

SEATED MEDITATION

Beginner level

Seated Position:

Seated on a pillow, soles of your feet centerline flat against each other, knees down and relaxed, pelvic tilt forward, shoulders down and relaxed, arms at your side palms down resting on the floor, eyes on focal point centerline on the floor about twelve inches in front of your toes.

While inhaling rotate your hands up and over your knees touching your index fingers to your thumbs forming a circle.

While exhaling rotate your hands in and down resting them on your knees.

Continue inhaling and exhaling while holding this position.

While inhaling rotate your hands in and out and up thru centerline.

Continue inhaling and exhaling while holding this position.

While exhaling rotate your hands in and down thru centerline resting them on your knees.

Continue inhaling and exhaling while holding this position.

While exhaling release and relax your hands and arms to your starting position.

Intermediate level

Seated Position:

Seated on a pillow, soles of your feet centerline flat against each other, knees down and relaxed, pelvic tilt forward, shoulders down and relaxed, arms at your side palms down resting on the floor, eyes on focal point centerline on the floor about twelve inches in front of your toes, strong awareness of the connection of trigger points (knees-hips-shoulders), feet rooted, seat rooted.

While inhaling into your Hara rotate your hands up and over your knees gathering Chi with your pinky, ring, middle, index and thumb and touching your index fingers to your thumbs forming a circle.

While exhaling rotate your hands in and down resting them on your knees.

Continue inhaling into your Hara and exhaling while holding this position.

While inhaling into your Hara rotate your hands in and out and up thru centerline gathering Chi with your pinky, ring, middle, index, and thumb and reconnecting your index fingers to your thumb forming a circle.

Continue inhaling into your Hara and exhaling while holding this position.

While exhaling rotate your hands in and down thru centerline resting them on your knees.

Continue inhaling into your Hara and exhaling while holding this position,

While inhaling into your Hara rotate your hands in gathering Chi with your pinky, ring, middle, index, and thumb.

While exhaling rotate your hands in and release and relax your hands and arms down to your starting position.

Advanced level

Seated Position:

Seated on a pillow, soles of your feet centerline flat against each other, knees down and relaxed, pelvic tilt forward and up, shoulders down and relaxed, arms at your side palms down on the floor heavily rooted to mother earth, eyes centerline about twelve inches in front of your toes on focal point and beyond, strong awareness of the connection of trigger points (knees-hips-shoulders), steel cable connections to father universe front and rear from hips and shoulders, steel cable connection from your knees to father universe and to mother earth, heels and coccyx heavily rooted to mother earth.

While inhaling thru your nose deeply into your Hara rotate your hands up and over your knees gathering Chi with your pinky, ring, middle, index and thumb as though moving thru sand or bricks then touching your index fingers to your thumbs forming a circle. .

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your hands in and down as though moving thru sand or bricks resting them on your knees.

Continue inhaling thru your nose deeply into your Hara and exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth while holding this position.

While inhaling thru your nose deeply into your Hara rotate your hands in and out and up thru centerline gathering Chi with your pinky, ring, middle, index, and thumb as though moving thru sand or bricks then reconnecting your index fingers to your thumbs forming a circle.

Continue inhaling thru your nose deep into your Hara and exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth while holding this position.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your hands in and down thru centerline as though moving thru sand or bricks resting them on your knees.

Continue inhaling thru your nose deep into your Hara and exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth while holding this position,

While inhaling thru your nose deep into your Hara rotate your hands gathering Chi with your pinky, ring, middle, index, and thumb as though moving thru sand or bricks.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your hands in and down as though moving thru sand or bricks.

Release and relax to your starting position.