

Overview of the 24 Little Exercises

The 24 Little Exercises are a set of physical movements, breathing exercises and closed-eye-processes designed to assist in a greater connection of body-mind-spirit. There are an infinite array of possible ways for mind and body to align; and for mind, body and spirit to work together and to awaken to their connection to one another. The 24 Little Exercises are offered to help you become more than you thought you were by strengthening and building upon that connection.

Some of the exercises may resemble yoga poses you know, or qigong or tai chi postures. These movements and techniques are ages old. They are compiled in this series along with closed eye processes or journeys to offer yet another expression of the timeless natural desire to move into a deeper connection with mind-body-spirit.

You may be of the habit to look for a particular purpose or benefit to gain from each exercise. The 24 Little Exercises are not structured in that traditional way. It is not necessary to have a logical understanding of what the 24 LE are doing. With some exercises you will feel an effect and with others you will not. It depends on where each person is on their path as to what they experience with these exercises. You may not understand it, but if you do them, you will feel differently.

Practice Guidelines

- Each exercise builds the foundation for the next exercise.
- These exercises are guidelines. They are not meant to be rules or laws. Once you know the exercises, please feel free to arrange them in an order that is pleasing to you.
- When you feel complete with one exercise, then it is time to move on to the next.
- These exercises are not about doing them right, doing it perfect, doing it at all. It is a matter of observing.

Credit

These exercises are from a teacher named Peter. When I discovered them I felt they would be of interest to a wider audience, hence the availability of the 24 Little Exercises.

Preliminary Exercises

These two preliminary exercises acquaint you with Sanctuary and Tuning which are both used in the 24LE

Creating Sanctuary

Sanctuary is a way for mind to relax. In relaxing the mind you may feel as if the body relaxes, the world relaxes, and all the energies of self relax.

To begin, remove any constrictive clothing you might have around your throat or around your waist. If you have tight shoes on or constricting footwear, loosen or remove them. It is the desire that the body be relaxed and comfortable and not have circulation cut off to one part or another. In the course of the journey it may be that you may want to shift positions, and that is fine. It is not about holding rigid, but rather it is a beginning point for relaxing the form.

So beginning always with breathing. And taking some deep breaths and allowing your breath to relax you as you begin. And lower your eyes so that they are comfortably closed. And lying or sitting, even standing if you wish—comfortably.

Imagine that in the center of this space, a tiny dot of green mist is slowly beginning to form. And as you watch, it begins to grow until it is the size of a tennis ball. And next a beach ball. And as it begins to expand, the green mist flows beautifully from it. The mist circles round and round, and as you watch the shimmering green mist expand you notice that it touches the bottoms of your feet. And as it touches the bottoms of your feet, your feet begin to relax. The warmth of the green mist, the comfort of it begins to cover your feet. The toes and the tops of your feet and your ankles all relax. Any pain that has been in your ankles and feet, disappear. Any long trips and journeying

you have done—walking with your feet, running with your feet—now is the time for them to relax.

The green mist surrounds your feet and begins slowly up your leg. The calves of your legs and your shins, covered now in the green mist. And they relax. Into your knees flows the green mist, circling round and round, relaxing, relaxing. All tension now is gone. Into your upper leg the green mist continues. Circling round ever higher, ever more, ever expanding until it comes into the area of your hips. And the whole lower half of your body is relaxed. Your legs and feet are relaxed. Even if you move them to let them flop, they are relaxed. They will find their position.

And the green mist begins to surround your torso. And you can feel, as it ever so gently goes up your back, vertebrae by vertebrae—touches and relaxes. All tension now is gone from your lower back and it relaxes. Up your back, up your torso the green mist travels. Relaxing, relaxing, relaxing until it reaches the area of your shoulders, and they relax. All tension is gone.

The green mist surrounds your arms. First the upper arms, then the elbows. Swirling, swirling. The lower arms, wrists, the fingers are surrounded in the green mist, and relaxed. Traveling on, the green mist surrounds your neck and your neck relaxes.

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Into your jaw, around the back of your head. Your mouth relaxes. The area around your eyes relaxes. All tension is gone from your forehead. The top of your head, around your ears, all tension is gone and you are relaxed.

Now breathe deeply and as you do the green mist enters and begins to fill up your nasal passageways. The cavities, the sinus cavities, your head begins to fill with the wonderful relaxing green mist. Even if there was stuffiness now there is open, clear breathing. Down into your lungs the green mist moves, spreading all inside your form. Passing through all the systems. Traveling along the bloodstream. Moving into the bones. To the very, very tips of your toes. The very top of your head. Each cell of your body is being bathed and relaxed by the green mist.

The form, the body, now is very comfortable and relaxed.

And taking a couple of deep breaths, allowing the mind now to become focused on its mission. Mind is going to create Sanctuary. Sanctuary is a place of comfort, relaxation. There is no tension; there is no distress. Mind now is on an imaginary journey—a journey that takes it to many places. Mind now has a sense of moving, as if it is moving.

And if you want to, you can imagine that mind is finding itself by a great ocean. You can feel the soft warmth of the sand under your feet as you move along the beach listening to the waves as they pound on the shore. The warmth of the sun, the sound of the gulls not far away. Perhaps the laughter of people, children giggling making sand castles. As you move closer to the shoreline you can perhaps feel the moisture in the sand.

Or perhaps mind finds itself in a beautiful mountain village. And in this beautiful mountain village all around are high snow-capped peaks. And mind may find itself donned with great backpacks and warm clothing, smelling the fresh coolness of the air. Feeling the warmth of the high sun. Moving along a trail, reaching above the tree line even. Noticing some beautiful brown bears off in the distance. Wondering what they are having for their lunch.

And taking some deep breaths, mind now may find itself in a more tropical setting. Ferns and beautifully colored birds singing, making strange sounds. Wondering how could so many colors be on so few feathers, all at the same time. And the birds sitting in a row on a beautiful banana tree limb. Picking a wonderful banana. And feeling the softness and yet firmness of it simultaneously. And peeling the beautiful banana. And tasting, savoring the richness. Filling all the senses, this marvelous banana. Filling up.

And noticing just off in the distance a honeycomb and hearing the bees inviting, inviting, inviting a visit. And walking over the softness of the ferns that have fallen to the ground. And moving over to this wonderful hive and

noticing how all the bees move back away. Reaching up and scooping a hand inside and allowing the honey—the richness of the honey—to drizzle through your fingers. And placing a drop or two on your tongue. Ahh, the richness. The sweetness of the honey. And noticing just ahead a beautiful spring with water. And going over and dipping your hands in and any honey stickiness disappears. You can feel the coolness of the water going through your fingers as your hands scoop the water up. And tasting this water, it truly is the manna spoken of as heavenly.

And allowing your mind now to step back a few paces and realize that all of these energies are like a panoramic view. Mind can experience and be in all of them, or none of them. And realizing that Sanctuary is a feeling mind has, or conjures, from experience.

And allowing mind now to listen to the sounds of the word as it reverberates inside mind's self: Sanctuary, Sanctuary, Sanctuary. And allowing mind to open now and begin to identify where you are and what you are experiencing. Notice the vistas. What is it you see from your point of view? What is the texture under your feet? Or if you're lying down, under your whole body? What other sounds are you feeling? Let all of these fill your soul with the word Sanctuary.

Notice the smells. What are the smells as you breathe deeply this word, Sanctuary? And the tastes. What are the tastes that fill your mind's self when it hears the word, says the words, conjures the word 'Sanctuary'? Whether or not you have now actually created a place, we can say to you, that you have. You have a way of knowing Sanctuary.

Let us begin with a trip to Sanctuary. Imagine for a moment that mind is going to visit Sanctuary. Imagine now that mind is at the threshold of Sanctuary. It may be a threshold with a doorway. It may be a passageway of some other kind. It may be a tunnel. It may be a transporter. It may be a combination of all these things. But imagine, allow to come into your mind now, threshold of Sanctuary.

And allow mind to have some magical way of entering this threshold, entering into Sanctuary. Allow mind now to take you across the threshold and into Sanctuary. Have no fear. If it is a doorway, even with a combination lock, you will remember. The answer is with you.

As you step now into this wonderful place called Sanctuary, take a look around at what you find. If you don't see a lot, what do you hear? What are the smells of Sanctuary? The tastes of Sanctuary? What does it feel like in Sanctuary? Take a good deep breath. And allow yourself to be in Sanctuary.

And imagine now that you are in a beautiful garden of Sanctuary. Personalize this garden, adding any special touches you may want in this garden. Perhaps you love roses. Perhaps you love greenery. Perhaps you like beautiful statues. Fountains, perhaps. Perhaps you need more trees, or fewer trees.

