

Lesson Two

Relaxing

Tension is one of the primary obstacles on the route to getting to the silence within.

Sit in a comfortable chair, spine straight, feet flat on the floor and arms resting on your lap, hands lying up or down. Close your eyes, breathe in deeply 5 seconds, hold for 5 seconds and breathe out for 5 seconds. Repeat 5 times. Bring your attention to your head and neck. Tense all the muscles in the area; hold for 5 seconds, then relax your head and neck until they feel loose and floppy.

Repeat the same procedure with your upper torso, then your arms and hands, your lower trunk and buttocks, your thighs, lower legs and feet. In most cases, tensing the muscles will be a mental image since it is hard to tense certain muscles sitting down. Now tense every muscle in your body, hold for 10 seconds, and release abruptly. See yourself as a rag doll. Actually have a vision of Raggedy Ann or Raggedy Andy.

After you have done this exercise at least once a day for a week, you should be able to just visualize yourself as the rag doll and instantly relax your body the moment you have the visual. It is your mental cue.

Balance

Have you met people you would describe as “airy fairy”? They seem to have one foot in another world. They aren’t sufficiently grounded in a waking (beta) state and seem to be daydreaming (in an alpha state). To function in our world, we need to be in a state of balance. So before we go to our quiet place where we want alpha (or deeper) brain waves, we need to ground ourselves.

Grounding

After your relaxation, keep your eyes closed. Remember - you are a rag doll. In your mind, see your feet. Imagine you are wearing huge, yellow clown shoes with bright red laces. They have wooden platform soles 4 inches thick! If you lift your foot, you can see there are fat roots growing out of the soles and they disappear into the earth.

You have X-Ray eyes. You can see under the soil. You see that the roots are discharging all the dark-coloured, negative energy you've accumulated. The earth is using its power to neutralize the negative energy and change it into pure white light. You feel a sense of relief.

Now repeat 5 times the breathing you did at the beginning and open your eyes. You already feel better for this short "away" time.

Lesson Three

In preparation for Lesson 3, you must first perform the Breathing, Relaxing and Grounding taught in Lesson 2. Lesson 2 ended as the negative energy in your body was transformed into pure, white light.

We are going to bring that energy into our body now and concentrate it in our 7 main energy centers (see chakras below).



Hear the sucking sound as the roots from your feet drink up the silvery pool of white light. You feel the tingling energy as it enters your body. It's

inching its way up your legs and reaches your root chakra at the base of your spine. Your sacral, solar plexus and heart chakras are embracing the energy as it travels upwards. The throat, third eye and crown chakras are pulsing with the energy. You are vibrating in tune to the energy melody playing within your body.

There is so much pure white light in your body, it cascades out the crown chakra, spills over and encases you in positive, radiating white light. It forms a cocoon around your being. You feel heavier in the center of your body and lighter in your head. You are balanced, centered and protected.

You repeat to yourself: “I am protected within the pure white light from my Highest Source. Only the highest and the best vibrations are attracted to me because I am filled with the unconditional, unlimited love of my Creator.”