energy body.

Visualization

To ground yourself you can visualize your legs forming roots, which penetrate into the earth. You can also visualize a cord or rope going from your perineum into the center of the earth.

Exercise

Exercise is very important in a balanced lifestyle. It will help your energy tremendously and help your meditation practice.

Exercise is very useful in moving energy through our system. As we exercise, we pump a lot of physical and chi energy through our bodies. This will help to remove the energies of past experiences before they stagnate and form blocks. The flowing energy can also help remove existing energy blocks. Often an energy or emotional block is incorporated into our physical bodies producing tight muscles and other symptoms. Working the physical, such as stretching and exercise, will relax the muscle and release the emotional or energetic block.

Exercise is also very useful in incorporating the energies that we generate during the more powerful meditations. This helps to keep the body strong and healthy and keeps excess energy from stagnating.

Chakra Exercises

Simple exercises and stretches can activate and clear the chakras. It is good to do a quick set of chakra exercises prior to and after any powerful meditation. Doing the exercises prior to the meditation will prepare you for the meditation and help you to obtain the maximum benefit from the meditation. Exercising after the meditation will incorporate the energies generated.

First Chakra

With your feet wide apart, do squats (deep knee bends). Ideally you will go deep enough that your thighs are horizontal. Also, while in a squat, rock your pelvis forward and backward.

Second Chakra

A pelvic rock (forward and backwards) with the knees slightly bent and the feet shoulder width apart will activate the second chakra. Also, rolling your hips around in a circle, as if using a hula hoop, will activate the second chakra. Roll your hips in both directions

Third Chakra

Do a circular roll similar to the hula hoop motion, but have the center of motion be focused on the solar plexus area. Another useful roll is to lean forward with your torso so that your head is hanging down. Then roll your torso around your legs. Be careful with

this stretch if you have any back injuries. Both of these rolls should be done in both directions. The second roll will also be working on the fourth chakra.

Fourth Chakra

Twist your torso to the right, putting your right hand on the back or the right hip will help with this twist. Then twist to the left using your left hand on the back of your left hip. Do several of these twists. You can also hold your hands together at shoulder height, in front of your body while doing these twists.

Fifth Chakra

Tip your head backwards and forwards. Then tip your head from left to right. You can roll your head around in clockwise and counterclockwise circles. If you have any neck injuries or pain, then it is better to do half rolls to the front only.

Sixth Chakra

Roll your eyes in smooth clockwise and counterclockwise circles.

Seventh Chakra

Rub the crown of your head in a clockwise direction. Or stand on your head. Be careful about standing on your head if you are not experienced in doing so or if you have any neck injury or pain.

Yoga

Yoga is an excellent complement to a meditation practice. Just as meditation is an excellent complement to a yoga practice. Actually, meditation usually is an integral component of yoga. There are a variety of yoga styles such as hatha, kundalini, Iyengar, etc. While there are some notable differences between various yoga styles, they all use exercise and breathing techniques to balance and improve your energy level. Yoga will also help you to maintain flexibility and increase strength while clearing your energy channels and improving your energy level.

Yoga is a good way of learning how to sit comfortably with a straight back. The straight back allows unimpeded energy flow along the spine. You don't have to sit always for meditation. A variety of the postures (asanas) could be used while meditating. The postures can bring different emotions or energies into the meditation. A person who is practiced in yoga may enter the meditation state during their normal yoga routine. This can happen even while they are working at their limits of their strength and flexibility. Do not concern yourself about trying yoga postures in your meditation unless you actively practice yoga. Then if you are inspired to do yoga postures while meditating, follow your inspiration.

Tai Chi/ Ki Gong

Tai Chi and Ki Gong are similar. They both use breathing linked with motion to charge and clear the aura and chi energy body. These are very gentle exercises that are

easy for most people to do. There are a variety of routines utilized by these systems. The routines have been designed to achieve different goals, such as energizing, balancing, clearing, etc.

Combining Techniques

Combining techniques can be exciting, fun, and instrumental in self understanding and exploration. You can design your meditations, combining techniques to create specific intent. You can design meditations to build energy to support your intent. With a little imagination you can set almost any intent to meditation. Don't be rigid, play with your approach.

