



VISHOKA MEDITATION®

Flow of Awareness Relaxation

This practice is centered around a series of sweeping breaths that accompany your awareness from point to point through your body. An upward-flowing awareness accompanies each inhalation, and a downward-flowing awareness accompanies each exhalation. As soon as your inhalation reaches its natural completion, you reach your upward destination point, the crown of the head, and begin exhaling to reach your next downward destination point. Throughout the entirety of this practice, there should be a seamless flow of breath, with no pause between the inhalation and the exhalation or between the exhalation and the inhalation.

Practice Instructions

1. Enter shavasana (corpse pose) by lying flat on your back on a firm surface, legs naturally spread apart, arms a comfortable distance away from your body, palms up, with your fingers slightly curled. Support your head and neck with a thin pillow, and cover yourself with a light blanket, if you desire. Invite the body to release all tension, as you soften into the pose.

2. Cultivate a smooth, deep, diaphragmatic breath, as you feel the gentle rhythmic movement of your abdominal region. Take a few breaths, and invite your breath to refine and grow more subtle and effortless.
3. Feel the space your body occupies and the unique self-awareness which fills that space. Take a few complete breaths, and establish an energetic awareness of the space which your body occupies from the crown to the toes.
4. Bring your awareness to your toes to begin.
5. Inhale from the toes to the crown, and exhale from the crown back to the toes three times.

Remember not to pause between the inhalation and the exhalation or between the exhalation and the inhalation. On the third exhalation, do not exhale all the way to the toes, but only to the ankles, and begin inhaling from there.

6. Inhale from each of the following points to the crown, and exhale back again two times:
 - a. Ankles
 - b. Knees
 - c. Perineum
 - d. Navel
 - e. Heart
 - f. Throat
 - g. Center of the forehead (On the last exhalation, exhale from the crown to the opening of the nostrils.)
7. Inhale from the opening of the nostrils to the center of the forehead, and exhale from the center of the forehead to the opening of the nostrils five times.

8. Release your awareness of the inhalation and the exhalation to or from any point, and experience the space which your body occupies. Feel each breath as a pulsation of prana from within this space.
9. When you are ready to conclude, deepen your breath to bring your awareness outward. Bring some small movements in your fingers and toes. Roll over onto your left side before coming upright into a seated posture.
10. Take a few breaths and gently open your eyes. If you are going to practice meditation after this systematic relaxation practice, be sure to sit up before you begin your meditation.