



Small Universe

Benefits:

This meditation helps to clear energy blockages along the two most important channels in the body, the front and back channel.

How to perform this exercise:

- Concentrate on your lower dantian, which is deep in behind the navel.
- Form an “energy ball” in the lower dantian. This energy ball consists of your energy that has been passed down from previous generations to you.
- Listen to the master’s voice on the CD. You will hear two sounds: “OOHM” and “MUAH”.
- Each time you hear the sounds, inhale; in between the sounds, exhale.
- As you inhale visualize your master’s energy (this could be God, the Universe, whatever you believe in) and the Universal energy joining together and radiating into each point of your body.

The parts of the body are:

lower dantian
bladder
bottom of torso
tailbone
lower back
kidney
spinal cord in neck
back of the head
top of the head
third eye
throat
heart





- On each exhale, move the energy to the next point in your body.

You may continue to move energy through the Small Universe for as many rounds as you want.

When you are finished, stop at the lower dantian and visualize the energy as a very bright ball. Spin the energy faster and faster as it gets smaller and smaller and turns into an energy pill which you tuck into your lower dantian.

Finish with:

- Rubbing your hands together
- Massage your face
- Cup your head
- Massage your ears

