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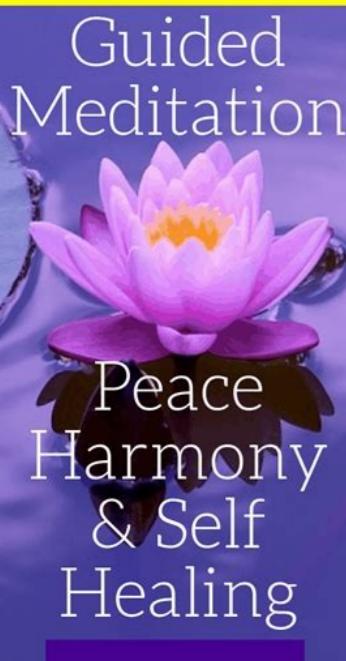
Open

THIRD EYE AWAKENING FOR BEGINNERS

THE BEGINNER'S GUIDE TO OPEN THE THIRD EYE CHAKRA AND INCREASE YOUR POSITIVE ENERGY THROUGH GUIDED MEDITATION



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Body Scan Mindfulness Exercise

1. Sit in a chair as for the breath awareness or lie down, making yourself comfortable, lying on your back on a mat or rug on the floor or on your bed. Choose a place where you will be warm and undisturbed. Allow your eyes to close or keep them open.
2. Take a few moments to notice the movement of your breath and the sensations in the body. When you are ready, bring your awareness to the physical sensations in your body, especially to the sensations of touch or pressure, where your body makes contact with the chair or bed. On each touch, notice the quality of the sensation.
3. Remind yourself of the intention of this practice. Its aim is not to feel any different, relaxed, or calm; this may happen or it may not. Instead, the intention of the practice is, as best you can, to bring awareness to the sensations in the body, and to be fully present with the body.
4. Now bring your awareness to the physical sensations in the lower abdomen, becoming aware of the changing patterns of sensation in the abdominal wall as you breathe in, and as you breathe out. Take a few minutes to feel the sensations as you breathe in and as you breathe out.
5. Having become aware of the sensations in the abdomen, begin to focus or "spotlight" your awareness down the left leg, into the left foot, and out to the toes of the left foot. Focus on each of the toes of the left foot in turn, bringing a gentle curiosity to investigate the quality of the sensations you are noticing—the sense of contact between the toes, a sense of tingling, warmth, or no particular sensation.
6. When you are ready, on an inhalation, feel or imagine the breath entering the lungs, and then passing down into the ribcage, the torso, the abdomen, and finally the left foot. Then, on the exhalation, feel or imagine the breath exiting all the way back up, out of the abdomen, up through the abdomen, chest, and out through the nose. As best you can, continue this for a few breaths, breathing down into the toes, and back out from the toes. It may be difficult to get the hang of this at first.
7. Now, when you are ready, on an exhalation, let go of awareness of the toes, and bring your awareness to the sensations on the bottom of your left foot—bringing a gentle, investigative awareness to the sole of the foot. Notice the sensations in the toes, the heel, and the arch, and then move on to the top of the foot, and right into the bones and joints. Then, take a slightly deeper breath, drawing air into the whole of the left foot, and as the breath lets go on the outbreath, let go of the left foot completely, allowing the focus of awareness to move into the lower left leg—the calf, shin, knee, and so on, in turn.
8. Continue to bring awareness into the sensations in the rest of the body, moving on to the top of the rest of the body in turn, so the upper left leg, the right foot, right leg, pelvic area, back, abdomen, chest, fingers, hands, arms, shoulders, neck, head, and face. In each area, as best you can, bring awareness to the sensations in that area, and then move on to the next area. As you leave each major area, "breathe in" to it on the inbreath, and let go of that region on the outbreath.
9. When you become aware of tension, or of other intense sensations in a particular part of the body, you can "breathe in" to that area, gently bringing awareness right into the sensations, and as best you can, have a sense of their letting go or releasing in the outbreath.
10. The mind will inevitably wander away from the breath and the body from time to time. That is entirely normal. It is what minds do. When you notice it, gently acknowledge it, noticing where the mind has gone, and then gently return your attention to the part of the body you intended to focus on.
11. After you have "scanned" the whole body in this way, take a few breaths being aware of a sense of the body as a whole, and of the breath as free and full of the body.
12. If you find yourself falling asleep, you might find it helpful to prop your head up with a pillow, open your eyes, or do the practice sitting up rather than lying down.
13. You can adjust the time spent in this practice by using larger chunks of your body to become aware of, or spending a shorter or longer time with each part.