Imagine now that on a beautiful pathway—perhaps a pebbled pathway, or a concrete pathway, or a grassy pathway, whatever you want. Follow the pathway until you come to a beautiful garden bench. Notice your bench. What is it made of? What does it feel like? Go and sit down. Take a good deep breath from this beautiful bench in the 'Garden of Sanctuary.'

And continue now to follow the path as it winds its way through, around and about Sanctuary. What a beautiful garden. Your garden. You may change it in any way at any time. You may add things, or instantly find things will go away. You have but to imagine.

And now imagine that you are at a structure of Sanctuary. Perhaps it is a building. Perhaps it is a cathedral. Or perhaps it is a small tropical hut. Imagine that this is the building in Sanctuary. Find the doorway and go in.

Notice what this beautiful building in Sanctuary feels like. Smell the smells of this place. Is it alive with lots of growing things? Or perhaps it is smooth with marbled surfaces. Perhaps there is a fireplace, with a roaring, raging fire. Or perhaps it is a beautiful sunlit day and the sun is streaming in the windows dancing along the surface inside the room. As you make your way through the building notice there are many, many rooms; many, many

passageways. Hallways perhaps. Stairways perhaps, going up and going down if you wish. Perhaps it is a long, large building. Perhaps it is a small, tiny building. Perhaps it has round rooms. Perhaps it has octagonal rooms. Know that these building structures in Sanctuary can change any way you want them to.

Notice how Sanctuary feels. Perhaps you notice first the warmth. Or perhaps the freshness in the air. Notice how Sanctuary sounds. Are you playing music in Sanctuary? Are there animal friends in Sanctuary? Is there the beautiful sound of the silence . . . of Sanctuary?

Imagine now that you make your way to an entryway on the other side of this building. And as you find your way to this back entryway, open or pass through this entryway and notice where you are. Are you entering another structure? Is it outside? Is it a sunroom perhaps? Perhaps there is a pool. Are there places to sit down? Structure these however you want. If you want grass, make the grass whatever texture you want. Paint it with your mind's eye the color you want it. Yes, of course you can have purple grass.

Notice if there are any rocks. Perhaps large rocks, small rocks. Sentinel rocks. Guardian rocks. Notice how these feel to you. Allow yourself to connect to everything here in this space as it too is a part of you.

As you continue now to walk further away from the building and look around, notice many passageways, many pathways. One is off to the side with a beautiful arbor and a gate. Surround your arbor with whatever growing thing you want, or have no growing thing if you want. The arbor could be metal, crystal, rock, natural, carved--whatever your mind desires. And notice as you go through this entry arbor way, there are animals. All kinds of animals.

This is the space where animals come to play. And as you enter, they all stop and notice you. They all turn to look, and they say to you, "Welcome, to animal part of Sanctuary." And if you want to, you may go sit down and be with them for a bit. Allow them to come and be with you. They are telling you they are here for you if you want them to accompany you on some journeys. Animal friends sometimes make great companions on journeys. And thank them from your heart for being so much a part of Sanctuary for you.

And allow them to pour their feelings of love out for you. Filling you up and surrounding you.

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And coming back through the arbor way, knowing that you can return to experience more of that area and the animal friends at any time.

And returning once more to this building of Sanctuary, and making any changes you want to this external side of Sanctuary. Adding a few things. Perhaps covering a picnic area. Perhaps adding some speakers for sounds and announcements if you want.

And noticing off to another side in this outside area, there is a pathway into the garden. And moving over that way, you notice it is another path meeting up with the path you earlier traveled in the garden. And as you move through this path again, you come to a beautiful tree. And this beautiful tree is round and strong and yet rather soft to the touch. And it is a beautiful warm afternoon and you snuggle yourself under this tree. The roots coming out of the ground are large enough to make a wonderful place to sit, as if arms on a great chair are there for you. And as you lean your head back the tree seems to sway into just the right angle for you to sit comfortably.

And in this comfortable place, nestled up against the Tree of Sanctuary, you notice straight ahead of you and walking toward you, a beautiful person. All you can see at first are the beautiful flowing robes of this one. But as the person draws nearer, you can make out facial features. And you notice the hands, how beautiful and soft the hands are. And as the person moves closer, you can notice on their countenance a beautiful smile. The smile extending from ear to ear. And as you watch this one come closer and closer, and sit down just at your feet with a great thud! . . . to which both of you have a great laugh.

This one begins to tell you of three special gifts for your Sanctuary. They are like Sanctuary-warming gifts, like

house-warming gifts. And from under these beautiful flowing robes, first comes a beautiful vase. And into your hands is placed this beautiful vase. And the ornate lid on top has carvings, magnificent carvings. Perhaps there are jewels embedded around this vase. Or perhaps a painting on it. And The Robed One begins to tell you, “This is filled with Love. The Love energy you will take inside Sanctuary. And the wonderful thing about this vase of Love is, each time you pour it over yourself, or drink of it, the vase refills itself.” And you go, “Oh. This is wonderful.” And you say, “thank you.”

And at that point this one pulls from under the flowing robes yet another vase! Holding it in the hands and says to you, “This is another vase for you.” And you set the Love vase down and grab this one. And you notice the lid on it also has beautiful carvings. Beautiful painted pictures. Jewels embedded, perhaps. And The Robed One says to you, “This vase is filled with Hope. It is a second gift for your Sanctuary. In it you will find Hope. Whenever you pour over yourself or drink of it, the vase refills. It never runs out.” And you are saying, “Thank you. Thank you for this beautiful gift.”

At that point from under the flowing robes, The Robed One brings yet a third vase. And says to you, “This is your third gift for Sanctuary.” You gently set the Hope vase down and take this one in your hands. Notice it too is beautifully carved, painted scenes perhaps, embedded jewels perhaps. And The Robed One says to you, “And this one is filled with Faith. And whenever you pour the Faith over you, or drink of it, the vase refills. A never-ending supply. This is your third gift.” And you say, “Thank you. Thank you so much for these beautiful gifts for Sanctuary.”

And The Robed One helps you to your feet and helps you place these beautiful vases in your arms. And like an innocent child, with three beautiful precious children, you make your way back up to the building of Sanctuary. And as you enter Sanctuary’s building again, you notice just the special room. And as you enter the room you see just the special spot for the three special vases of energy. One just for the Hope, one just for the Faith, and one just for the Love. And adjusting the lighting in the room, the temperature if you want, and adding anything into the room you would like. Know that this is a place in Sanctuary where you can come and find Faith and Hope and Love. Replenishing yourself, renewing yourself with the energies used to create.

And leaving this room feeling great thankfulness and gratitude in your heart for these wonderful gifts. And hearing, as if being spoken to you aloud, a voice saying, “There are many more gifts to fill Sanctuary.” Knowing that each time you come there will be new things to find. New things to place. New things to use in Sanctuary.

And thanking all the sounds and the beauty of this place. And noticing some of the rooms that you perhaps hadn’t noticed before. Noticing the walls and the floors and the ceilings. And making any changes you want. And looking out the window if you want, noticing what is just beyond the wall. Listening at an open window to the sounds of the oceans, and the mountains, and the animals. And smelling the fragrance of the flowers and the plants and the earth itself. And recognizing the richness of the thunderstorm off in the distance. Smelling the fragrance of the fresh rain as it makes its way to this part of Sanctuary.

And finding a musical instrument just at this open window and picking it up and beginning to strum it and play it, or blow in it, or move it back and forth. Listening to the sound of the music of Sanctuary as your instrument blends with all of the sounds and instruments and music of Sanctuary. And knowing this place is truly home. It is as if you can hear the music coming home. You have truly come home.

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And knowing that this instrument and all others, and all the outside vistas are yet to be explored many times in dreams, both at night and in the daytime. You will have plenty of time to explore Sanctuary and add to the dimension of your experience.

Sanctuary is all that is. And the more you explore of it, the more of All-That-Is you bring into your awareness.

And adjusting the window if you want, up or down. And fixing the lights and moving to the entryway—the front

entryway of this building of Sanctuary. And making your way across this threshold. And turning to look back at what a wonderful job you've done. And knowing that you can always visit Sanctuary. It is where you live. If you ever think you are lost, you will find yourself here.

And making your way now to the threshold of Sanctuary, and recognizing that this is your special place, your special entryway. And crossing back across the threshold of Sanctuary, knowing that it is an unending, never-ending pathway always open to you, without barricades or barriers. And knowing that only those whom you invite in to Sanctuary will be there with you.