For example, suppose you want to build energy in your third eye and then bring your energy to a balanced state before going out in the world. You could start off with a quick round of stretches starting with the legs and moving up the body to the head. This opens the chakras and increases energy flow. But at the same time its direction is toward the head and third eye. You could move onto a quiet meditation or easy chanting such as Ohms and Ahs. This is to center you. Then to build energy, you can select mantras, mudras, visualizations, or more to bring energy to the third eye. You can tone the chakra, chant or use mantras that can center on the third eye, such as "wisdom", "sight", "clarity", "understanding", "vision", "loving-kindness", "compassion", "acceptance", "release", etc. You can find other words that can clear and activate your third eye. You can also use visualizations. You can make up your own visualization or use meditations from any source that seems appropriate. You can visualize a transparent diamond in your third eye. You can visualize violet light radiating from your third eye. You can visualize a blooming lotus flower in your third eye. Or a large blooming lotus in your crown and a smaller one in your third eye.

You can then switch over to focusing on your breathing, breathing through your third eye. You can use a Haung Sau meditation now to keep you moving deeper into the third eye. Allow you to lose yourself in your breathing.

Finally, allow the attention on breathing to slip into silence. Observe and accept yourself. Finish up with a quick round of stretching starting at the head and working down to the feet. This will help to bring you back to this world and ground your energies.

Enlightenment

Enlightenment is a concept that is common for eastern religions. It is not typically considered in western religions. However, we may still refer to some holy people as being enlightened. When we do, we mean that they are truly connected to their holiness and divinity, that their holiness is genuine and permeates their being.

In more traditional use, enlightenment refers to understanding the big picture. What we normally experience in this life, is considered to be extremely limited to the point that some people and traditions refer to it as an illusion. To expand our awareness and see beyond normal reality, to see the greater reality is considered to be enlightenment. To be able to understand an event or object directly without using our normal senses or reasoning facilities is an aspect of enlightenment. This is the aspect that we are more likely to experience since it is an understanding of a part of the big picture without the overwhelmingness of trying to understand too much.

Enlightenment experiences can occur in various ways. The more common way is that one has an enlightenment experience where they see the whole picture. But then the experience ends and they bring back a feeling of the experience and maybe some small bits and pieces.

Less common, is when someone experiences the greater reality while they remain connected to the common reality. They then can function in the common reality while accessing the knowledge and experience of the greater reality. Buddha is the prime example of this type of enlightenment.

Enlightenment can also come in varying degrees. To experience the greater reality does not mean that you experience the whole of the greater reality. To experience the whole greater reality is truly to experience the mind of God. We can experience a part of the greater reality without experiencing all of it. This is probably the common way to have an enlightenment experience since the more you experience, the harder it will be to integrate into the common reality. Also, the more that we can integrate into our common reality, the easier it should be to experience more of the greater reality and bring it back.

There is no guaranteed way of achieving enlightenment. An intense desire for enlightenment is not enough and actually may get in the way. Don't worry about enlightenment, meditate for the purpose of meditation or for the relaxation or centering it will bring.

As we approach a thoughtlessness meditation state, the thoughts actually come quicker. But to attain thoughtlessness we have to remain unattached to the thoughts. If we grab the thoughts as they pass we may find pearls of wisdom. But the thought will carry us away with it. And then we become farther from the center.

Meditation risks

Meditation is very safe. However, people can have some alarming experiences such as a Kundalini rising experience. Kundalini rising can happen spontaneously without any meditation; although, certain meditations can help to bring about a kundalini rising experience. Kundalini refers to chi energy that originates at the base of the spine. Kundalini rising refers to this energy expanding up your body. If the energy is raised up the length of your body to your third eye, you will experience increased awareness and psychic abilities. The kundalini rising experience can also be referred to as an awakening experience. However, as the energy rises through your body, any energy blocks or misaligned energy channels will work to stop the kundalini energy. As the kundalini energy pushes against the block or misalignment, symptoms may appear as pain, discomfort, flushing of the skin, dizziness, headache, pounding or rapid heartbeat, passing out, involuntary movements, nausea, hyperventilation, hot and cold flashes, explosion of lights in the head, or other symptoms. It is safer to work to clear the block and align the energy channel prior to doing meditations or other exercises that raise the kundalini energy.

