

## Meditation basics (addendum)

Let's **start** with posture and breathing...

Sit in the **meditative posture** depicted in the image.



**Close** your **eyes**.



After seating relaxed for two minutes, lift your **left arm** and start a simple **pranayama** rhythm.



Begin performing **inhaling** and **exhaling** through each **nasal passage** using also the two fingers of your left hand (the **thumb** & the **ring** finger), to close and release the breath in the nasal passages or to **block** and **release** prana stream...

-Take your **ring finger** and gently close the **right** nasal passage.

-Then **inhale** and take a deep breathe through your **left** nasal passage.

You do **not** have to count in numbers or something similar; just take the **breath** most naturally into your **left nasal passage**.

In other words, the **inhale** should not be too short and not too long either. The breathing process has to have the most natural rhythm that **mostly** fits your body.

When you had **inhaled** to a point that you naturally feel is enough for you, **hold** your breath for a **second**, and with **synchronicity** close your **left** nasal passage using your thumb finger and remove your ring finger from your right nasal passage so you can **exhale** through it.

Then **gently** exhale through your **right** nasal passage.

**Exhale** only to the point that mostly fits your body and don't make it too short or too long. Only to a point that mostly fits your body.

When you had **exhaled**, gently **inhale** through the same (right) nasal passage and when you feel that you smoothly inhaled enough, hold your breath for a second, **close** your right nasal passage with your ring finger and remove the thumb finger and gently exhale through the **left nasal passage**.

When you had **exhaled** enough you gently inhale through the same nasal passage, hold your breath one second, remove your **ring finger** and exhale through your right nasal passage blocking the left nasal passage with your thumb finger.

Follow the same rhythm for **five** minutes.



Once again:

- You block your right nasal passage.
- You inhale through your left nasal passage.
- When you feel that you have inhaled enough hold your breath for a second.
- You unblock the right nasal passage and begin to exhale through it and in the same time you block the left nasal passage not allowing the prana to return back where it came from.
- After exhaling through your right nasal passage you inhale through the same you hold the breath for a second, block the right nasal passage, unblock the left and exhale through it.
- After exhaling again through your left nasal passage, you hold your breath for a second, you do the blocking and unblocking and exhaling through the right nasal passage.



Just maintain this **pranayama rhythm** for five minutes and it will take you into the **deep**. It's very simple and everyone can do it. I **use** this from time to time and it works **great**.

The **breathing** has to be done in a most natural way that best fits your body. It does not matter if one time your breath is little shorter or longer from the other time, since your body fits the breathing rhythm. Your body **talks** to you and you just have to listen what it's telling to you.

When you **align** your breath with your body and your state of consciousness you will feel the equilibrium the balance between your existence and what is around you.

Breathing in this way, will bring you more **oxygen** in your blood and also more prana in your right and left hemisphere. It will disintegrate the tension, the stress, it will calm down the thoughts and it will send you to the deep.

**Let's go on...**

After breathing in this rhythm for five minutes, stop and return your hands to the **previous** posture.

Remain still as a rock. Just stop the time in yourself and become ultimate static being.

**Now**...focus on your physical body.

Try to **feel** how your body is starting to breath through your **skin** and your **forehead**.

Try to feel how your body is starting to **pulsate**.



You feel that you do not use your **nose** anymore, but your being inhales vital energy directly through your skin and exhales through your forehead.

**Everything vibrates, pulsates, contracts and expands; even our energy field vibrates and pulsates according to our breath and our state of consciousness.**

Everything flows with energy, it is one **giant ocean** of energy, and we are **part** of it.

The **important part** is that you have to maintain control of your thoughts. You have to stay focused on the breathing and on **nothing more**. It will probably be hard in the beginning but very soon you will get use to.

**Tune** your consciousness into this new breathing process, become one with vital energy **inhaling** through your **body's skin**, and **exhaling**

only through the area of your **forehead**.



Do this another five minutes or so. **Then stop**.

Just freeze everything. Stop thinking and **sink** as deep as possible.

Just become **one** with the flow of energy all around you. Feel how it flows everywhere, how it passes by you and through you. Just like air.

Now apply the **Stiros** part of the meditation:

Sink **deep** and find Love in your heart and become **ONE** with **Love**.

Feel completely charged with that **Life Force**.