And taking a deep, deep breath, and becoming aware once more of the green mist surrounding you in this place. And noticing now that the green mist's job is complete. And it begins slowly, slowly to make its way back down across your head and face. Rolling up like thousands of tiny fingers relaxing and healing as they move. And one big, deep exhale, and all the green mists from inside you meet up with the rolling mist as it goes down to your neck area. And down it continues to go into your shoulder area. Your hands and arms are exposed once more. The green mist enveloping itself as it moves down your torso leaving behind all relaxation and healing. Moving down past your hips. Down, down, your upper legs. Pausing for a moment at the knees. Feeling great healing strength in your legs. Down, down the green mist travels into your ankles, your feet and toes. Pausing for a moment at the bottom of your feet. Leaving great feelings of relaxation, good health and happiness. And great, great comfort.

And you notice the green mist is becoming a tiny, tiny speck in this space. And then—poof! Knowing that the green mist returns any time you think of it. Whenever you need healing or relaxing, you have but to imagine the speck of green mist and being immersed in it. You have but to think of Sanctuary—the word—even sounding the word with your voice, you are instantly in that wonderful place. Any of your waking or sleeping hours you want, you can be and experience through Sanctuary.

And taking a deep, deep breath and coming back fully to this place, wiggling your fingers and wiggling your toes and allowing your breath to return, and, ever so gently, your eyes to open.

And knowing that the continuing growth of Sanctuary, the continuing exploration of Sanctuary is a wonderful, wonderful experience yet awaiting you. And returning fully to this place.

Finding Your Sound

In order that your ears may hear the essence of you, many of you have, and some of you will find, a sound that is representative of you. It may be a word, it may be an expression, it may be a hum. It may be some other form of vibration. It may be a breathy kind of sound.

The sound of you comes from the core of you and when you move through space-time, you are making this sound, this expression, with each step you take. So it has your signature about it. When you want to move through a path, making your sound tells all the plants, animals and currents of the air even, that you know who you are.

To find your sound, allow yourself to begin to breathe. Then allow whatever is inside the depth of you, the centermost core of you, allow that to well up and come out from you whatever is there. It may be musical, it may be long and all together. It may be choppy. There is not a right way or a wrong way to do this.

The universal sound that you're all familiar with is the OM. There are mass symbols like the OM that represent like choirs of you, or multiple representations of your energies coming together in the harmonious way in which you sing or make sound. The heavenly music that you have perhaps heard of, and even your DNA, represent these tones coming together and finding expression. So if you are ever in doubt as to what is an appropriate representation for your ears in terms of your sound, the OM is fine.

You may also work with people to assist you in finding your sound. If working with assistants, the assistants stand or sit on either side of you and they hold the balance. In other words, they allow whatever is coming up to vibrate

off them. Remember, this is not about figuring out, “Well what would sound really nice?” or, “What would I want it to be?” It does not have to be figured out. There is not a wrong way. Even if what you hear is funny or nonsensical, allow your mind to suspend its need to judge for a moment. And just allow the sound to flow.

You may want to do this process three or four times as you want to be comfortable with what you are producing. And that comfort comes as you begin to breathe it more. By breathe it more we mean with deliberation, with deliberateness. And if that is not comfortable to you, you may stand or you may ask the assistants to sit, or you may ask them to move further back. They are there to assist you. You can imagine that they are like obelisks and you might imagine that they are shiny surfaced marble or shimmering waterfalls or whatever is comfortable to you.

When you're ready to find your sound, position yourself and begin to breathe with deliberation. Breathing deeply and fully through your nose and exhaling through your nose. This is a relaxing breath as opposed to a forced or strenuous breath. Then begin to breathe and allow the joy of the breathing and the vision of the space you are in to fill you up. And as you're breathing comfortable, allow yourself to go to your core, to the centermost point of your being. To the place of pure light, if you want to think of it that way. To the place where All-That-Is, is. And from that place allow the joyous sound of you, your particular energy essence to begin to fill you up. And in the course of your breathing, allow whatever is there to become audible for your ears.

We recommend that you play with this. Making sounds, going in Sanctuary each day. These things are important.

Exercise 1

Different kinds of breathing

Part 1:

1. Begin in a comfortable seated position.
2. Become very aware of the position your body is in. Feel each part of your body that is pressing against a surface. If your feet are on the floor, feel what it is like to feel each cell in your foot on that surface. If your back is reclined, feel what that is like. Feel your buttocks as they press against the surface on which they are resting. Become very aware of your body and the surfaces it touches.
3. Focus on your breathing, and begin by breathing comfortably. Just notice the breathing in and the breathing out. As thoughts come into your mind, imagine that they are clouds and let them float away, knowing that they can be addressed and taken care of later.
4. Focus totally on breathing, the feeling and the sound of your breath. Feel first and then listen. What is the sensation when air rushes into you, and when it rushes out? Is there tingling, or filling, or pain, or joy? There may be emotions, but it is the sensations of breathing that are important in this exercise. What does your body feel?
5. You'll be relying the sensations of this exercise to dictate the pace, and count of part 2. When you are comfortable, and you have the sensations of this exercise, please proceed.

Part 2:

1. This exercise involves counting as you breathe. For example, inhale to the count of 8, hold to the count of 4, exhale to the count of 8, hold to the count of 4. Find what is a comfortable count for you. It could be 36 in, 12 out; or 12 in, 36 out. If there is any strain, allow your body to set a comfortable pace for itself.
2. You'll be relying on the sensations of this exercise to dictate the pace of part 3. When you feel complete with this exercise, please proceed to part 3.

What does this exercise do?

When you breathe in, you are bringing in fresh air, and by holding at the end or completion of the inhalation, you give time for gases to exchange through the walls of your lung and the blood systems there. The same is true for the exhalation when you release the waste products of your body. To view it as a ritual, when you exhale you are pausing for a moment in reverence to your body and to the system that it is a part of. You are permitting those elements leaving your body to say goodbye before beginning the inhalation. In part 2 you're not merely focusing on the sensation, but you are adding in the cooperation and acknowledgement of mind and spirit.

Part 3:

This breath is called alternative nostril breathing and is quieting and comforting to the body. It is also a healing breath especially for those who have sinus and head problems. With this breath you are allowing your mind to participate in healing the body. In a sense this breath is like being 100% present in the body.

1. From a comfortable sitting or standing position, continue to breathe as in part 2: inhale-hold-exhale-hold. (Use whatever thumb and finger positions that are comfortable to you. Some people find it comfortable to use one hand and place the thumb on one nostril and the index finger on the other nostril. Or you may use both hands if that is more comfortable to you.)
2. Exhale then gently close off one nostril so you inhale-hold and exhale-hold through one side of the nose. Then close off the other nostril and inhale-hold and exhale-hold through that side of the nose.

Did you know?

There is a cycle for breathing in your nostrils. Over a period of time your body will use one nostril and then shift to the other nostril. If your head is stuffy you can work with this practice before using any medication to see if you can find relief. This lets your body know that your mind and spirit are participants in its process, you appreciate its process, and you can accommodate its process for its own benefit and healing.

3. A variation of this exercise is to begin with one nostril closed off, exhale-hold-inhale, close the nostril and open the other nostril, exhale-hold-inhale.

Your breath is like your signature, your fingerprint for your body. It is the mover of energy in your form. It is a connector between your form and your mind and your spirit. If you are ever at a loss as to what to do, focus on your breathing.

Suggestions for practice:

- Alternate the practice of these exercises between sitting, lying and standing. Spend equal time in each position.
- Avoid discomfort of any kind.
- Try practicing one part 5 minutes out of every hour.
- Reassure your mind that if an emergency requires your attention, you will be alert and awake and ready to address it.
- Acknowledge and make note of sensations to allow, communicate, and truly be with the body.

Your body must be totally at peace about its ability to get breath. It must be absolutely sure that your mind and spirit—the totality of you—is devoted to seeing that it breathes comfortably. It will not facilitate you, or work with you in life, unless it is certain of this.

Exercise 2

A journey for your mind ...

aboard the magic carpet of your breath

A healing exercise for joining body and mind in a healing alliance

Begin by sitting comfortably. Uncross your arms and legs and loosen any constrictive clothing around your neck or waist.

Imagine that you have found Aladdin's magic lamp and you can make yourself tiny enough to fit inside a molecule of air. Find yourself getting smaller and smaller. See your molecule of air approaching a ride like you would find at Disneyland. As you see participants getting in their molecules, you recognize that yours is on its way, and an attendant helps you comfortably inside. Inside your molecule of air you have all the comforts of home, and you have a 360 degree view.

As the ride begins you note that your molecule of air floats and seems to have great freedom and great views. As you float along in your molecule of air, you notice ahead that you are approaching your body. You see your face, you see the contours of the nose and you recognize that your molecule of air is going to be part of an inhalation that your body performs.

There is nothing to fear, you are perfectly fine. This has been done through all the years your body has been alive. Molecules of air have gone in and come out.

