

ABSORB THE SENSES IN YOUR HEART

Stage 1 - (15 min.)

Sitting with closed eyes, start imagining that you are slowly unscrewing your head. Use the imagination. Energy follows imagination. Then focus on your heart center. Listen to the music from your heart center - feel the music. Absorb the music in your heart. You can gently sway side to side.

Stage 2 - (15 min.)

Touch! Close your eyes, touch anything. Touch your beloved, or lover, child, or friend or tree or just touch the earth. Feel a communication from your heart to the earth or to your beloved. Feel the warmth in your hands. This warmth comes from the heart. It can never come from the head, cause the head is always cold, calculative. The heart is warm. The heart always feels how to give more.

Stage 3 - (15 min.)

Dancing softly. Allow the energy to move to the navel.

Stage 4 - (15 min.)

Sit or lie in silence - until the sound of the gong.