

## EXPAND IN ALL DIRECTIONS

### **Stage 1 - (10 min.)**

Sit with eyes closed, feeling yourself dissolving the walls and boundaries you have created around you, feeling that life is insecure and unknown, always changing and unpredictable, that death comes to us all, knowing that "insecurity is freedom".

Take these feelings inside.

### **Stage 2 - (10 min.)**

Stand and with eyes closed allow the feeling of expansion to come, moving the arms softly as you feel to. Beginning in the heart and pervading all directions, as if standing under the open sky, in the wind and the rain, part of the vastness of existence. Feel the aliveness that comes when the boundaries are gone. You begin in the heart and end nowhere.

### **Stage 3 - (20 min.)**

Dancing feeling yourself pervading everywhere. That there is no point at which you end, You simply begin in the heart and end nowhere. You have a center and no periphery, The periphery goes on expanding - on and on. The whole space is surrounded by it, stars move in it, earths are born and dissolve, planets arise and set. The whole cosmos becomes your periphery.

### **Stage 4 - (20min.)**

Sit or lie and still moving in the inner vastness.