As the body continues to breathe, you find yourself at the opening of the nostril, and the inhalation begins. As the molecule of air is drawn into the body, you notice that the nose is quite interesting, not a smooth passage as you might have imagined, but a marvelous construction, a channel through which molecules can be passed. Up, up the nose you go, and as you near the top of the nose, you notice that, like most interesting rides, you're preparing to descend. It is as if all things are in slow motion for you. While you are inside your bubble of air you continue to breathe normally, but this body of yours is breathing in very slow motion. So instead of being moved rapidly, you are slowly and gently floating from the top of this nose channel. You look down and see that the passageway is lighted. You find that interesting. Just for your visit it is lighted. It is not necessary for it to be, however, this body has the ability to light all its passageways. This light that it sometimes uses can be helpful in healing. So when your nose feels funny, or when your throat feels strange, imagine, like you are seeing now, that the entire area is lighted with beautiful, beautiful light.

You can see off in the distance, down, down, the shimmering movement of air waves. It is as if the air itself is vibrating. You have come to appreciate the importance of vibration to this body, and now you are seeing that, even in the breathing, the vibration is unique. And down you begin to descend. You note the smoothness in places of the channel you are passing. You note areas where you direct particular light; these areas are areas where, perhaps, little guests are visiting. To some you wave to say hello, and other places you invite them to leave at the next exhalation.

As downward you travel you perhaps notice that the width of the channel is not quite what you might have thought it to be. It is closer together in parts, and further apart in parts, and smooth and even in parts. As you continue down in this slow-motion breath, you find yourself entering even smaller channels. These smaller channels seem to branch off in many, many paths, indicative of the many paths that one can choose in life. For your purposes, however, you allow this bubble of air you are in to pick a path. As it enters the smaller channel or branch, it too begins to narrow and separate into more and more paths. As you follow along, you notice blood vessels along these passageways—tiny, tiny little streaks. As you continue on down the paths, they get smaller and smaller, and you hear rushing. You hear air moving. You feel the vibration of pounding that is the heart. Just sit for a moment in your bubble and enjoy the rushing, and the pounding, and the vibrating that represent life itself.

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As you are enjoying the sounds and the rushings and the vibrations, you recognize that you have come to the end of your passageway. And up ahead, you see what appears to be like a subway tunnel. You notice that things are moving back and forth, and there are other molecules of air, also, like you. And you wait until the movement in the channel invites you to enter. And as you step into the channel, you recognize that you are now in the blood stream. This is the passageway throughout the body.

Allow your molecule of air to float throughout the body like it is on a river. And pick where your bloodstream will take you to. Go to those areas where you wish feeling to be. If you do not know them, then ask the molecule of air in the river, in the blood, to take you to interesting places. Make your observations, hear the sounds, see any sights, feel the healing. And when you've finished your trek out, travel back on the river to the lung and we will continue the journey. For now, proceed into the river and enjoy your trip. Stay focused on where you are.

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As you've returned in your bubble, in your molecule of air on the river, you enter the subway passageway again. You note all the things you have explored, some known to you, some you did not expect or did not know. And as you begin your passageway back up through the lungs, you marvel at the passageways and how easily the air moves. And you find yourself moving up into larger channels and you recognize the form—the body—is now beginning its exhalation.

And up, up you begin to travel, finally into the large passageway. Continuing up, to the crest of the nose, you see the outside just ahead of you. Taking just a moment to reflect upon your journey, and moving down the nose, and outside the nose, and as you look back on your form sitting there, you notice how much light there is about it. And as you reach, once more, the attendant, he helps you out of your molecule of air. And as if by magic, you find yourself getting larger, moving back, moving back, until you are settling into your form. Like putting on a glove, stretch your fingers and move your toes so that your mind once more knows it is a part of this form.

Make note of any communications you may have had, remember feelings and sounds you may have heard, the feel of the river...the experience itself of where you went, and what you did. Keep this in mind, make note of it, and know that you can always return into the form.

The world of doctors and healers and assistants have their place. They are like beautiful gifts that you have to use and to play with. They are tools and toys. But the imparting of the light inside the form, and the feeling of healing that it does—this is a part of you.

Exercise 3

Spinning

Your physical form, your sounds, and your breath all involve vibration. The entire universe involves movement and vibration. Your atoms, and particles smaller than atoms, are identified by movement. Movement is closely related to vibration, and through movement you can experience even more of your own vibration. This exercise involves the particular movement called spinning, or turning round. There have been many examples in our history of people who have done this, and children do this quite naturally. Even adults do it naturally when they dance. When you connect your movement with the larger concept of vibration, you are expanding yourself into more of who you are.

1. Stand comfortably with your arms hanging gently by your sides.
2. Exhale and let the torso relax completely.
3. Begin to spiral around in a gentle, natural flow. Your body knows how to do it. It is not about speed, but about flow.
4. Allow your eyes to be gently lowered.
5. Observe how your body feels. What state of being do you enter?

Suggestions for practice:

- Spinning is not to be forced, but a natural flow.
- If you spin one way and it is uncomfortable, or does not feel happy and connected, then change and spin the other direction.
- At first, spin only 2-3 times, and slowly build up to more.
- Spin your feet when you are sitting, your hands and your fingers and your eyes and your head. Each has a different pace or speed.
- Keep one foot anchored as you spin and revolve around it with the other foot. Can you feel your internal organs move slightly as you circle?

Exercise 4

Taking the spin within

1. Take 10 counting breaths (Exercise 1, part 2) where you inhale-hold-exhale-hold.
2. Once you complete 10 breaths, stand and do ten turns of your entire body. You can do more if you want to. Go as slowly as you need to.
3. When you have completed this lay on your back on the floor.
4. Allow the feeling of movement you have to connect with your breath. And as you breathe in, take this feeling inside.
5. And with your mind guiding the trip, begin to imagine the spin flowing through you. Your breath becomes like the rhythm of a boat traveling on waves. You can spin your hands, feet or eyes to help you maintain the feeling of the spinning motion.

And as you move inside on your breath, allow your breath to travel the same passageways it traveled in Exercise 3. Imagine this new movement, this spin, going around each part of your body, touching each cell. When you begin to experience their spin, you begin to experience their vibration. Allow yourself to breathe, softly and gently, and propel this magic boat, with this new spin, throughout your body. Travel on your breath to visit your body on a cellular level.

Exercise 5

Moving the Spin Into the Energy Fields

You have begun to look at breathing, and you have been practicing with its variations. Then you explored taking breathing inside your form, and traveling on your breath to visit your body on a cellular level. Then the importance of spin was explored. And then taking that spin within was explored. In Exercise 5, you will be combining these two—breath and spin—and allowing the energy centers of your body and the subtle fields around you to move in harmony.

1. Stand comfortably with your arms hanging gently by your sides.
2. Exhale and let the torso relax completely.
3. Take 10 counting breaths (Exercise 1, part 2) where you inhale-hold-exhale-hold.
4. Then begin to inhale and allow your torso to fill with air, then hold and exhale. Do this breath a few times, three times for example, until you are comfortable.
5. Then moving your body with eyes gently lowered begin to turn round as you are breathing, three times for example.
6. Afterwards sit down on the floor or in a chair and continue to breathe, and allow your hands and arms to go round and round, spinning.
7. Begin to feel your breath. Instead of its usual passage, you may feel as if you are breathing round and round you.
8. Next, lie down on the floor on your back.
9. Allow your eyes and hands to continue round and round, gently, while you are breathing.
10. You can also pull your feet up into the air and have them go round and round gently, if you so desire.
11. In your mind, begin to envision or feel the energy fields outside your body, the ones that extend across space and time.
12. Lastly, allow your mind to see off into the distance and imagine passageways are forming. And in those passageways, the sweetness of spirit is flowing and connecting to and through you.

Exercise 6

Preparing the head

From this exercise on, allow your breath to become you, and you to become the breath. The mind, then, will incorporate itself into the body and breath, and all will be unified. The power of one is what we're experiencing in these 24 little exercises.

Note: During Exercise 6 you will be placing your fingers in your mouth in order to massage the upper palate. You might want to wash your hands before beginning this exercise, or wear medical gloves.

1. Remove your glasses if necessary and sit in a comfortable position so your shoulders are relaxed.
2. Rest your consciousness on your neck, and slightly elongate the back of your neck so that the chin tucks slightly.
3. Lower the eyes, but do not close them.
4. Place your hands on your head so that your fingers are across your brow and your thumbs are at the corners of your eyes. You will notice a little notch in the bone at the corner of your eyes.
5. With your thumbs, gently press in and lift.
6. Then bring your thumbs to the inside corners of your eyes (by the bridge of the nose).
7. With your thumbs gently press in toward the nose and lift.
8. Next take your forefinger and thumb on either side of the nose.
9. As you're breathing, gently push in and lift up working down and then up the nose.
10. Next take the thumbs inside the mouth, just behind the upper teeth into the soft palate. Breathe as you massage the upper palate with your thumbs. Experiment with different points to see what is most comfortable.
11. Massage all inside the mouth, between the teeth and the cheeks, the gums, the tongue, in all areas of the mouth.
12. The neck and head are very relaxed while you are doing this, and the breath is natural and easy.
13. Once all massaging is done, relax and begin to breath. Notice the breath going into all the different passageways of your head.

