

[Core Breath in 6-A](#)

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Sit upright with your eyes closed. Inhabit your whole body. Find the center of your head. Find your seventh chakra at the center of the top of your head. Now find a point between the center of your head and the top of your head. I am calling that point “6 A.”

Initiate the breath within 6 A, feeling a gentle vibration throughout the whole subtle vertical core of your body. (Be careful not to lift upward to experience this point. Feel that you are still in your whole body as you do this exercise.

Staying in 6 A, look forward to a point in your upper forehead. This point is a little higher than the center of the forehead that we usually work with in the Realization Process. Do not go forward toward that point but just focus toward it from the point 6 A in your core.

Now relax your focus and inhabit the whole core of your body, including 6 A.

Inhabit your whole body, including the top portion of your head.

Experience that the whole internal space of your body is breathing, everywhere in your body at once, including the top portion of your head. Make sure that you do not leave out the bottom of your body in order to inhabit the top of your head--inhabit your whole body.

Open your eyes. Continue to feel that you are in your whole body, and breathing within your whole body, including the top portion of your head.