



21 Days to a Quiet Mind Horse Meditations

Day 7

MEDITATION TRANSCRIPT

Today we're going to find better breathing and a Quieter Mind by releasing a tension that's in the way.

So... paying gentle attention to your outward breath.

And notice the way that the lower part of your ribs just squish the air out of your lungs. You're not doing that on purpose, just smile with your eyes and notice how that happens naturally.

Notice how you feel just a tiny bit taller as you are paying attention to that outward breath, you're kind of sinking deeper into the chair and yet at the same time, feeling just a tiny bit taller, just an impression of stretch, of tallness.

Don't do this on purpose, just notice the way that it gently happens all by itself. Smiling ahhh eyes, feeling an ever so gentle stretch through your body as you get deeper into the chair.

As you gently pay attention to that outward breath, notice the little pause starting to come at the bottom of the breath where, for just a moment, you don't need to breathe at all.

Notice the way the bottom of your ribs move to allow the inward breath to flow so easily and smoothly. Keeping your attention on the outward breath, noticing the little pause coming at the bottom of that outward breath – just happening, all by itself.

EVERYTHING about a Quiet Mind is about ALLOWING things to happen rather than trying to get them to happen – allowing the understanding to flow. So let's decide to release something that is in the way of allowing your Quiet Mind to flow easily... whenever... you need it, so that you can feel into a new layer of your soft ahhh... eyes that smilingly ALLOW things to happen, as you pay gentle attention to your out breath.

You can do that right now – decide that you want to understand and release something that is in the way of allowing your Quiet Mind to flow easily.

Then allow your smiling ahhh... eyes and gentle awareness to wander around your body and allow whatever you're feeling to flow.



.....**MEDITATION TRANSCRIPT**.....

Notice what your body feels like, how it feels more relaxed and yet more strong, feel for your heart beat if that feels good for you, notice any energy moving around your body, notice any feelings in your body, allow them all to flow gently.

Notice any thoughts or ideas or images that float across your mind as your eyes are softly smiling ahhh. Just allow everything to flow all the way to the gold of the understanding at the bottom of it.

Sit with the beautiful voice of Deva Premal for a few minutes - at the end of the music we'll sit in silence for longer today, to allow more time for that understanding to flow and even more importantly, to allow time to soak up and appreciate how good you feel when that understanding flows.

Allowing your attention to be gently aware of everything that is happening inside your body, notice everything about your breath, feeling for your heartbeat if that feels good for you, noticing the movement of energy or any feelings – allowing the thoughts and ideas and images all to flow to the understanding about what will make your Quiet Mind and soft, allowing, ahhh eyes easier and deeper.

...Listen to the beautiful voice and music of Deva Premal and Miten...

Allow your attention to wander over your body and soak up and appreciate what it feels like to have those beautiful, soft, smiling ahhh... eyes that allow everything to flow whenever you are practicing a Quiet Mind.

So still paying gentle attention to that outward breath, feel down to your feet and how they feel on the floor or the ground, flex your toes and really wriggle your feet and feel the ground with them and take this appreciation and relaxation and Quieter Mind out into the rest of your day.