Allow your breath to become you and you to become your breath.

Exercise 7

Combining Breath with Sound

You have prepared the head now for utilizing vibration or sound and breath. You have experienced the shifting energies, the cells in you are awakened, they are all spinning and present. You have prepared your energy fields to go beyond the body and to explore the form and substance around you. Now you are ready to combine sound with breath.

1. Continue to breathe as in Exercise 6 for 3 or 4 times. Completely inhaling and completely exhaling in a metered way—inhale-hold-exhale-hold.
2. Then as you begin to breathe, in your mind allow your breath to take substance. For example, imagine that what you are breathing is honeysuckle, or sparkles of lights like millions of tiny stars. Or you may imagine that what you are breathing is music and you may hear a melody being orchestrated just for you. You may give the substance you are breathing colors, like rainbows, or colored scarves. Your substance may be like fog, mist, or a flowing river. Whatever you choose is fine. And of course, you may change this or that.

And as you breathe begin to give substance to your breath so that in your mind you are beginning to see-feel-hear-taste-touch the substance of breath—the breath of you.

3. Then combine the sound and the breath so that as you are breathing you are making your sound. When the vibration meets the substance or form of the breath, it will unlock for you beautiful spaces where you can experience the swirling energies around you.

Allow your mind to let your imagined breath move inside your body, and see what occurs. This vibration allows your consciousness to be communicated with on a cellular level.

This exercise can take as long as you are comfortable.

Exercise 8

Embracing Your Form—Internal Massage

There are several parts to Exercise 8. First a basic level, and then a level where sound is added. For this exercise you will be enveloping your body, bringing it together and providing your energy centers an opportunity to contract in a relaxed state.

Part 1:

1. Lying on your back in a comfortable position. Your arms are alongside the body.
2. Begin to curl your neck forward until it curves into your chest. Do this only when your neck, shoulders and body are completely relaxed.
3. Once the head is curled as far forward as is comfortable, begin to lift the feet with the knees bent. Or you may place the feet in a chair and just curl the head forward and back.
4. Breathe rhythmically: inhale-hold-exhale-hold.
5. Allow the mind to realize the body embracing itself.

It is extremely important not to overpower the body, to force muscles in the stomach to contract. This exercise is not about overcoming, not about contracting, not about forcing. These conquering ways are the ways of the past. You are accommodating your embrace of the body through relaxation and cooperation, through meaningful, mindful attention one to the other.

As you do this exercise the feeling is one of beautiful animals dancing in the forest — or schools of fish as they sway back and forth just under the water so that what you are seeing is the breath and the moving of the body in concert.

Part 2:

1. Add the sound to your breathing.

Advanced:

As you lift the feet with the knees bent, you may begin to straighten the legs until they are at a 90 degree angle to the body. Only do this if the entire torso can remain relaxed.

This exercise massages all of the internal organs. It keeps them youthful. It also massages the endocrine system.

Exercise 9

Touching Your Form—External Massage

In Exercise 9 you incorporate the notion of touch into your experience. When you recognize the power in your hands, your breath, and your sound, and couple these with touch on the body, you have an opportunity for energy exchanges in the most unique way. Exercise 9 stimulates the outer form beginning to make preparation for the entry of the entire being into the vortex of time and space. You are preparing all of you: your sound, your breath, your spinning, your touching, your positioning, your embracing. All of these things are in preparation for moving into this vortex of time, space and energy.

In the course of this exercise, once you put your hands together, they will stay together the entire time. If they come apart then begin the exercise anew.

1. Prepare the hands to touch by stroking them. This is like waking up the energy in the hands, letting them know that they soon will be involved with a major function of theirs which is touching. Touch the outside and the inside of your hands.
2. When you have touched all areas of the hands, then you are ready to breathe into the hands. Hold the hands as if cupping water, and exhale your breath over the hands like you are blowing out a candle. Breathe over the entire surface of the hands, front and back.
3. You may also add vibration, your sound, to the hands by placing the hands on the jaw and cheeks with the index or little finger against the nose. Once the vibration is in your hands continue to the next step.
4. And when the hands are ready--only you will know when they are--allow the hands to touch parts of your body paying particular attention to the joints: the jaw, shoulders, elbows, wrists, knees, ankles, hips.
5. And as you touch, take one hand and allow it to go in circles up the body part you are touching, and then come straight down. For the wrists, you will go in circles. But for all other areas, circle up and then come straight down. Your hands know what to do, your mind does not need to direct the hands. Let the hands go where they will. It is with great reverence and gift-giving that the hands go on their journey over the body.
6. If the hands come apart then start again at the beginning of this exercise.

Exercise 9 is an excellent exercise to do before you bathe each day. It is a chance to stimulate all of the energy centers and the surface of your body to prepare it for bathing. You can even do this in the bath.

Exercise 10

Mind Voyage

With this exercise you explore the world outside your skin.

Closed Eye Process:

Find comfortable energy space in this place where you can lie on your back or be seated in the posture that you are most comfortable with. In this exercise we are going to explore the world outside your skin. Not the world that your eyes see, and your ears hear, but the real world of energy.

We are going to journey to the vortex, and we will be learning more about it. The term vortex simply means energy. The more you experience energy, the more you know of it. There's nothing like experience to be a fine teacher. Each of you has your life's story and drama, and in it you have concocted ways for energy to move and flow. We are stepping beyond the stories to an area where a new story arises in which you can begin to flow with this spinning energy.

And resting comfortably and thinking of the green mist and all the times it has visited you and shared energy with you. Allow yourself to become immersed in it. Feel it flowing over you and through you and within you. Know its peace and comfort. And continuing to breathe comfortably and relaxed. And taking a deep breath, allowing your form to fully relax so that all that you have accumulated in these experiences are present with you.

And relax. Recognizing that this place and this time is now the focus. Removing those things from yesterday and the day before, and so forth. Allowing only observation by the mind. As thoughts may come allow them to be placed elsewhere for safekeeping. And continuing to breathe and relax. Knowing that you are safely here in this place.

And imagining now that you are going down inside your chest area to your solar plexus. Imagining that as you arrive at this location, there is much activity behind you. But you have seen a door that leads to outside. And you are curious to see what will happen if this door is opened. As you observe the door ahead of you, you are noticing its shape and its size. Perhaps wondering at the material it's made of. Looking for a handle or latch that you might use to explore it even more. And knowing that all of the activity behind you is slowing down, becoming aware. And as the activity level continues to slow down and down and down, a silence descends upon you.

Your awareness is only of the door ahead of you. You know that somehow you have the hands that can open that door. Not only for your curiosity, but for all of those active ones who have fallen into silence behind you. And as you move forward toward the door you examine it and you find the handle or latch. And as you reach your hand out and touch the handle it moves smoothly in your hand, and you hear those behind you going, "Ahhhhhhhhhhh. . . ."

And as the door begins to open, you can feel the rush of energy. You can sense its vibration. You can begin to see the light of it. As the door comes more and more open, you recognize ahead of you a swirling mass of energy taking the shape of a cave. As you observe it take this form, you see a pathway lead from your doorway to the mouth of the cave. And as you step over the threshold onto the pathway, you hear those behind you go, "Ahhhhhhhh."

You move forward on the pathway to the mouth of the cave. As you come to the cave you can feel the coolness inside. You can hear the rush of energy, like wind blowing. You can smell the earth and the aliveness of this place. To your eyes there is darkness. And as you look at the mouth of the cave, you decide to step in. And as you lift your foot and place it inside the mouth of the cave, you hear all of those behind you go, "ahhhhhhhh. . . ohhhhhhhhhhhh."

And as your second foot crosses into the cave, like a miracle, there is a light ahead of you. You can see clearly. And as you begin to move forward towards the light you see in the distance that you have some encounters. In the stillness and quiet now, enjoy your experience as it awaits you.

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And as you reach the light, you hear those behind you go, “eeeeeeeeeeee.” As you turn and look back upon the path you have traveled. Whether you sensed the experience consciously or whether it is on another level, you allow the feelings of the experience to come to you now. Let the feelings wash over you. As if a cleansing is occurring in this place. You are now given a choice. Beyond the light is energy. Not sensors to perceive, but pure energy.

