

Central Channel Meditation

The Fire Breath is great to do in conjunction with this meditation in times of great stress.

1. Sit or stand in a comfortable position.
2. Breathe in and out through your nose. On the in breath bring your awareness into the center deep inside of you. On the out breath just relax and breathe out, opening the space to drop deeper on the in breath.

You will feel that space inside you as a peaceful space, possibly large, dark, cavernous, safe.

3. From that place allow a root to unfurl from the base or root chakra (the perineum between the genitals and anus) down, down, down into the earth as far as it wants to go. This root can look or feel like a tubular carrot with little hair roots moving out from it or it could look like tree roots, all spread out. Whatever it looks like, just remember that the roots are hollow like a straw and that the body pulses nourishment up from the earth through the roots just like we drink from a straw.

4. With each inhale draw the nourishment and energy up from the earth. On the exhale just relax and release. With each inhale bring that beautiful earth energy up, up, up, filling up the pelvic bowl, the torso, the organs, the extremities, the neck and the head. Fill the whole body with earth energy. On each exhale just relax and breathe out.

5. When you perceive that the body is filled with earth energy, imagine a tubular cord reaching up from where you had your soft spot as a baby on top of your head, up, up, up, as far into the heavens as you go.

6. On the next inhale draw the energy down through this cord and into the top of the head. On the exhale relax and release the breath. On each inhale draw that energy of the heavens down, down, down, into the body, filling the body, mingling the heaven energy with the earth energy. Breathe down the sublime energy of the heavens until you sense that your whole body is filled with the earth and heaven energy intermingled in your whole body.

7. Finally, inhale and draw energy down, down, down, from the heavens on the inhale, and relaxing on the exhale until you breathe the heaven energy through the body and down through the roots into the earth. Then breathe the energy of the earth up, up, up, until you breathe the earth energy up to the heavens.

Now you have informed the heavens of the earth energy and the earth of the energy of the heavens. What a gift. What a gift you are. Mahalo.

Cynthia Mellon