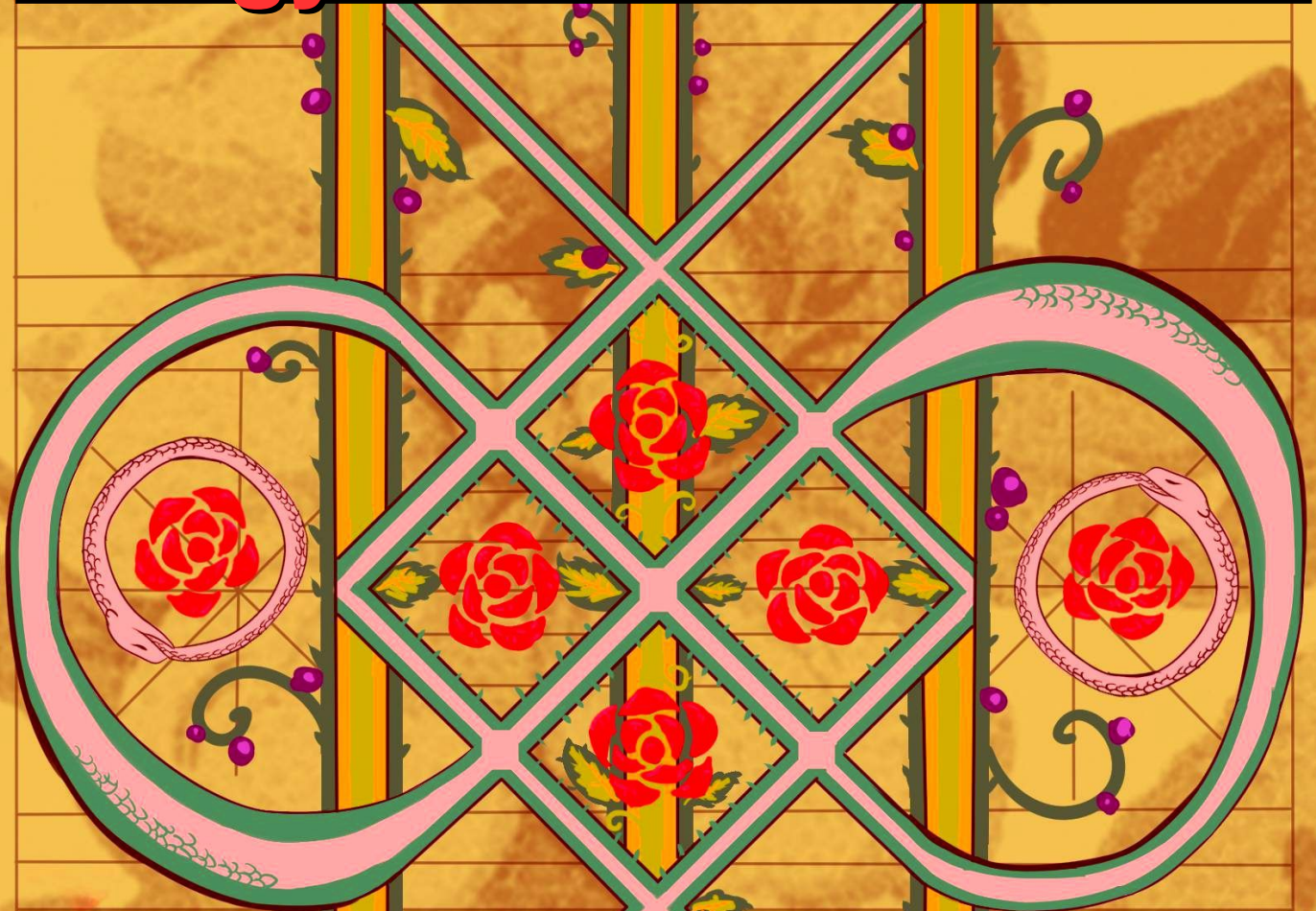


108-ISA

energy-balance meditation



Solbjoern Brajendra Nd



108-Isa energy-balance meditation (outline)



I. PREPARATION

1. cleanse your body and dress
2. find a calm & private space
(*put all communication devices in flight mode*)
3. prepare a comfortable & clean seat

II. POSTURE

Sit comfortable, with your **spine straight** upward
soften your hands
imagine a weight **anchoring** your buttocks **in the earth**
& a light-string drawing your **crown up to sky** (& pole-star)
relax your **shoulders**, let them sink (& move backwards)
tuck your **chin** slightly (down)
roll your **tongue to the palate** (in a relaxed manner)
relax your **face**
soften your **gaze**, adopt the **whole-space** non-focused (hazy)-look
lightly **half-close** your **eyes**