You are told by a voice at the light, “If you choose to go forward, you will step into energy, pure energy. You must decide if this is what you will do.” For those that have decided to step in, the ones behind are heard to say, “Wooooooooowwwwwwww.” Step into the energy if you desire.

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If fears come up, allow them to move away. The spinning cannot hurt you.

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And moving back through all the transformations you have experienced, and stepping back into the light at the end of the cave, and marveling at your wholeness. And allowing the experience, whether conscious to you or not, to simply be. And thanking the light and all of the experiences in the cave, moving slowly back toward the mouth of the cave.

Pausing for a moment at the mouth of the cave, and thanking all of the experience. And moving back along the path to the threshold and the doorway. And moving back across the threshold. And knowing that the door can be easily opened at any time. And deciding if you will return, if you wish the door to have a window, if you wish it to be open, if you wish it to close, if you wish it to lock. Whatever you wish of it. Seeing that come true.

And thanking all of those who fell into silence behind you. And listening to their activity continue and increase back up to working conditions. And coming back up, up, and back out. And settling back in the form. Returning your awareness to this place and this time. And pausing for a moment and reflecting on the nature of experience and what of it you might wish to hang on to.

And wiggling your fingers and your toes, coming fully present in this place. Thanking the green mist for accompanying your body in this experience. And slowly opening your eyes and recognizing that you are that which you have experienced.

Exercise 11

Opposition

In Exercise 11 we examine opposition—in the sense of compression and liberation. This exercise can be done sitting, lying, kneeling or standing.

1. Beginning by standing on the knees in a kneeling position, the toes are tucked under. If this is uncomfortable on the knees, then either sit or stand while doing this.
2. Bring the head forward, tucking chin to chest. Make sure the movement is not forced, but relaxed.
3. Then, as if in beautiful motion, allow the head to come back as the chest begins to open. The back is beginning to compress and the hands rest on the back of the legs, or the ankles, or the floor depending on how far back you choose to go.
4. Think freedom, open, open, freedom. As this is what you are doing to the chest and the heart.
5. And allow your neck and feet to push your torso up, so that instead of your body being flat, there is now a bridge or curvature in your spine, like a backbend.
6. And continue the movement, extending and opening, contracting and closing. Notice as the front of you opens, the back of you contracts or closes. And as the back opens, the front contracts.

This exercise is about the front of you and the back of you communicating with each other.

Exercise 12

Incorporating Energies

With Exercise 12 you begin to incorporate energies, the energy of direction. You spin to get the body moving, and then add the breath which connects the body-mind-spirit, and then the making of sound is stabilizing the form. The vibration connects mind-body-spirit with all that is.

1. Begin by standing in the direction that feels most comfortable.
2. Allow the body to begin to spin, and count the number of times that you spin around. Whatever that number is will be used in the rest of the process.
3. Once the spin has stopped, relax completely; allow the arms to hang loosely at the sides. The neck and shoulders relaxed.
4. Then apply the inhale-hold-exhale-hold breath for the same number of times that you spinned at the same time rolling the body forward and then back up.

For example, on the exhale allow your head to come forward, and on the inhale to come back. Continuing breathing, allow your entire form to come forward. Not forced, not with the goal of touching the floor, but as if you are curling in upon yourself. Just gently rolling forward. Maybe you only go as far as the head to the chest. Maybe the head goes all the way down to the floor. Let your body say where to sop. Then slowly begin to uncurl, unfold, come back and back. And when you reach the upright position, continue back, opening and releasing. Continue back as far as is comfortable.

5. After curling forward and back, remain in an upright position and make your sound the same number of times that you originally spinned.

Exercise 13

Sounding the Scale

In Exercise 13 we will be using sound. It may have been assumed by you that sound is something that originates inside of you; however, this is not the case. That is merely what your ears are perceiving, and is quite limited when we think of sound. In Exercise 13 we will be practicing making your sound starting from various points on the scale, allowing the ears to hear what they hear, and allowing the mind to observe what the body is feeling. The vibration in the body, incorporating the sound that the ears hear with the energy fields surrounding the body, will produce a feeling in the body. Each note on the scale has a different representation in the form. In Exercise 13 the challenge is to play with that experience.

1. You may use an instrument to play notes of the scale, or you may use notes of your own. You may find some sounds affect you when they are louder, softer, higher, lower, etc.
2. Go through the scale one time making your sound with the notes, and notice what you notice.

Exercise 14

Origin of Vibration

The use of sound and vibration is like a special kind of touch. It represents all the senses put together. This exercise covers the visual side of sound.

Note: With this closed-eye process, have soothing music playing in the background.

Closed-Eye Process:

Find a spot where you can hear the music that is playing and lie down on your back. Even when you think you are most relaxed, still your form is filled with vibration. It is the vibration of all time. It is the vibration of life itself. And it is that vibration that we will be experiencing on this occasion.

Allowing yourself to relax, and breathe comfortably and deeply, recognizing that all feeling and all thought have an origin. It is as if the universe itself were spinning into a tiny, single spot. And you have an awareness of just where that is. And as you allow your body and your mind, the sum total of you, to experience that spinning of the universe into a single spot, you find yourself being drawn into the spin. And as you are drawn into the spin, you are aware of the vibration. First, perhaps, as sound, but then as feeling. It is as if every cell of your body is being awakened. Every part of you, every corner of your mind, are being awakened by this new vibration.

Ever so gently, you find yourself in the spin of all things—moving toward that eternal spot where all things seem to be spinning toward. As you get closer to that spot, you notice an intensity of comfort and peace. You notice that the aliveness that you feel is emphasized in the comfort and peace of this spin. And your mind is rested and focused on the vibration. Thoughts that may come to you quickly drift away. They cannot keep up with the vibrating spin. And as you are drawn closer and closer to the spot, you recognize light. Not a kind of light that you see, but a light that you feel.

And as you spin, and spin, and enter the spot, you find yourself immersed in vibration: the creative center of you. Enjoy now, your visit to this eternal place. You have not to make vibration. You know that you *are* vibration. *You* are the creative. You know that you are.

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And now, as you find yourself totally present in this, open to the feelings that are here, recognizing that all simply are. Knowing that you are the one who can dress, and disguise, and mask, and liberate. These are your tools and toys for playing with this vibration.

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And knowing that this is your place. It is where you are. Always there for you to return. And allowing yourself to return your focus to this place. And looking off in the distance at the spinning universe. And knowing that the point in which all the spin seems to be focused is for you.

And allowing your form to come awake. Wiggling your toes and your fingers, and coming present fully here and now. Gently snuggle inside your form again. And feel the marvelous vibration of it. Even when at peace and at rest, it is in constant motion. It is the demonstration of life itself. And when you are ready, come up to a comfortable sitting position, being gentle with your eyes. And enjoying being in the joy that is you.

Allow yourself to recognize and address feelings when they come to you instead of requiring feelings to pass through your intellect (and its cause-effect reasoning, logic, etc.).

Allow yourself to begin to feel the difference between the 'not sounds'. They are vibrations used to tune your instrument.

Exercise 15

Know the Support of Hands and Feet

This exercise is coming to know the support of the hands and feet, and the play that they have for form, mind and spirit.

Begin lying on your stomach with your forehead touching the floor. Your hands are at about shoulder level. Your toes tucked or curled under. Relax and breathe for a moment and begin to spin your energy to help prepare for this exercise. When you are ready slowly move the forehead, nose and chin along the floor, lifting the face toward the ceiling.

Then coming back down, first the chin touches the floor, then nose and forehead. This completes one exercise. Do this 3 times, or 7, or 11 etc.

To add the element of breath to this movement, when you inhale begin to lift the face upward. Exhale as you come back to lie on the floor.

Do this movement the way your hands and feet teach you to do it. Your focus and your mind is not on what your head is doing. Your focus is on your hands and your feet. You are empowering them with the energy and the strength to allow them to demonstrate for you the important role they play in your manifestation.

Remember to do what feels good to you. Do not try to match some picture of what you think this should look like. Allow your body to do what it wishes.

To add an additional element to this, once you are in the posture, allow your hands to walk in towards your feet. Do not lock your knees. Allow the form to relax. If you are not to the point where your feet can be flat, do not force them to be flat. If you prefer to kneel that is fine too. Do at least 3 times. Add the breath to the movement so you inhale as you are coming up, and exhale as you are coming down.

Exercise 16

Breathing & Connecting

In this breathing exercise, you may sit or stand. First warm or energize your hands by rubbing them together. You may blow or exhale over your hands also to energize them. Once they are energized, place the hands over your ears as if to warm them. And then with the thumbs begin to massage the occipital ridge at the base of your skull in small circular movements. Continue to massage the head allowing your intuition to lead your movements, or you can think of it as allowing the cells in your head to direct your hands.

