

MEDITATION FOR DESCENT INTO THE THETA STATE

What will now follow is a meditation for breathing and a meditation for body relaxation.

Meditation is a powerful way to become deeply relaxed physically while maintaining an alert mental state.

First you will need to find a quiet place in your home. Create a time and a place that is yours. Turn off your phone and anything that might disturb you.

Sit comfortably with your back straight but relaxed or lay down on a flat surface; comfortably but not so comfortably that you fall asleep.

(Phase One)

Close your eyes and listen to my voice.

We will start with a breathing exercise.

During this breathing exercise you will pay attention to your breathing.

You will breathe in a controlled way.

This will help you to reach another state of consciousness.

Let us begin.

Breathe in and watch your breath.

Feel your breath as you inhale.

As you inhale, pay attention to the muscles in your throat and pharynx. Let those muscles relax.

Breathe slowly through your nose, slowly as when you smell a beautiful flower.

Then exhale gently through your nose.

As you exhale, direct your attention to the muscles inside the nose and the connection down to the pharynx. Let those muscles relax.

Now pay attention to your mouth and chin. Let them relax. Keep your mouth shut and make your lips touch each other very lightly. Let the front teeth of your upper and lower jaw part a little.

Now draw a few breaths keeping this attention on your breathing. Do this exercise on your own for a few minutes, and then I will rejoin you.

(Phase Two)

Now your breathing is much more relaxed.

Inhale and watch your breath.

Feel your breath as you inhale.

You are watching your breath.

Your belly rises, then the lower part of your chest, and last the upper part of your chest. Exhale through your nose.

Watch your breath. The whole breath.

Your belly is rising, then the lower part of your chest, and last the upper part of your chest. Now exhale.

Breathe slowly and rhythmically. Notice that your entire body adapts to the rhythm of your breathing.

Now exercise this on your own for a while.

(Phase Three)

I shall now guide you in purifying yourself as you breathe and are watching your breath.

You remain in this quiet and restful state and pay very close attention to your breath. Do not think of anything else than your breath right now.

As you listen to the words and collect your thoughts, it may happen that your thoughts wander. Let them. But gently bring them back to the words. Be with your breath, be with your body. Let the body relax, relax, and be in a state of quiet, concentrated attention.

Be aware of your breath, listen to your breath. As you do this, you notice that each breath gets longer, the rhythm of the breath gets slower, you body relaxes more and more.

You go on breathing through your nose. But now you pause for a moment before you exhale. You hold your breath and let it cleanse you. Now breathe out through your mouth as if you were gently blowing out a candle.

Breathe in through your nose. Hold your breath until I tell you. Then breathe out through your mouth.

Ready?

Breathe in. Breathe deeply. Feel your breath as you inhale, feel how it is filling your lungs with the life force of the universe. Hold your breath. Breathe out. Breathe out through your mouth, releasing all your tension and anxiety. Release all negative emotions, all negative energy and let it go with the used air you exhale.

Breathe in. Watch your breath. Let the life force of the universe fill your lungs. Hold your breath. Breathe out. Breathe out through your mouth releasing all tensions and worries.

Breathe in slowly. Be very attentive to your breath as it is filling your lungs. Hold your breath again. Be grateful for your breath. Breathe out and cleanse your body of all negative emotions, all negative energies, all tensions.

Once again. Breathe in slowly and deeply through your nose. Hold your breath. Be grateful for it. Breathe out and purify yourself of all negative feelings and thoughts.

Purify yourself in this way from everything that might disturb your peace and quiet, your inner work.

Breathe in this gift of life. Receive it with gratitude as it vitalizes every cell of your body. Hold your breath. Breathe out. Empty yourself of everything that might cause tension or worry, everything that might cause you to think negatively of anyone or anything.

Breathe in again, slowly, attentively, intentionally. Consider the fact that you manifest your inmost being when in your life you express gratitude and compassion. Hold your breath.

Realize that you are alive only as you follow the rhythm of life of giving and taking. Breathe out.

Now breathe to this pattern for a while. Breathe in through your nose. Hold your breath. Breathe out through your mouth. Breathe and watch your breath. Watch each breath, the whole breath. Also notice that your consciousness is changing. It becomes calmer, clearer, purer. Now exercise this on your own for a while, and I will rejoin you later. Be with your breathing, be with your body.

(Phase Four)

Now I am back to guide you in a meditation for body relaxation.

We will begin the relaxation meditation.

We start by bringing your awareness to your feet.

Using your mind like a gentle radar.

Notice whatever sensations there are – warm or cool, tight or relaxed.

Whatever you feel, just be with the sensations, just be with the awareness.

Pay steady attention to your feet and scan with your mind from your toes through your feet with their many bones to the ankles and the heels. Now order your feet to relax completely. Relax!

Now pay attention to your ankles and lower parts of your shins and calves. Keep your attention on those parts of your legs. Tell them to relax, go to sleep.

Now move to the upper parts of your shins and calves, and your knees. What do you feel in your knees? Just be with the sensations, just be with all you feel. Let your lower legs and your knees go soft and relax.

Move your attention to your thighs and keep it in your two thighs. Be with everything you feel. Let the muscles of your thighs relax, fall asleep.

Then to your bottoms through your thighs. Release all tension, let the muscles soften.

Now move up into your groins and also into your hands. Notice the sensations there. If you find any tension, release it. Let your groins and your hands soften, relax, fall asleep.

Direct your attention to your pelvis. Be with whatever you feel there. Then your forearms. Let all of this go soft and relax.

Take a deep breath into your belly, feeling it rise and stretch as it expands and exhale fully, letting your belly relax.

Let your breathing go back to normal.

And now up to your chest, scanning your whole chest from your belly up to your neck, from the one side to the other. On to the upper arms. Notice all sensations there are, just let the muscles be, let the muscles go soft and relax.

Now move to your back. Pay very close attention as you scan down the whole back, from the lower to the upper part, from the one side to the other, letting the muscles relax and soften. Notice all tension. All the muscles of the back go soft, relax, fall asleep.

And now up to your shoulders, scanning the top and sides for sensations. Be aware of all sensations, all tensions, let them soften and relax.

Then your neck, move around it, scanning for sensations, ending at the back of your neck.

Finally move right up into your head. Move with your consciousness to the inmost part of your brain, at the very centre of your head, and stay there. Let your brain relax, relax in a pleasant, active, and wakeful state of consciousness.

Now let this relaxed state radiate from your brain out into your head, all of your head, so that it includes the crown and the scalp, the back of your head and the temples, your ears, forehead, your face and your eyes. Let your entire head relax from within your brain. Pay especial attention to your forehead and your eyes, the back of your head and your neck.

And now with your mind scan fully through your entire body, being aware of the easy feeling of peace, stillness, oneness.

Wherever you find any tension in your body, let the muscles soften and go easy.

Your entire body is now in a deep, restful sleep while your brain and your consciousness are awake and active.

Spend a few moments in this calm and peaceful state, and when you are ready to stop and be in this relaxed, peaceful, and wakeful state, do so.