If a strong energy flow is causing discomfort, you can lessen it by reducing your meditation practice, eating heavy foods, and exercising heavily. These practices will help to reduce the energy flow and allow you to work on clearing blocks or aligning energy channels.

Another type of experience is when the crown chakra opens wide and energy pours in through it. You may become weak, dizzy, have a hard time talking or moving. This experience is usually more short term. It has been called downloading or receiving light, since the energy (light) that you are receiving from the heavens is carrying information. You are receiving the information even if you don't notice any message at the time of the experience. Normally, you only need to rest until the effects of the experience have passed.

Again, heavy foods, exercise, or reducing your meditation practice will lessen the occurrence of these events.

Additional Concepts

Blocks & Disease

Health in this system is associated with a healthy, balanced flow of energy through the chakras and through the body. The flow of energy through the chakras is how we interact with the universe and other people. If we only take in energy without sending out energy, then we are not manifesting our own destiny but are being overly influenced by others. If we project energy without taking energy in, then we are being controlling and are refusing the energy and possible support of others.

Fear is the primary factor that gets us to stop energy flow. This happens in many ways and affects any part of the physical, emotional, or spiritual body. Also, once we block energy, we tend to carry that block throughout live. We rarely go back and unlearn the conditioning.

If we touch a hot stove and receive a burn, we might develop a fear of stoves or flames or a fear of some other characteristic (e.g. sound, smell), which was present at the time of the burn. This fear can be deep such that we do not recognize it but it can create feelings of discomfort when we are in the kitchen, it may make us lousy cooks. Alternatively, we can learn from a burn, that stoves can be hot, and use this awareness (without fear) when we approach other stoves.

Buried in our youth are many fears that we hold onto without recognizing their existence. An action or comment, which causes our parents anger, can trigger a fear of rejection. We end up holding onto the energy, which triggered the anger. This holding can be associated with different parts of the body, different organs, and different chakras.

If one of our comments triggered the anger, we may hold onto our communication such that we won't speak freely, we control our speech, or eliminate subjects from our communication. If it was an expression of emotions which triggered the anger, we might hold our emotions, limit the expression of our emotions. We might clench the energy in our solar plexus or pelvic chakras, which can affect our digestion processes. We might have limited ability to express emotions or accept emotions from others.

If a physical action triggered the anger, such as smashing a mirror with a ball, then we may hold onto our physical selves and lock up muscles. This can make the muscles tense. And a tense muscle can affect other parts of the body. This is how massage can trigger images and emotions of distant events, we have actually locked a part of that event into the muscle.

A block might be complete where we just don't let a specific energy to flow. Or the block might be intermittent where we hold onto the energy until it bursts from us in an inappropriate fashion for the event that triggered the release.

An energy block may be essentially benign, where it does not impede our health or spiritual growth. But, a previously benign energy block may start to interfere with a new area of life that we are going through. The block can then become critical because we keep trying to push energy through it and the block responds by holding on stronger. If this continues, the block can start to manifest emotional or physical symptoms of disease.

For example, an emotional block can have us hold energy that is associated with the stomach or intestines. When we try to move through that emotional aspect of our lives, the block holds on stronger to avoid giving into the fear that started it. As the block gains strength, we can develop digestive problems, or we can weaken the digestive system to the point where parasites invade.

When we find a physical source for an illness, that does not mean that a spiritual source is excluded. Also, when a spiritual source of an illness is found, it does not exclude a physical explanation of the illness. Illnesses can be treated successfully from a physical, emotional, or spiritual aspect. Of course, sometimes one direction is more effective at treating an illness. It can be quite effective to treat the physical, emotional, and spiritual aspects of the illness simultaneously. Although, at times we make the mistake of treating a symptom of an illness and not the source of the illness.

Spiritual Growth

We use meditation for personal growth, but what growth are we after. Meditation can relax us, which will help our physical health. Relaxation will also help our emotional health. Meditation can also give us a greater sense of the divine and help us in our spiritual growth.