When you have finished, lower your hands and sit quietly. Feel the increased circulation in the top of your head. Feel a tingling in the top of your head, and then, as if there were a door allow the top of your head to literally open. Allow the breath to enter through the top of your head, as if you are pulling the air in, not only through your nostrils but through the top of your head as well. You can also imagine this as light, and as you inhale and exhale the light ebbs and flows until it covers every inch of your body.

Allow the breath to be slow and deep. During the space between the breaths, allow the light that has come from the top of your head to shimmer in the stillness of your form. And notice the comfort as you feel your body filled with this breath and this light.

This feeling, this peaceful, serene feeling, is the connection of breath to Energy Essence, which is what and who you truly are. And each time you reach and touch the top of your head with the warm, energy-stimulating tips of your fingers, and when you take a breath, you are inviting that connection to be renewed.

And after a moment, allow your eyes to gently open and see your world from this new connection. And then, being fully present in this place and at this time, take a moment in gratitude and appreciation for the knowing that you have.

Exercise 17

Finding the Balance of You

This exercise is about balance. Begin this exercise with a spin, 3, 7, or 11. At the conclusion of the spin stand quietly, breathe smoothly, until any dizziness is past. Gently put your body's weight on one foot by lifting the other leg so the knee is bent. If you want, you can bring your foot behind you as if to touch your posterior or bring your knee in front of you. You may lift your arms to give you some stability or hold onto a table or chair. The eyes can remain closed or softly focused.

Experiment with different spins, and different states. For example, use the other leg. Allow your body to begin to feel when its energies and its energy centers are stimulated by the spin. Allow your body to experience the internal feeling of balance.

After you have done several experiments, then begin to use your arms. For example, balance on one leg and one hand. Or one leg and two hands. Switch back and forth to experience as many different combinations as you can think of. You can even balance on your hands with your feet in the air.

Imagine the energy centers in your form, like a swirling vortex. Allow the spinning that you do to stimulate them to move in harmony and to synchronize their flow. And when you have them flowing, then shift your balance, which is your relationship to gravity and to the Earth itself.

You are allowing your "balancing center" to also begin to spin as you use these different postures. This will be a feeling that will come to you. It is not positioning that you are looking for, but the feeling of the shifting of balance and how it comes with the energy centers of your form.

Exercise 18

Balancing the Breath

Begin by doing your spin, and a short, one-footed balance. Allow yourself to begin to notice communication, and the flow of information between your mind and your body. Allow your mind to have its say and allow other parts of you to have their say.

In this exercise you may be seated or standing or lying. This is a breathing exercise that involves short, staccato-like rapid breaths.

1. Inhale slowly and hold. Then exhale in short bursts and hold. Repeat 2 times.
2. Inhale in short bursts, and hold. Then exhale slowly and hold. Repeat 2 times.
3. Inhale in short bursts, and hold. Then exhale in short bursts and hold. Repeat 2 times.
4. Inhale slowly, hold, exhale slowly hold.

These 4 parts, done 3 times each, equal one round. If you choose to you may do 3 rounds.

The object here is to fill your lungs in a relaxed state, hold, and then release the breath. This will allow you to achieve different states of being. This exercise is excellent for help people release attachments to substances like drinking, or drugs. These different ways of breathing open creative channels and states of relaxation. Ultimately it is possible to enter ecstasy through them.

Breathing represents the one thing that connects you with all things. It is the one thing that mind trusts will be done without its intervention. And because of that, breath provides great opportunity to explore connections of Mind-Body-Spirit.

Breath allows energy to move and flow back and forth across time and space.

Exercise 19

Reflection

Hopefully at this point in the exercises, there is a knowing on your part that you are much more than you are consciously aware of. You are much more than what your mind may be thinking, or telling you, or doing. By mind, we do not mean awareness. For example, 100% participation does not mean, “Was my mind present?” Mind can be present without your conscious awareness. Consciousness, especially sensory-based consciousness, is one of the more limited ways you have of being.

Take a moment and go into a space where you can reflect on your knowing.

Exercise 20

The Green Mist

The last four exercises are opportunities for bringing all that you have learned before to the present moment. These exercises will involve travel and imagination.

Review in your mind some of the exercises we have done and if a particular one comes to your mind, then do it. Perhaps part of another one will come to you. And do that one. And when you are ready, find a comfortable place in which to lie or sit for a guided visualization.

Now, it is important that you remain in an awake state. So if you feel yourself drifting away, as your mind will often attempt to do, then use your index finger and your thumb pressing against each other to allow your consciousness to return to its form. It is not necessary for your brain or your mind to be in an awake state, as that is not what we seek here. In these exercises we will be entering other possibilities. But for your conscious mind to leave would be not of benefit.

So, we begin by relaxing the body and the mind. And the first step in that is to breathe. Allow your mind to focus on your breathing. And as other thoughts may tend to come into your presence, allow them to become like beautiful clouds, knowing that you can see them, you can deal with them at some point, but for now they are clouds floating by.

As you begin to relax, remove any tight clothing from the neck or waist. And if you have tightness on your feet, these also may be loosened. If you feel your form may be cold or chilly then accommodate that by either in your mind allowing the warmth that you naturally generate to fill your form, or you may secure some sort of covering.

Now, imagine a green mist. Observe it in the center of the room. And because you can see beyond using your eyes, you watch its glow and its swirl as it moves round and round. And as you are watching you are allowing your mind to focus on your breathing. As you take deeper and deeper breathes, your mind begins to wonder what it would be like to breathe the green mist. What must that be? You know the comforting feeling as it touches your form; your body has experienced this. Allow your form to begin to feel the green mist and be immersed in it. And as your form is immersed in the green mist, it's touching, and tingling, and soothing, and relaxing you.

And as you imagine it covering your entire form, from the top of your head to the bottoms of your feet, you begin to breathe in the green mist. And what has been on the outside of you now moves to the inside of you. And as you imagine the green mist flowing through your nostrils and down into your lungs, and from there moving through your blood stream. You are truly in the green mist. As the blood carries the green mist, more and more of it enters until inside and outside; you are filled with the green mist, and the peace and relaxation that it offers. Coming from the energy of all, to be with you, you are feeling the blessings and the great love that it brings.

And as you are lying comfortably in the green mist, your mind travels to your Sanctuary. This is the place; this is the green mist of the mind. This is where the mind encounters the green mist, the peace, and love, and joy of all. And as you spend some time in the Sanctuary with your mind, allow your mind to travel around. See, and hear, and feel, and sense what is present, and who is present. Allow your mind to seek out and find a special vortex in your Sanctuary. And when you locate it, you may have friends with you who are watching it with you. But as you watch it spin and pulsate and glow in the distance, allow all the feelings to be present in your mind that the vortex evokes.

If you are experiencing resistance to moving closer to the vortex, allow those present, and the Sanctuary itself to work with you. When all resistance is satisfied, allow yourself to move closer and closer to the vortex. If resistance is encountered, allow it to be present and deal with it. For there is a knowing that somehow the longing that all feel, is for what is in the vortex. Notice the beautiful colors, all colors represented there, all sound represented there. The movement and the dance of the spin. And when you are ready, move into one of the outer arms and allow yourself to gently float in the spin of the vortex.

You have great cooperation if you do not like the speed of the spin. You have but to say so. Stay in this spinning place for a while until you are completely a part of it, so relaxed and so comfortable is it. Allow yourself to be until you are part of the spin. And the spin is you.

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And knowing that your time and journey here is now complete, recognizing that you must step out of the spin and return once more to the metaphor of now. But thanking the vortex for representing to you all that it does.

Coming back through your Sanctuary and back to this place. And finding yourselves back in this place, and noticing the green mist beginning to recede. With each exhale you can see it leaving your form, leaving behind great healing and peace. Your head is relaxed, your neck. Down it shimmers across your shoulders and your back, your hands, and arms. Down your torso past your hips, your legs, and knees. Your calves, into your ankles. Lingering for a moment at your feet. And then forming once more a tiny dot in this space.

And as you come fully back here in this place at this time, knowing that you have accomplished that which you wanted. And feeling refreshed and renewed

Exercise 21

Seeing and Hearing the Vortex

Now, for this exercise, you will once again be positioning yourself in a restful state. This time before you begin, before we begin, we would ask that you once more call forward in the quiet stillness of you, any exercise that has gone before that seems to be present for you to follow through with it as you are doing in those times, even when we are not together. Call forward any that may be present now, and allow them to be with you and facilitate you in the preliminary stages of this process. Then positioning yourself a spot of energy, “feel rightness” in this place, in great comfort, we begin by relaxing the body.

