

A meditation to bring you to your totality. (from Chandra Bindu Tantra Institute)

Begin by taking 5 to 10 minutes to sit silently. Allow your body and breathing to relax completely. Just be with yourself.

The mind has all the answers. It loves rules, agreements, identities and boundaries because they give the mind a sense of being in control.

When we embody the center of ourselves, at the base of the body, life explodes. All our concepts are blown apart and we begin to see that everything has been a concept...heterosexuality...homosexuality...monogamy...polygamy...wealth...poverty...old...young...autistic...Arabic...afghan...small...large. All at the peripheral.

Without concepts, we are thrown into the center. We experience totality. We live without security and find that it has been security, all along, that has separated us. Finally, we are that energy-less energy-filled center. Fueled by life itself. And a security, beyond concepts arises. A security that does not cling to the periphery...every-alive...nuclear.

The Practice (from Chandra Bindu Tantra)

After taking some time to center yourself, close your eyes and bring your hands to your belly, just above the pubic bone.

In this meditation you will enter the Energy-less-filled center.

Bring your attention to your breathing. Feel your breath reaching down into your lower belly, expanding underneath your hands. Let your inner body remain relaxed, do not tense or create an effort with this breathing, let it happen smoothly and easily.

As you breathe more deeply, you may encounter feelings of pleasure or discomfort. Notice if the mind wants to avoid these feelings by distracting you with thoughts. When you find yourself distracted, come back to the sensations of breathe filling your lower belly, just below the pubic bone.

Allowing your breathing and the feelings that arise to be your focus. Give yourself totally to this experience without moving away from it. Even when you feel you cannot be with the intensity, or the boredom, remain.

Continue this breathing for 15-20 minutes. Then let go of the practice, lie down, rest, and allow yourself to be.