Of course, what we look for in spiritual growth will be strongly influenced by our religious convictions. A person might look for enlightenment, nirvana (an escape from the cycle of reincarnation), right faith to gain God's grace, or purification of the soul. Whatever is considered to be spiritual growth within your religious convictions, meditation can be one of the tools to help you along your path.

The major religions do share some common desired aspects such as love of God, love of other humans, and fair and just interactions with other humans, honesty, and compassion. Balancing ourselves, and removing energy blocks can help us to be more just, fair, and loving of others.

Meditating on our crown chakra, on God's name, on God's unlimited love, and similar items can make us more aligned with God's divinity and loving-kindness. The more we do this, the more God's energy will change us. It will become easier to live a faithful lifestyle and easier to avoid the negative traits.

If we only focus on the divine over the other aspects of our life, we may become blissed out. We may feel very spiritually connected but aren't very connected to our physical health or strength, or don't communicate well with people or the environment. If we focus only on the divine, then we miss the opportunity to grow spiritually on the more earthly plane. By allowing our spiritual growth to be more than just to the Godhead, we will grow in our spiritual interactions with other people and the environment.

The Evolution of Humans

Humans like to think that we are the pinnacle of evolution. Does this mean that evolution has stopped? Of course not, evolution cannot stop. We will continue to change appearances, grow taller, shorter, etc. as environmental pressures shape us. Although, we control and influence the environmental pressures to a degree that has not been seen

before. So to some degree we will be evolving based on the decisions we make of how to control our own environment.

As life evolved, it developed senses with which it can experience the surrounding environment. Humans have developed five senses. Other species have developed different number of senses and some can sense things that humans cannot. Snakes can sense heat in a finely tuned way similar to vision. Humans can sense heat crudely with our skin. Some insects sense ultraviolet light which humans cannot sense. Some birds are postulated to be able to use the earth's magnetic field to navigate. Humans cannot sense magnetic fields directly.

We have found a number of energies, which we cannot sense, such as x-rays, gamma rays, radio waves, microwaves, magnetism. Now, we have instruments that can sense these energies. Previously, we doubted the existence of these energies. Until we had a good mathematical theory, which included the energy, or we had a way to measure it, we would generally say that it did not exist.

So can we sense all there is to sense? Not likely, both science and religions say that there is more to the universe than meets the eye. All religions talk of spirits and entities outside the physical realm. Science itself is continually evolving. It has many unanswered questions and a number of possible directions it can grow. Some of the theories, such as string theory (which isn't fully accepted) have quite staggering implications about how little we truly sense in the universe. Even an accepted theory, such as quantum theory, has surprising implications on the role of human awareness in the universe.

There are a growing number of people who claim to sense chi energy, spirits, and other non-physical reality. Either we are entering a period of mass hallucination, or more people are developing the senses necessary to experience the non-physical realm. Although, if we ever develop a machine to sense any of these things, then we will re-categorize that item as a part of the physical realm.

Historically, there have been a few people to experience the non-physical realm. Depending on the circumstances surrounding them, we might label them as prophets, saints, charlatans, madmen, or witches.

If people have been sensing the non-physical realm for millennia (with some persecution that removed some of the people from the gene pool), and now many people are sensing a non-physical reality, then we should consider the possibility that we are evolving some new senses.

There are a number of higher senses which various people experience. Clairsentience is a knowing which is direct and not from a critical analysis of the situation. Clairvoyance is the seeing of subtle energies, spirits, or visions of possible futures, the past, or distant locations. Clairaudience is the sense of hearing messages from spirits or from other people as in mental telepathy. We may be able to sense other people's emotional state directly without inferring it from their behavior. We may sense love as a force or energy. And we may sense other people's health directly.

Coincidences

Coincidences are nothing but chance, right? They have no inherent meaning, correct? In the normal view, coincidences are only random, chance events and have no other meaning. Science offers no way of saying that coincidences are more than pure chance. But, what of the spiritual or psychic view? We send a request to God or the Universe, how do we expect a response, a big booming voice?