It is a natural state for the body. And the body easily falls into and adjusts to relaxing. Imagining now that the green mist once more is beginning to emanate from a central point in this place. And as it spirals outward ever extending its reach, it reaches you and your form and covers you completely. As you feel it enveloping you, you appreciate the peace and the comfort and the relaxation that it brings. And allowing yourself to begin taking deep breaths. Slowly inhaling and exhaling at the rhythm of your body... not artificially imposed, but body’s own rhythm. You find yourself once more deeply inhaling and breathing in the green mist. And just as it has comforted you on the outside, on the inside there is also relaxation. And you begin to recognize excitement as part of comfort and relaxation. The tingling of anticipation and the joy of exploration, all of these feelings seem to be part of what the green mist is bringing you both from its outer embrace and its inner embrace.

And as you continue to breathe in the green mist allowing it to fill you, you find yourself once more through your mind’s eye, looking at the vortex. And as you watch it spiraling round and round and round, you remember what it was like to step into the spiral. And as you once more float into the spiral and begin going round, recognizing that you control its speed and its movement.

This time, not only are you seeing the vortex, you are hearing the vortex. And as you listen for the sound of the vortex and feel it moving you round and round, you allow the sound to carry you with it. And in the silence that follows, allow the sound to carry you round and round.

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Whatever you experience in the spiraling round, allow the experience to be. For you have all that you need to be. And in the end what else is there?

And imagining yourself floating back up and stepping outside the vortex, and watching its colors and listening to its sound, and recognizing that still more adventure is to be had here. You find yourself returning once more to the form and feeling the comfort of the body once again. Bringing your attention to the green mist and observing as it, in its loving, gentle way, exits through your exhalation and quickly moves away from your body to once more find its home.

And recognizing that once again the adventure with the green mist is yours. And wiggling your fingers and toes and recognizing you are well and safe and truly all that is. And bringing your attention awake, and being gentle with your form.

Exercise 22

Touching the Vortex

Make sure you have removed tight constrictions and that your form is comfortable and warm. And relaxing, recognizing the peace and calm and yet excitement that all meld together in this thing called “relax.” And focusing your mind on breathing, breathing comfortable and deeply and not with the mind in charge of when you breathe and when you exhale. Just allowing your form to breathe, and your mind to be the observer of the breathing. And as you continue breathing and relaxing, imagine the green mist again coming from its point in this place and beginning to spiral outward every so gently...and ever so beautifully until it totally covers your form. You find yourself embraced and wrapped by the green mist. You notice, as you breathe deeply, that the green mist comes inside your form filling every part of you with its comfort and its peace. All the way down to your toes, each cell is greeting the green mist.

And as your form is comfortable and relaxed and you are breathing comfortably, you find yourself again at the vortex. This time as you move into the outer reaches of the vortex, you discover that your skin is like an invisible boundary providing no boundary at all. And the spiral of the vortex becomes part of you. As you are touching it with your skin, it is touching you. Every cell of your body is being touched. And as you comfortably relax in the vortex as it goes round and round, allow your sense of touching and being touched to be.

Just imagine that your entire form breaks up into a million tiny cells. And each cell is playing tag or some other beautiful game with the spinning of the vortex.

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And as each part of you enjoys the interaction with the vortex, the sense of touching and being touched is enhanced.

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Until touching and being touched are one.

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So that the integrity of each cell is not kept intact by a boundary, but by a non-boundary.

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And in this beautiful playground you are experiencing —you.

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And knowing that the vortex is always, and forever. And that you and all your parts and cells come back together to be in this place. It is like the gathering of Self, or the re-gathering of Self.

And putting your attention here, imagining the green mist now as it begins to recede. As you exhale it leaves the inside of your form, and you watch as it spirals back into its place, knowing that you can always experience it again.

And wiggling your fingers and wiggling your toes, bringing your consciousness here for another beautiful, wonderful day as you are becoming. And being gentle with your eyes. And returning for your day.

When we say, “Allow any exercises that may be present for you,” it is important to note, not only for you but for others who may participate in these 24 Little Exercises, that your mind may at times make assumptions that the exercise that is present for you is one that you may wish to work on, or one that you may need some additional

training in, etc. Do not accept offhand the mind's explanation for anything in life. As the mind has its own perspective and its own agenda in so doing. It may in fact be that the exercise that is present for you is like in the pot of boiling water, so joyously jumping and bouncing around that one bubble just comes to the top and spills over. So begin to think when your mind has explanations or points of view, begin to think things that might be quite opposite. This truly is possibility thinking.

Exercise 23

Tasting and Smelling the Vortex

Resting comfortably once again. This time your body already knows what's in store. Your mind is already beginning to focus on breathing, and in observing how easily and how smoothly the breath comes in and goes out. How rhythmical and how in tune with all things the breathing is. And how peaceful and comfortable the body is. And from this position of comfort, all tension having vanished, having stepped aside so you could experience this time and this place. And as you are comfortable in your position you recognize the green mist as it begins its journey from its central point. And as you observe it moving round and round and coming out and about, you notice that it soon comes to you, to your position, and wraps you and embraces you in its comfort and its peace. Its wholeness and completeness surround you and fill you with feeling. And as you observe yourself breathing the green mist, you feel it coming inside you. You feel it embracing you. You feel it comforting you. And as it spreads inward you find it touching each cell of your body. Each cell, each part of you, is bathed and embraced by the green mist.

And from this position of comfort and peace, you find yourself once more at the vortex. You have seen it, you have heard it, and you have felt it. And on this occasion it will be yours to taste and smell it. These two powerful ways of knowing need not be limitations for you. What you may have heard about limited range of taste and smell do not apply here, for when you step into this vortex these sensations will be magnificent.

And as you move gently into the outer arms of the spinning vortex, you are embraced by it. You are cradled in its spin. And as you begin to taste and smell the vortex, you recognize that while you thought these two senses were located only in your head, that in fact, each part of your self is tasting and smelling the vortex. The fragrance and taste are being experienced by every cell of you. By your body, by your mind, by your spirit. Move now into the vortex and experience.

§ § §

And as you complete your non-destined journey, find yourself knowing the taste and fragrance or smell of the vortex without your mind being involved, without needing your mind to be involved. And as you return once more to the outer spin of the vortex, returning to the form here, bringing with you all that you have experienced. Allowing all that you have experienced to be absorbed into your being.

And allowing your mind to once more notice the green mist. As you once more deeply inhale and exhale, you notice the green mist receding as it gently moves away and returns to its vortex, its point in this place. Recognizing that it is always with you, even when your mind sees it not.

And wiggling your fingers, and wiggling your toes, come gently awake, fully present in your form, renewed, alive, filled with all that you have experienced. Allow your eyes to become accustomed to this place. Recognizing that where you have been is like home to you.

Exercise 24

Becoming the Vortex

And, as you are resting comfortably, your body is warm and at peace. The cares and concerns of your days are set aside for this time. The cares and concerns tend to separate you from that which you seek to rejoin. And as you are resting and noticing the green mist beginning to radiate from its central point in this place. And as it spirals outward in ever-increasing amounts. It reaches you and envelopes your form, embracing you, and comforting you. And as you begin to breathe deeply, you find the green mist filling you. Each cell of your body is touched and embraced by the green mist. And as you are resting, enjoying the comfort and peace of the green mist, your mind is focused only on the breathing and noticing how comfortable and peaceful you are.

Once again you will visit the vortex. This time you know it with all your senses. This time as you reach the vortex you know what it looks like. You know what it sounds like. You know what it feels like. You know what it smells and tastes like. This time you will become the vortex.

As you watch it spin, seemingly separate from you, knowing that soon you will rejoin that which you are of. You notice its beauty and peace. Any resistance that steps forward, assign the resistance an exercise to do until you return. If fear is present assign it exercise #7. If curiosity is present, assign it exercise #13. If confusion is present, assign it exercise #19. When all things that present themselves to you have been given an assignment, you are ready for your coming home.

And as you move into the vortex knowing that nothing is lost, there is only becoming. Be for this time that which you are.

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All of this is yours. There is no time and place. There only is.

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It is this coming home that all seek.

Now you can truly show them the way.

And never having to leave the vortex again, it is you. It is like love. It is always of you. Even when you are focused through your eyes and seeming to be so separate, you have but to remember the vortex for it is all. All time. All place. All substance.

You have but to let your mind remember and focus.

And bringing your awareness back here to this place, and realizing the beauty of the green mist. And recognizing that it is a way of paving the road to the rejoining, the coming home. And thanking the green mist for it represents the energies of all.

And watching as the green mist begins to leave as you exhale, and begins to slowly move into the spiral that is its vortex. And even though it is not visible to your eyes, it is always, always visible to your heart. And bringing your awareness fully to this place. And wiggling your fingers and wiggling your toes. Feel your form. Be gentle with your eyes.