

# HOLDING CENTER MEDITATION

- 1) BODY POSITIONING → DESCRIBE → INCLUDE SPIRE & HAND
- 2) BREATH IN & OUT GENTLY → BECOME AWARE OF BREATHE
- 3) ADD COUNTING TO EACH BREATH (1-4) INHALE 4 - PAUSE 1 - BUT 4
- 4) FIND THE RHYTHM OF YOUR BREATH
- 5) AT EACH OUT BREATH - CONSCIOUSLY RELEASE - TENSION - STRESS SOFTEN . START AT HEAD WORK DOWN TO TOES .  
HOLD YOUR THOUGHTS TO SURRENDER - RELEASE - ACCEPTANCE
- 6) MOVE YOUR AWARENESS TO THE BASE OF YOUR NOSTRILS - NOTICE THE COOL TEMP ON IN AND THE WARM TEMP ON OUT
- 7) SLOWLY ELONGATE YOUR COUNTING BREATH - TRY TO DOUBLE YOUR COUNT - LONGER INHALE - 1 COUNT PAUSE - LONGER EXHALE
- 8) RELEASE TECHNIQUE AND ENJOY THE AFTER AFFECT
- 9) OBJECT OF BEAUTY
  - A) BRING TO MIND SOMETHING THAT IS ABSOLUTELY BEAUTIFUL, TO YOU
  - B) VISUAL ALL ASPECTS OF THIS OBJECT OF BEAUTY
  - C) WITH EACH INHALE FILL YOURSELF WITH THE AWE OF THIS OBJECT
  - D) HOLD THIS SENSATION - SLOWLY DISSOLVE THE OBJECT WHILE HOLDING THE SENSATION
  - E) THIS IS THE SENSATION OF "THE FEELING OF BEAUTY" IT IS THE FEELING OF BEING CENTERED
  - F) LEARN TO HOLD THIS FEELING - LEARN WHAT IT FEELS LIKE.
  - G) PRACTICE BRINGING THIS FEELING INTO YOUR AWARENESS
- 10) BREATH IN BEAUTY
- 11) BREATH OUT CALMNESS
- 12) BECOME AWARE THAT, AS WE BREATHE TECHNIQUE, WE ARE ALL LOOKING TO REDUCE STRESS, TENSION & PRESSURE OF LIFE
- 13) LOVING KINDNESS BLESSING
  - A) SEND TO A SPECIFIC PERSON
  - B) SEND TO SELF
- 14) END WITH "MAY WE BE BLESSED..."