The response from God, or the universe, does not have to be grandiose. It can be subtle. We don't need angels or spirits to show up to fulfill our needs. The response to your request can come from a friend, a neighbor, or a stranger. Timing can be important in turning a casual event into a response to your request.

While we make requests, during prayer and meditation, we also make some requests almost unconsciously throughout the day. We expect some response to the requests made during prayer and meditation. Pay attention to the simple coincidences that build up into a response to your requests. Pay attention to the coincidences, which also answer our unspoken requests. We will get no scientific confirmation that the coincidences are in response to our requests and desires. However, by observing and watching, we may decide that the universe is more responsive to us than we have been taught.

Thoughts

Our thoughts seem to play an unusual role in the universe. There is no current real scientific explanation of the role of our thoughts in the universe. However, there are some scientific experimental results that show that the universe shapes itself to fit our awareness/thoughts. These experimental results are generally termed "counterintuitive" because they go against traditional scientific thinking. Somehow, the universe is aware of what is in our mind, our awareness. This can be shown in reproducible scientific experiments, even if we can't explain why or how it is happening.

Thoughts have energy. The energy of our thoughts permeates through our energy field and is released to the universe. This implies that what we think will affect the universe around us. Our influence on the universe is not limited to what we say and do, but includes our thoughts and desires. This explains why Jesus equated lustful thoughts with lustful actions.

People around us will receive some of this thought energy. They will not be conscious of this, except for the few people who have mental telepathy ability. But people can respond to these thoughts on an unconscious level. They may get emotions or feelings, whose source they cannot identify, but they may respond to these emotions and feelings anyway. If you think negative or critical thoughts, they may get a feeling that they don't like you. If you think negative thoughts while you are saying something positive or neutral, they may get a feeling that they don't trust you. If you think positive thoughts, they may feel safe with you and want to spend more time with you.

If you pay attention to both your thoughts and the coincidences around you, you may see coincidences corresponding to your thoughts. Our thoughts may be quiet or fleeting, but we have thoughts about most people we see or meet. The thoughts can be very short,

such as "safe", "dangerous", "pretty", "ugly", "tall", or "green" (for example when someone is wearing green).

Now pay attention to your thoughts in general. You may be surprised at how much garbage and negativity is in the chatter of the mind, even if you are a positive person in general. A regular meditation practice will help to quiet the mind and remove this excess chatter.

Imagination is a wonderful thing.

People who meditate may tend to experience new things. People may suspect the reality of some of these things. They think these things are products of their imagination. Some people worry that what they experience is only a product of their imagination, regardless if what they experience is sight, sound, sensation, or coincidence.

But imagination is a wonderful thing. Imagination is part of the creative process. Science shows that our conscious awareness shapes the universe; however, imagination shapes our thoughts. So if something is part of your imagination, then be happy and know that you are putting energy into creating what you imagine. Imagination is the beginning of reality. Let your imagination roam. Put energy into your imagination. And begin to accept your imagination as reality.

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Out Takes

If in your experiments with meditation, you encounter uncomfortable energy, clear it, and move away from it. Of course, change the meditation that was bringing in that energy.

Color Table - Qualities associated with color.

Stumbling blocks to Enlightenment

It is easier to get distracted from the path to enlightenment, or spiritual growth, than to find it. This section will list some of the multitudinous ways to get distracted. This is to give you an idea of what can distract you. You will of course follow your own path and make your own decisions as to where you go and what is important to you.

As you meditate, you can experience energy flows. These are good but they are not necessary. Do not get caught up in requiring the sensation of energy flows.

You may develop psychic abilities, such as mental telepathy, visions, telekinesis, etc. These powers result from moving along the path. They are good, but if you focus on them, you will stay with them and not progress more.

Of course, the typical "sins" of greed, gluttony, lust, etc. are real stumbling blocks to spiritual growth.

Fear is a major block to spiritual growth or enlightenment. As you progress in spiritual growth, you will experience new things that will challenge your preconceptions. Fear thrown up at these moments will push back the experience and keep you from learning the lesson of the experience.

