

Body

Body

Meditation Exercise: Ignite your senses.

1. Put yourself into a relaxed posture. (sit, lie down, pull your legs in, wrap yourself in your throw)
2. Close your eyes and open your mind's eye and heart
3. Enjoy Breath (life). Breathe deeply in through your nose and slowly exhale through your mouth (repeat for 10 breaths)
4. Enjoy a normal breath - continuing in through the nose and out from the mouth

Visualize and continue with normal breathing

- Scan your body from toe to head and with each inhale/exhale, send breath there ... send life there. When you get to your mind, heart and lungs take a few extra breaths.
- Temples need to be cleaned maintained and shined up. See your body as the temple. What is living there? Fear? A struggle? Pain? Discomfort? Shame? Look at the space and see it loved. Send love there with each breath
- Take your last few breaths bringing in the words "I love you" and exhaling the words "Thank You"

