

[Core Breath with Circuitry and Absorption](#)

Click Title for Audio

Sit upright with your feet on the floor. Close your eyes.

Find the centers of the soles of your heels. Balance your awareness of these two points. Find the centers of the soles of your heels in a way that produces an automatic resonance in your hip sockets. You may also feel a resonance in the centers of your knees as you do this.

Find your shoulder sockets. Balance your awareness of the space inside your shoulder sockets. Find your shoulder sockets in a way that automatically produces a resonance in the centers of your palms. You may also feel a resonance in the centers of your elbows as you do this.

Find the center of your head. Just by being in the center of your head, it touches, very gently stimulates, all the points in your arms, legs, hands, and feet. Initiate the breath from within the center of your head, feeling a resonance through your whole core, and in the whole circuitry of points in your arms, legs, hands, and feet.

Find your heart center. Just by being in your heart center, it touches, very gently stimulates, all the points in your arms, legs, hands, and feet. Initiate the breath from within your heart center, feeling a resonance through your whole core, and in the whole circuitry of points in your arms, legs, hands, and feet.

Find your pelvic center. Just by being in your pelvic center, it touches, very gently stimulates, all the points in your arms, legs, hands, and feet. Initiate the breath from within your pelvic center, feeling the resonance through your whole core, and in the whole circuitry of points in your arms, legs, hands, and feet.

Now find the center of your head again. Find the center of your head and your heart center at the same time. Find the center of your head, your heart center, and your pelvic center at the same time. Just by being in these three points, it touches, very gently stimulates, all the points in the arms, legs,

hands, and feet. Initiate the breath from within all three centers, feeling the resonance throughout the whole circuitry.

Now initiate the breath from within all the points in your core, and in your arms, legs, hands, and feet. Use the breath to very gently pull yourself inward, so that the points themselves pull you inward into the circuitry. Sit for a few moments, living and breathing within this whole circuitry of points.

Open your eyes. Continue to breathe from within all the points, feeling that the points very gently pull you inward into the whole circuitry. Find the space of fundamental consciousness that pervades you and your environment. Let go of your grasp on yourself from within all the points in the circuitry. Do not leave the points to do this but let go from within the points. Allow this letting go to help you enter more fully into the space of fundamental consciousness.