NATIONAL INSTITUTE FOR INTEGRATIVE HEALTHCARE

The 7 Steps of EcoMeditation

Before you begin, turn off your cell phone, laptop, and alerts. Give yourself the gift of 20 minutes of undisturbed time. You can do this first thing in the morning (my favorite time), last thing at night, or during a break in the day. Sit upright in a quiet place where you won't be interrupted.

1. Use your fingertips to tap on each of the EFT acupressure points in any order, while holding the intention that you are in a calm and peaceful state, and nothing matters except the gift of undisturbed time you are now giving yourself. Tap from top to bottom, and when you get to the last point, start on the first point again. If you don't know the tapping points, you can find them on the diagram below.

This is time just for you. Let all your preoccupations vanish, and allow yourself to be fully present. As you tap, say, "I release any and all blocks to inner peace. I release all tension in my body. I release anything in my past, present or future that stands between me and inner peace."

2. Stop tapping, close your eyes, and let your tongue rest loosely on the floor of your mouth.

3. Feel your hands. Feel your feet. Feel the space inside your hands. Feel the space inside your feet. Feel the space inside your legs, your arms, your torso, your neck and head. Feel the space inside your whole body. Picture a big empty space behind your eyes. Picture a big empty space between your eyebrows. If thoughts arise in your mind at any point during the meditation, just let them go. Watch them drift like clouds across the sky, without attachment.

4. Breathe slowly, for 6 seconds per out-breath, and 6 seconds per in-breath. Count to 6 silently each time you breathe in, and each time you breathe out. Notice how relaxed your tongue is. Picture the big empty space behind your eyes. Keep your tongue relaxed.

If physical sensations arise in your body, such as aches or pains, just observe them. You don't have to do anything about them. Keep your attention focused on your breath, counting 6 seconds in, and 6 seconds out.

5. Visualize the location in your chest where your physical heart resides. Imagine breathing in and out through your heart, while maintaining 6 second in-breaths and 6 second out-breaths. Maintain a relaxed tongue.

6. Imagine a beam of love pouring out through your heart toward a person or place that you love with each out-breath. Stay in this state for several breaths. Notice the big empty space behind your eyes, and how relaxed your tongue is on the floor of your mouth

7. Bring the beam of love back into your body, into the area of your physical heart. Send that love to any part of your body that is uncomfortable or in pain. To end the meditation, take 3 deep 6 second breaths.

When you feel complete with the meditation, return your attention to the room you're in. Open your eyes and look at the object closest to you, and observe its characteristics, such as color, texture, and weight. Shift your gaze and look at the object furthest away from you. Notice your breath. Notice the weight of your body on the chair or on the surface on which you're sitting. Feel your hands and feet. Be aware of the time.

Bring yourself back to the here and now. While a meditative state supports our well-being, it's also vital to orient yourself to the "real world" and function there effectively at the end of each meditation period.

Free Audio Download at BlissBrain.com

3340 Fulton Rd, #442, Fulton, CA 95439 707.237.6951 info@NIIH.org
www.NIIH.org