

## **SEATED MEDITATION**

### **(Target Urinary Tract)**

Sit in upright chair. Feet flat and centerline on the ground.

Root to Mother Earth at the ball under the big toes and the ball under the little toes and the ball at the heels drawing Chi up from Mother Earth.

Steel cable connection from Crown Chakra to Father Universe drawing Chi back down to Crown Chakra, down thru the Governing Vessel, to the coccyx. Steel cable connection from the coccyx to Mother Earth.

Draw from Father Universe Chi thru the back of the shoulder triggers and from the back of the hip triggers.

Extend gridline from the nose down thru the Conception Vessel to Mother Earth, from the eyes to center of the top of the foot just above the toes and split to the center of the heels and from the ears to the outside of the balls under the toes.

Expand Chamber One large, like a Buddha.  
(spend a fair amount of time on expansion)  
(see, hear and feel the expansion)

Expand Chamber Two which slightly overlaps Chamber One.  
(do not rush take your time)  
(see, hear and feel the expansion)

Expand Chamber Three which slightly overlaps Chamber Two.  
(expand slow and deliberate)

(see, hear and feel the expansion)

Chamber Four, breath inhaling thru the nose and exhaling up thru the throat and out the mouth. Tongue behind the upper front teeth.

Dragon breathing should be relaxed using short, medium or long expulsions.

Expulsions may vary during the duration of meditation.

Now, bring Chamber One to the size of a red kickball, drawing in and tight. (feel the drawing in and the tightness)

Chambers Two and Three remain large.

Once Chamber One is drawn down to the size of a red kickball, be sure that all other settings are still operating.

(rooting, steel cable connections, drawing Chi from all points, and the connections from the nose, eyes and ears).

Chamber Four Dragon Breathing.

Now, bring Chamber Two to the size of a red kickball, drawing in and tight. (again feel the drawing in and tightness)

Chamber One remains the size of a red kickball and Chamber Three is still large like a Buddha. Chamber Four Dragon Breathing.

Now, bring Chamber Three to the size of a red kickball, drawing in and tight. (feel draw to tightness)

Chambers One, Two and Three are now the size of a red kickball.

Maintain all settings of rooting, Chi flow and nose, eyes and ears connections.

Take time to be in the moment. Universal time. Meditate. Focus on your place in the Universe. This is a very intense but a very relaxed meditation. Breathing is moderate and peaceful. Tranquility.

Now, bring Chamber One to the size of a handball, drawing in and tight.  
(feel the drawing in and the tightness)

Chambers Two and Three remain the size of a red kickball.

Once Chamber One is drawn down to the size of a handball, be sure that all other settings are still operating.

(rooting, steel cable connections, drawing Chi from all points, and the connections from the nose, eyes and ears).

Chamber Four Dragon Breathing.

Now, bring Chamber Two to the size of a handball, drawing in and tight.  
(again feel the drawing in and tightness)

Chamber one remains the size of a handball and Chamber Three is the size of a red kickball. Chamber Four Dragon Breathing.

Now, bring Chamber Three to the size of a handball, drawing in and tight. (feel the drawing to tightness)

Chambers One, Two and Three are now the size of a handball.

Maintain all settings of rooting, Chi flow and nose, eyes and ears connections.

Take time to be in the moment. Universal time. Meditate. Focus on your place in the Universe. This is a very intense but a very relaxed meditation. Breathing is moderate and peaceful. Tranquility.

Now, bring Chamber One to the size of a golf ball, drawing in and tight.  
(feel the drawing in and the tightness)

Chambers Two and Three remain the size of a handball.

Once chamber one is drawn down to the size of a golf ball, be sure that all other settings are still operating.

(rooting, steel cable connections, drawing Chi from all points, and the connections from the nose, eyes and ears).

Chamber Four Dragon Breathing.

Now, bring Chamber Two to the size of a golf ball, drawing in and tight.  
(again feel the drawing in and tightness)

Chamber One remains the size of a golf ball and Chamber Three is the size of a handball. Chamber Four Dragon Breathing.

Now, bring Chamber Three to the size of a golf ball, drawing in and tight. (feel the draw to tightness)

Chambers One, Two and Three are now the size of a golf ball.

Maintain all settings of rooting, Chi flow and nose, eyes and ears connections.

Take time to be in the moment. Universal time. Meditate. Focus on your place in the Universe. This is a very intense yet very relaxed meditation. Breathing is moderate and peaceful. Tranquility.

Bring into focus: Water.

Bring the Water upfront and close as though looking thru a giant magnifying glass. Hear and feel the light/heavy mist.

Return focus of Water back to normal.

Bring the Fire upfront and close. Hear and feel the intense heat along with the multitude of colors.

Return focus of Fire back to normal.

Bring into focus the Wind.

Bring the Wind upfront and close. Hear and feel the gentleness and strength of the Wind. It's breezes, warm and cool, along with it's aromas.

Return the wind back to normal.

Now, put a lip at the bottom of Chambers Three, Two, and One which are the size of a golf ball. Bring your Dragon Breathing to heavy.

Each exhale, flush down thru Chambers Three, Two and One and out of Chamber One to Mother Earth.

All other points are still bringing Chi: Crown Chakra, coccyx, back of shoulders triggers, back of hip triggers, and the heels.

Continue flushing, holding all other settings in place and functioning.

Slowly bring your breathing down to moderate. Slowly bring your breathing down to a minimum. Slow your heart down to a minimum.

Bring your breathing and heart rate to almost zero.

Total tranquility. Total peace. Oneness with the Universe.  
Slowly return all to moderate. When ready, stand and walk.