

Meditation Magic by Anami

Meditation Magic

A Course
in Freedom
and Dreaming

"I am tickled, inspired, and moved
by the heart and clarity that speaks
through the wisdom in these pages.
A real gift."

—Alan Cohen, author of *The
Dragon Doesn't Live Here Anymore*

by Anami

Beyond Books

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Effort is no Ecstasy.

Ecstasy is no Effort.

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Breathing Techniques

There is tremendous power in breathing techniques that entrain your thought waves to the slow, healing rhythms of natural breathing. This gradually awakens awareness. The reason: a conscious, gentle breath is always grounded in the present moment—the place of spiritual power.

**Every time your mind follows your breath,
you heal the past by returning to the present.**

These techniques are safe from unbalanced activation of the kundalini. They are useless, however, unless the person discovers the Source of breath—the person breathing. All good techniques dissolve as you integrate. You become  one holy breath.

Associate every spiritual exercise with bliss. This conditions the mind to look forward to repeating the exercises. You may just be pretending to be blissful in the beginning, but eventually, with every in-breath you will draw the kundalini up into actual bliss. Try the following techniques while walking, sitting, and lying down on your back in the corpse pose (see  wizard rest).

Belly Breath (CD 1) Put your attention on the gentle up-and-down movement of your stomach. Do not think about your belly moving, simply feel, feel, feel it move. This will ground you. When you feel sleepy or need more energy to concentrate, breathe deeper by filling your belly up like a beach ball on every inhalation.

Alternate Nostril Breath (Explained on CD 1)

Energy Breath (CD 2) On every exhalation, simply relax your energy down into the stomach or the root chakra. With every in-breath, breathe in more love-energy up into the heart chakra.

You can increase the depth of your breath by 5-20% if you like, but be careful not to shift the emphasis onto the physical level. The objective is to shift from breath to energy, then to light.

Conscious Breath (CD 2) Follow the movement of the breath with your deep inward attention. When you connect the inhalation to the exhalation, and the exhalation to the inhalation, you build a bridge between the inner breath (the prana/kundalini) and the outer breath (the respiratory system). Blissful? Yes!

Kundalini Breathing (CD 3) Bring your attention to the inner movement of your breath as it moves up and down your body. At first, the range of motion might be from the bottom of your feet up to the belly. As you become more relaxed and focused, allow your attention to gradually move up to the heart chakra. Your attention might then range from the belly to the heart.

When you are very focused in the lower chakras, then you will no longer need to *imagine* being connected to the inner breath (prana). The kundalini will actually rise with every inhalation.

Now bring the range of your inner attention from the heart to the throat, then from the throat to the nostrils. Finally, as light begins entering your inner vision, focus only on the in- and outflow of the breath through the nostrils. Feel the gentle, subtle sensations of air flowing evenly through both nostrils.

When the light becomes bright, simply let go of the breath and merge with the light. By doing this, you have shifted octaves from breath into prana, then from prana into light.

Bubble Breath (CD 4) With every in-breath, increase the size of your auric bubble. On every exhalation, simply relax into love and peace. Gradually, imagine that your bubble encompasses all your friends, relatives, and especially the people with whom there exists tension. Finally, let your bubble encompass the whole universe and all your  multidimensional realities. This technique is powerful only if you have mastered Kundalini Breathing.

One Holy Breath (CD 5, Week 38) In one breath you can alchemize any stuck state into immense ecstasy and clarity.

Listening Breath (CD 5) With all your attention, listen to the sound of your breath. When you enter light, shift your attention from your breath to the music of the spheres (Week 43).

Occasionally, add the affirmation “soham” as a reminder to become one with everything you see, touch, or think about. (See  unity.) Soham means “I am That” in Sanskrit, and also approximates the sound actually made by the breath.

“So” sounds similar to the inhalation, while “hām” sounds similar to the exhalation. If you reverse the order, it becomes “hamsa,” which means swan, or a soul liberated beyond the mind.

*There is no magic pill
that can take away your every ill.*

*We are as healthy as our spine is supple,
our intestinal tract is clean, and our thoughts pure.*

Light Diet

Pills change symptoms, but leave your limited thoughts (the cause) untouched. Therefore:

Emphasize what thoughts you are digesting.

Thoughts have greater impact on your body than unhealthy foods. The reason: while your body eats only a few times a day, your body continuously digests your perceptions of reality.

If you want to accelerate your awakening into light, try an enzyme-rich vegetarian diet: fresh fruits and nourishing foods such as alfalfa sprouts, vegetables, tofu, etc. Eat as few mucoid-producing (acid) foods as possible (yeasted bread, cake, dairy, meat, fish, fowl, eggs, coffee, alcohol, sugar, chocolate, soft drinks, etc.).

A gradual approach to diet change is sensible. Investigate balanced nutrition. Buy organic—you're worth it! Eat foods that nourish you on all levels. Avoid being self-critical about eating unhealthy foods once in a while. "Eat to live, not live to eat."

