

7 DAYS OF MEDITATION



WE MEDITATE TO EXPERIENCE OUR
WORLD AS IT IS.

WE MEDITATE TO EXPERIENCE AN
OPEN MIND.

WE MEDITATE TO SEE BOTH
OURSELVES AND THE WORLD
WITHOUT PRECONCEPTION.

...AND TO INTEGRATE INTO THE
WARMTH AROUND US,
INTO SPACE AND TIME.



7 DAYS OF MEDITATION

1

SIT IN A CHAIR OR CUSHION.
RELAX.

2

FEEL YOUR BREATH,
MOVING IN,
MOVING OUT.

3

IF YOUR MIND WANDERS,
RETURN TO BREATH.

4

SIT FOR 10 MINUTES.

HOW DO YOU FEEL?



DAY 1
RELAXING YOUR
MIND

1

SIT AND BREATHE.

2

FEEL EACH IN-BREATH AND EACH
OUT-BREATH BRUSHING
THE TIP OF YOUR NOSE.

3

SIT FOR 10 MINUTES.
MORE IF YOU CAN.

HOW DO YOU FEEL?



DAY 2

**FEELING YOUR
ENERGY**

1

SIT AND BREATHE.
FEEL EACH OUT-BREATH BRUSH
YOUR NOSE TIP, RISE TO YOUR
FOREHEAD, AND DESCEND DOWN
YOUR THROAT.

2

FEEL EACH IN-BREATH RISE UP YOUR
THROAT, MASSAGE THE BACK OF YOUR
EYES, AND TOUCH YOUR LIPS.

3

FEEL THIS CIRCLE OF BREATH PASS
THROUGH YOU.
SIT FOR 10 MINUTES OR MORE.

HOW DO YOU FEEL?



DAY 3

**SEEING THE
ENERGY WITHIN**

1

SIT AND BREATHE.
IF ANY BODY BLOCKAGES OR PAIN
POINTS ARISE, FEEL THEM.

2

FOCUS ON THE PAIN. DOES IT DISSIPATE?
DOES IT MOVE ELSEWHERE?

3

SIT FOR 10 MINUTES OR MORE,
FEELING YOUR PAIN AS
IMPERMANENT.

HOW DO YOU FEEL?



DAY 4
OPENING YOUR BODY'S
ENERGY FLOW

1

SIT AND BREATHE.
FEEL ENERGY FLOW FROM YOUR
CROWN TO YOUR TOES, AND THEN
RISE TO YOUR CROWN THROUGH
THE SPACE IN FRONT OF YOU.

2

BREATHE FROM YOUR CROWN TO YOUR
TOES, AND NOW FEEL ITS RETURN ENERGY
RISE UP BEHIND YOU.

3

SIT FOR 10 MINUTES, FEELING YOUR
INNER AND OUTER ENERGY.

HOW DO YOU FEEL?



DAY 5

**FEEL YOUR BODY'S
ENERGY FLOW**

1

SIT AND BREATHE.
FEEL SKY ENERGY DESCEND FROM
YOUR CROWN TO YOUR TOES.

2

FEEL EARTH ENERGY RISE FROM YOUR
TOES TO YOUR CROWN.

3

SEE THIS CIRCLE OF CHI,
SKY AND EARTH JOINED IN BREATH.

4

SIT FOR 20-30 MINUTES.

HOW DO YOU FEEL?



DAY 6

**FEEL BREATH IN THE
EARTH'S ENERGY**

1

YESTERDAY WE SHARED ENERGY
WITH THE WORLD.

2

TODAY
FOCUS ON BREATH.
FOCUS ON ENERGY FLOW.

3

SIT FOR 20-30 MINUTES.

THEN ASK,
IS TIME ANY DIFFERENT
THAN THE SPACE THAT
OCCUPIES IT?



DAY 7

**FIND YOURSELF
IN SPACE AND TIME**

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