

Beyond Gravity: Lightness of Being journey: (of unknown origin)

Sit comfortably, eyes closed or lowered partially. Shift your attention down from your head into the area of your heart.

Take a few deep breaths. Follow your breath into your chest. Then imagine your breath beginning to spread through your body...into your belly, radiating into your arms and hands, into your pelvis and down your legs, into your feet. Despite your exhalations, air continues to fill your body with each inhalation.

As your breath fills your body you are becoming lighter. With each breath you become lighter still. Imagine yourself beginning to lift slightly. Eventually you are able to float, lying backward as though in a warm pool of water supporting you.

With continued breaths imagine your heaviness keeps lessening. You are becoming unbound, You begin to rise from the water supported by the air itself, free and feather-like. Like a soaring bird of prey, rise with the thermals seeking an ever widening view. Feel the growing liberation of this untethered, unfettered state.

Now, With your next breaths, imagine yourself leaving your body, your Earth-suit, while it still safely floats. Your awareness expands beyond body confines, the shackles of thoughts, desires, and illusions and your attention becomes limitless spreading through the cosmos. In Sanskrit, the word Atman, which is your essential self, perhaps your soul, also means that which has no bounds. You are getting a glimpse of this unbounded Self, this pure existence, pure consciousness beyond the confines of body and mind. Feel the freedom, the deep belonging, the connection to all that is...allow your Self this liberation for the next _____ minutes so you'll remember. I'll let you know when that time period is completed.

.....

Slowly and reverently return to your floating body, which has been waiting devotedly for your return. Carefully re-enter your body and when you feel fully reintegrated, gradually and gently surrender to earth's loving gravity. Let this gravity guide you to your place in your room, your chair.

When you feel settled, open your eyes, knowing that you are pure existence, pure consciousness, and that in your Self you are enough as you are. Expansiveness, not limitation, is your deepest truth.