Eat when hungry. Drink your food. Chew your liquids.

Chew your foods until they become liquids. Sip your liquids until they reach body temperature. Love your body as your Self.

Fast Tract

If you want to accelerate your healing, the small-intestine and colon must be cleansed. Every time you eat acid-foods, the body produces a mucous film in the gastrointestinal tract to protect itself. Acid foods also require more time to move through the body, causing gas and dis-ease. Years of poor eating habits creates a thick mucoid lining which interferes with the absorption of nutrients. Decades of unhealed emotions can remain stored in this layer of thick goo (as well as worms and parasites).

As a result, most people are nutrient-starved despite eating huge amounts of food. A  light diet acts as a slow and gentle cleanse to your system. Sometimes even changing to a healthier diet cannot help if the tract is lined with thick mucoid.

The body has an amazing capacity to heal itself—as long as we do our part by doing some sort of a cleanse. Then the body returns to a vibrant state, and energy easily ascends the chakras.

I recommend a cleansing program developed by Dr. Richard Anderson. He dedicated his life to creating a complete, easy-to-follow program that slowly cleanses while keeping hunger at bay. I suggest that you follow his program with a friend so that you have someone to discuss the various stages. His products and book (*Cleanse and Purify Thyself*) can be ordered through: Arise & Shine, Box 1439, Mt. Shasta, CA 96067, telephone 1-800-688-2444.

In the World

Before meditation, go for a short walk. Feel tall and keep your eye focus at the horizon. With every exhalation, relax down into your body. Feel as if you are being pulled to earth by a powerful but pleasant magnetic pull. More than ever before, relax your jaw and every area of your head.

Notice that when your eye focus drops below the horizon that you are drifting into an unconscious dream state (the unhealed “past”). When your eye focus moves above the horizon notice that you may be thinking about the future (the “past” finding a way to resolve itself in the “future” via the creative process).

Keep relaxing and finding ways of enjoying each breath and opening your heart. If you do not feel this divine pleasure, know that you are only one breath away from finding It.

Walk just long enough to feel energized. Walk close to your home or vehicle so that you can enter meditation exactly at the right moment—when you feel a powerful wave of bliss or grace.

Consciously breathe at least five to twenty percent deeper than normal. When you find yourself not breathing deeper, realize that you are daydreaming. When you daydream, you have a hazy connection with both the subconscious (the past) and the conscious (the present). Breathe as deeply as you need to remain fully alert. As your inner connection deepens, breathe less deeply.

In Rest

Lie down on your back in a symmetrical position: position the left and right sides of your body the same. This position facilitates the balancing of the left and right hemispheres of the brain. If you have lower back problems, you may want to bend your knees so that your feet and lower back are flat on the floor.

Rest your hands on your belly and feel the belly move up as you inhale and down as you exhale. (See 🌀breathing techniques; also explained on “Meditate: CD #1” listed at the end of the book.) Breathe as a baby breathes: smoothly, deeply, with the diaphragm. Rest contemplating the beautiful qualities of your immortal nature. Rest with the purpose of waking up awareness of your soul.

Meditation #I

When you first sit to meditate, do not be concerned with posture. Allow your body to slump forward or backwards—but not sideways. Move as gracefully as possible into your chair. Simply relax and contemplate the timeless nature of your soul.

Listen as intently as you can to the silence within your gentle soul—and forget everything you hear. In other words, listen and let go. Do not place importance on anything you hear. Until you shift your attention into the Silence between thought, inner voices are simply unhealed or unprocessed thoughts.

Do not be in a hurry to find your Inner Voice. All good things come to those who wait. All hurry is ego. Answers come from being in a receptive, timeless state. Simply contemplate your soul: how beautiful, infinite, and full of pure love it is.

Do not be concerned if your body moves, but notice that every move reflects an internal reaction to a thought that surfaced from your subconscious. The more you become Silence, the more you see the nature of the mind—its need to move from one perspective to its opposite; never at peace, always seeking but never finding.

As soon as you find yourself feeling sleepy, breathe deeper—without compromising your gentle inner connection. Breathe less deeply as your inner connection deepens.

Meditate with both hands resting on your belly. This can be a constant reminder to stay in touch with your breath. When you begin, your breath may feel unnatural and stuttered. Instead, breathe as a baby breathes: when you inhale the belly fills up like a balloon, when you exhale, the belly relaxes into the spine.

Breathe until you feel a floating sensation. Breathe until you are a puffy white cloud floating in a infinite blue sky. Smile inside. Feel the warmth of the inner Sun. Enjoy.

Keys to Ecstasy!

Immortal Essence is the key to contemplate your soul. *Pleasurable Breath* is the key to find pleasure in each breath. *Float* is the key to challenge your ability to enter the Infinite. Write these three keys down in a dozen different places as divine reminders.