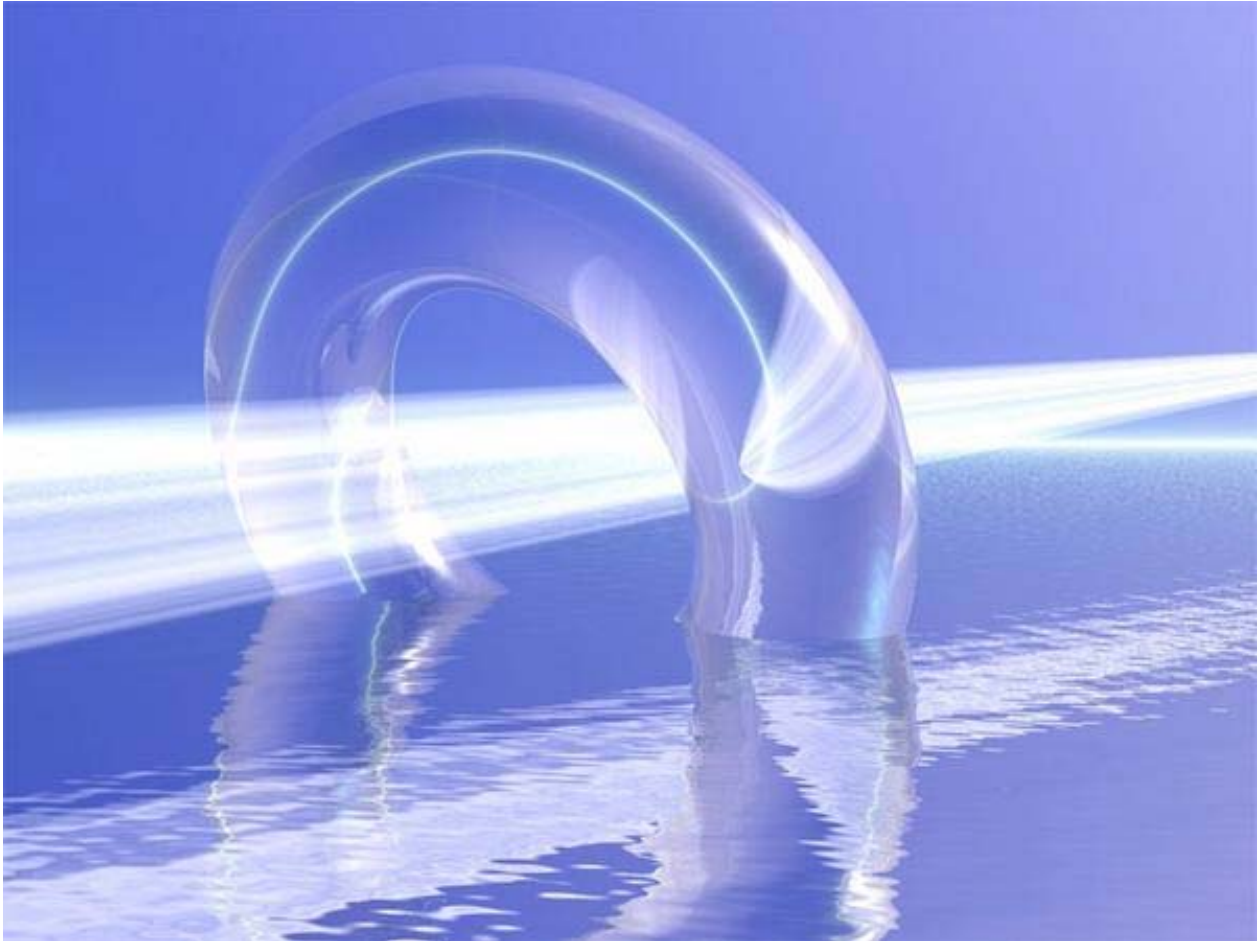
**Visualize** the "energy ball" between your **palms**, but instead of the ball you have the "**symbolic planet Earth**".

Visualize that you open a big **funnel** above your head and let the life force (**divine cosmic light**) flow into the funnel (crown chakra), through your arms and out through your palms into the "**symbolic planet Earth**".



Radiate the planet with: “**LOVE** and **LIGHT** to **EVERYTHING**”.

**Feel** how **millions** of others are doing the same and how our planet is swimming in the beautiful **Bluish-White Light** of **Energy**.



Feel the **connection** between every **meditant** around the world and how all this is becoming one powerful field of **positive** energy.

Inside your **consciousness**, program the output energy as only useful for healing and reparation purposes and nothing more. **Program** the energy that you send out to be secure from any misuse and only to serve as instrument of Light.

Think of something that is most **precious** in your life. Something that happened **before** and that means so **much** to you. Bring it out. It will bring the right **emotional** charge when you think of it.



Feel it **inside** in every atom of your inner being. See it how your **chest** starts to **shine** and you use your will to send this above towards the **Earth Atmosphere**.

Extend this **light** around the whole **planet** and feel the same emotions recalling the event that meant so much to you. **Remember** the time when you felt happy, safe and secure and when you were full of life.

**Radiate** the planet with this **emotional** charge for the next 20 minutes and visualize everything returning to a **balance, a reality of harmony, peace, friendship and prosperity**.

Imagine world without weapons, destruction and violence. **Visualize** that we are growing as a **race** and we are learning our first steps to an ancient science and the science that is well known in the **Universe**.

In short, this can be performed even from **start of February**. We just

need to agree on the starting hour of the day.



I hope **PhieldPiper** has some music ready and if not, I will ask him to provide a file or more files, so we can give him a feedback on which one suits best for most.

My target in this **beginning** stage is to be a hour melody of **emotional** music. But my friend is the expert in the **audio** part so I live this to him. We can comment what he provides and give him a feedback how

it feels like.

We can start doing this...and we will progress as we go and add new elements as we go.



Let's do it...  
Astarwalker

