



MEDITATION TRANSCRIPT

Taking your attention to your outward breath, being aware of the movement of the bottom of your ribs and the pause at the bottom of your out breath that may or may not be there right now. Feeling the expansiveness of your ribs just opening all by themselves and the perfect amount of air just flowing in and the perfect amount of air being held in your lungs.

Listening for your heartbeat... Feeling the prickles of energy in your hands and feet and the flow of energy that may be rippling around your body... Feeling any physical feelings that you might be experiencing, maybe the movement of your spine and other parts of your body as you breath... Noticing and allowing yourself to feel any emotions, knowing that allowing that feeling brings understanding and brings forth the wisdom of your soul... Noticing and allowing any thoughts and ideas and images to flow across your mind, no matter what the thoughts are - just allowing them to flow, flowing all the way to gold at the bottom of them.

Notice how much easier it is to drop into a Quiet Mind today, that practice is making this easier and easier and just taking a moment to soak that up and appreciate it.

Notice how soft your eyes are today and take a moment to soak that up and appreciate that too.

If you have a problem on your mind already, then let's decide right now, that we want to understand the Big Picture behind this problem, we want to understand what's REALLY going on.

Say that to yourself. "I decide to see the Big Picture behind..." whatever that is... And "I decide to allow the understanding of the answers to flow – whether they flow right now in this meditation or whether we need more information and the answers will flow in the next day or so – I will be open to noticing and understanding those answers and allowing them to flow".

And as you listen to the beautiful Om Asatoma mantra of Deva and Miten, which is taking us from the false to the truth and from darkness to light, allow yourself to see and understand the Big Picture of whatever is behind this problem and allow the understanding of those answers to flow.

Pay gentle attention to your outward breath throughout this mantra, with your soft, ahhh eyes allowing the understanding to flow, feeling your heart beat and energy flowing around your body, noticing any physical feelings in your body, or thoughts and ideas or images to just flow across your mind, just observing the patterns of them if that feels good, allowing the feelings to flow - knowing



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that with the FLOW of the feelings comes the understanding and wisdom from your soul.

Soft ahhh eyes, allowing the understanding and the Wisdom to flow.

At every moment of feeling good during this mantra, allow your attention to wander over your body and notice everything about how good it feels - soak it up and appreciate it and make those good feelings the new you.

...Listening to Deva Premal and Miten singing the Om Asatoma...

So... feeling your feet on the floor or the ground, feel your toes, flex your feet and feel the floor - really give your feet a wriggle and feel into the ground. Have a stretch and take this willingness to understand the big picture behind the problem and the relaxation and quieter mind that comes from this, into the rest of your day.