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



SIT IN A CHAIR OR CUSHION. RELAX.

2

FEEL YOUR BREATH,
MOVING IN,
MOVING OUT.

IF YOUR MIND WANDERS, RETURN TO BREATH.

4

SIT FOR 10 MINUTES.

HOW DO YOU FEEL?



DAY1
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?



DAY2
FEELING YOUR
ENERGY

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?



DAY3
SEEING THE
ENERGY WITHIN

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?



DAY4
OPENING YOUR BODY'S
ENERGY FLOW

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.

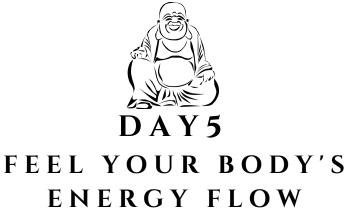
2

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?



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

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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