

Soul-Fullness Meditation

- **Posture:** Sit in a comfortable position, spine straight, chest out, shoulders relaxed, chin parallel to the floor.
- **Double Breath:** Inhale through the nostrils – a short breath, then a long breath. Tense the body and hold. Exhale through the mouth and nose simultaneously – a short breath, then a long breath. Release all tension in the body. Do this two or three times.
- **Even Count Breathing:** Inhale for a count of eight, hold the breath for that same count, and then exhale for that same count. Adjust the count as needed for comfort. Do this six to twelve times.
- **Watching the Breath:** Focus your awareness on the inhalation and exhalation of each breath. Make no attempt to control the breath in any way. Simply observe the natural flow. Try physically to feel the breath as it passes in and out of the nostrils. With each inhalation inwardly say, “Hong” and with each exhalation, “Sau”. Practice for five to twenty minutes. Hong-Sau is Sanskrit for “I Am He”.
- **Visualization:** Visualize your heart’s feelings as a boundless lake. See reflected in that lake the full moon and the expansive sky above. Ripples in the lake’s surface disturb that reflection.

Calm that movement by seeking at the center of every ripple the undistorted reflection of the moon above. The calmer your lake of feeling, the more clearly will love and devotion appear, reflected, in the heart. Love is the very essence of reality.

- **Silence:** Absorb & enjoy a few minutes of inner peace.
- **End with an Affirmation:** “From pools of inner silence, I sip the sparkling waters of Thy peace.”