

MEDITATION

Peace, love & Harmony



Sit crossed legs with the left leg furthest away from you. Before starting, rub the palms of both hands together to stimulate your Chi energy. Place both palms on the area just below your navel with the fingertips of both hands aligned at the Tan T'ien. Close your eyes and breathe in through the nose allowing your stomach to expand and out through the mouth as you gently pull the stomach in.

- 1 Breathe in through the nose and focus your mind on the Tan T'ien, this is the area of the body that stores your Chi Energy.
- 2 Breathe out through the mouth as you gently pull your stomach in, moving your hands up the body to the solar plexus whilst focussing on PEACE.
- 3 Breathe in through the nose as you move your hands to the energy centre in the middle of the chest whilst focussing on LOVE.
- 4 Breathe out through the mouth keeping your focus on the centre of the chest, LOVE.
- 5 Breathe in through the nose as you move your hands to your forehead, focussing on the point in the centre, HARMONY.
- 6 Breathe out through the mouth as you return your hands to below your navel, fingertips aligned with the Tan T'ien.
- 7 Breathe in through the nose focussing on PEACE, LOVE AND HARMONY.
- 8 Breathe out through your mouth and open your eyes.

These steps may be repeated, only open your eyes at the end of your meditation. Initially aim for a few minutes as you build up your meditation. Do NOT exceed 15 minutes.