Meditation with Intent

Psychic Abilities

Meditation can activate and enhance our higher senses or psychic abilities. These abilities can also be referred to as ESP, extra sensory perception. They can also be called intuition. These higher senses are live on more subtle energies in the normally perceive. And there are different aspects to these higher senses that are thus initiated with different chakras. The Crown chakra is associated with knowledge with knowing. The third eye is associate with seeing with vision this can be vision of other places in other times they can be vision to subtle energies around us such as aura's. The throat chakra is initiated with hearing. This hearing can be messages from spirits from other people such as in mental telepathy. The second and third chakras frustration with gut feeling is, feelings that our not entirely specific but still directing and how the move you.

The chakras not only receive energy and sense that which allows us to have extra sensory perception or higher century perception. But chakras also send energy top into the universe, this means that the chakras can manipulate work change the universe and some way. This is similar to us being able to push with our hands or are feet to move an object, or to shout and influence crowds of people.

The abilities of the chakras have not fully been explored. Some abilities are partially known now, but most will probably only become apparent after we make the shift to work in that subtle realm. People are known who can exert their will aptly on other people. This is an ability from the third chakra to be able to project your will out words into the universe. There are others through have been known to claim to do telekinesis, the moving the objects without thoughts. This ability also seems to be another aspect of the putting your will onto outside objects and having them respond. Mental telepathy is a two person process in terms of one person in allowing the energy to leave and the other person being receptive to understanding it. The energy can be allowed to pacively leave the chakra or a can be actively projected out of chakra which makes the energy louder and gives it more in energy. Mental telepathy could be either the throat chakra or the third eye chakra depending on the type of communication that is occurring. More visual communication will be more centered on the third eye and more verbal meditation would be centered more on the throat chakra. The third eye also seems to be it chakra that has the ability to project out will with it to help align other peoples will with projectors will.

By opening up our chakras, and allowing ourselves to experience the subtle energies into work with those energies, will not automatically make people good. That means that some people will try to Force their will on to other people. They will try used these energies and powers for their own selfish gain. However in this realm the effects of Karma are quicker to be realize. This means that the energy people send out will be quicker to come back to them. So if they send out negative energy, they will get negative energy back quicker then working solely in the more physical realm. And of course, people who send out good energy, will receive good energy back also. The balance sheet, so to speak, will not appear to be balanced. The total score sheet is beyond our

ability to see. But we are not be judge or jury to the other people. We are to live our lives to the best of our own abilities.

Intuition

Chanting

Invocations

Colors

Psychic Abilities

Visualization meditations work through the third eye chakra. Mantras and sound meditations work through the throat chakra. Involving your arms in the meditation helps to involve the heart chakra. Standing poses helps to involve the lower chakras.

(from Med03.html, www.osho.org)

Then in the third step I use the sound hoo. Many sounds have been used in the past. Each sound has something specific to do. For example, Hindus have been using the sound aum. This may be familiar to you. But I won't suggest aum.

Aum strikes at the heart center, but man is no longer centered in the heart. Aum is striking at a door where no one is home.

Sufis have used HOO, and if you say HOO loudly, it goes deep to the sex center. So this sound is used just as a hammering within. When you have become empty and vacant, this sound can move within you.

Masters and Meditation

There are many masters, who have gone before us and have learned many techniques and who have advanced far. These masters can help us to progress, both by teaching us useful techniques and also through direct contact with their energy.

Do not feel that any one master provides the only way to advance. There are many masters and they have developed their abilities through many different paths. One master may resonate with you better than another master. Follow that master if you heart leads you. But do not feel that you must follow a master. You will eventually need to follow

your own internal spirit to progress. Masters can help you to get in touch with your own spirit, then you are on you own.

Fourth Daoist Exercise

This is an meditation exercise as written in the Psychic Reader, September 1998.

The meditation is to use conscious breathing to purify the eight psychic channels. The fourth Daoist exercise works to purify the Conception and Governing channels. These two channels form the Microcosmic Orbit, which is the master channel of the entire body.

While laying on one side, one hand supports the head with the middle finger pressing on the at the base of the spine where it meets the spine. The other hand is between the legs with the middle finger pressing on the Um-Kyo point (the secret spot, between the genitals and anus). By breathing abdominally, the Conception and Governing channels will be purified and Jing (similar to original Chi) will be generated.