III. BREATHING

.1-

focus in your **abdomen**, aware of **breathing**
expanding from lower abdomen **upwards**
empty & dissolve tensions in out-breath
accept & let go of thoughts
breath in again (repeat #3)

.2-

bring your attention thru **central** (spinal)-**channel**
up to your chest/**heart-center**
feel the **connection** between **abdomen & heart**
imagine & **feel** your **heart open**
smile with appreciation, **gratitude & trust**
radiate it in all directions
& **to** your **every cell**
dissolving all tensions... (repeat #3)



.3-

bring your attention **thru** the **central channel**
up to the middle of your brain/mind center
feel the connection between **heart- & mind-centers**
look, listen & **feel** into the **middle** of your brain
imagine **open, clear, spacious awareness**
expanding upward & outward from mind-center
imagine any **thoughts, feelings & tensions**
dissolving in that **spacious awareness**
allow your **mind-center** to become absolutely **quite & still**
become **aware of awareness itself** in that space
if ripples arise
return to stillness in the middle (of both hemispheres)

.4-

bring attention thru your **central-channel** down to your **heart-center**
feel your **mind-heart-connection**
smile with appreciation gratitude & trust from your heart (repeat #3)

.5-

bring attention thru your **central-channel**
down to lower abdomen/**body center**
feel the connection of **heart-center** and **body-center**
be **aware of breath** in your **body-center**
when inhaling imagine & feel
your **breath** moving from your **perineum**
thru your central-channel to the **top of head**
and **breathing-out** from your **head** down to your **feet**
repeat easily,
inhale prana up - exhale prana down
imagine & feel **breath as universal energy (OM)**
clearing your central-channel (repeat #3)

IV. ob-serving awareness

let go of breath attention
feel your **body as a whole** from inside
imagine **radiant life energy illuminating every-cell**
imagine & **feel** inner **body as open, clear, spacious awareness**
aware of awareness itself in that space
be the **observer of awareness**

V. RECEIVING DIVINE GUIDANCE

.1- perceiving

in this state of **strong, positive, clear coherence**

ask yourself:

what is truly important for me, right here, right now?

allow an answer to arise from core of your being

by inhaling: **now.ALL**

& exhaling: **blessing**

.2-actualizing

if something **specific** arises,

imagine & **feel realization of the event**

right here and now

hearing, feeling, seeing, tasting, smelling it

being it...

bring that experience into your body

right here and now

.3- accepting

whatever arises

allow it to be as it is

feel the joy of being right here and now

VI. including 3D

come back to **feel your body as whole** from the inside

allow **inner peace** to **saturate every cell** of your body

smile with appreciation gratitude and trust

into inner space

slowly **open your eyes,**

take in space with **gratitude**

stretch your body

VII. NOTING IMPORTANCE

make a **note** of any **important experience**

and **live on in peace :-)**

now.ALL blessing



thank u for your time and attention!!!

u can find more integral-love alignment on:

108-lSa.com



if u have received this manual for free and think it might be helpful for some people
you are heartily invited to visit our website
(or send an email to 108lsa@poateo.de) and post a comment,
ask a question or give your support in form of a testimonial & or donation.

May all beings be love.healthy and prosper in their true.love.nature :-)

****DISCLAIMER****

The suggestions in this guide should not be construed in any manner
as medical advice. I am not a doctor or anywhere even close. These
are merely tips that have been found helpful to myself or others.

Please use the tips above with common sense and discretion.

endnote:

this tutorial contains extremely valuable & highly condensed insight and experience
from long hours of meditation and application, for your direct time-saving progress, for the benefit of all.
from the contents of this booklet we might create an extensive, time-consuming course
and charge a huge amount of money!

but selling the divine healing-wisdom for a high price and thus depriving the less wealthy of the benefits,
and enriching oneself on the suffering of the well-to-do, produces negative binding karma.

Why do I say this?

because it is important to appreciate the information, given in our essence-manuals,
even though they are distributed for a minimal fee or for free, to achieve the best possible effect!
we thus encourage u to share a fair support (i.e. 3€) for our work-time invested to prepare this
supporting, time-saving essence-manual for u.

if then, after sufficient practice u r blessed to guess or experience it's actual value,
u r welcome to give an xtra contribution, if u can and like :-)

Jai Amrita-Dhanvantari!

