

CENTERING MEDITATION ~ STAGE ONE

THE FIRST OASIS...

- *Place your left hand over the navel area of the stomach...*
- *Keep the hand on this area...*
- *Home in on the SPOT where the breath ENDS and BEGINS...*
- *FOCUS on this point where BREATHING begins...*
- *Feel it become active...*
- *Be like a cat patiently waiting, watching... STOP everything else... STOP any attention wavering to the thinking mind... STOP and be completely aware of this SPOT...*
- *Do not follow its stirring to the brain and start THINKING but return to this point of AWARENESS...*
- *Do this and experience SOMETHING!!!*
- *This can be done throughout the day and in any posture...*
- *This point at the NAVEL is tiny and silent, yet it is where you came in... From the SOURCE...*
- *It REACTS to your reaction to sensory objects, thoughts, feelings, speech and actions... It's quite close to CONSCIENCE...*
- *There are points below that are mainly to do with instinct. There are points above that become more and more complex and create more thought and ideas... This point around the navel is UPSTREAM of all the points above it, and UPSTREAM of all the points below it...*
- *Get to KNOW this point...*
- *Its home is the SOURCE which is good, so anything shadowing the Norm, will be felt here...*

- *Use it as a guide to notice REACTION, and at a subtler level for it to guide your ACTION and it will remain peaceful and shining... Its opposite is not peaceful and is clouded over...*
- *The thing to do is to LOCATE this point around the navel... Use the breath only to stabilise and calm then home in on this area and find this CENTRE!*
- *Home in and have DIRECT EXPERIENCE of it – where the breath ends before it begins to appear again...*
- *VISUALISING this point is a great help – but not essential, it just makes things happen faster! Not everyone can visualise, those who cannot should not be dispirited in any way. They need to just concentrate on VIBRATION and FEELING...*
- *The exact spot can be seen as a SHINING SPHERE – a bright, shining dot ... This is what you are aiming to SEE or FEEL! We are all like buckets - buckets of water reflect the Sun... You might find that this SPOT at the navel is a tiny SUN?!...*
- *This tiny hole is the POINT OF ENTRY to this life...*
- *Spend as much time as possible homing in and EXPERIENCING the CENTRE (certainly equal to the time in a day spent on eating...).*
- *This is the first stage of the journey back to SOURCE... the FIRST OASIS... DIRECT EXPERIENCE of the whole body filled with light, relaxed, calm, wholesome and agreeable feelings...*

***When the buffalo comes to the edge of the enclosure,
horns, head and body pass through the bars quite easily.
But not the tail!***