

[Opening to Upward Energy](#)

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Stand, with your eyes open. Feel that you are inside your feet. Experience the internal space of your feet and your legs at the same time. Feel that you are inside your whole body at once.

Find the centers of the soles of your heels. Balance your awareness of those two points. Open the points in the soles of your heels and receive the upward-rising energy that comes from below you; let it come up into your ankles.

Find your hip sockets. Balance your awareness of the space inside both hip sockets. Feel that the hip sockets settle towards the ground. Receive the upward-rising energy in your hip sockets.

Find your heart center. Receive the upward rising-energy in your heart center. The energy now comes up from the centers of the soles of your heels, your hip sockets, and the center of the bottom of your torso.

Find your shoulder sockets. Receive the energy in your shoulder sockets and let it flow down to your fingertips.

Find the center of your head. Let the center of your head settle towards the ground. Receive the upward-rising energy in the center of your head. The energy comes up from the centers of the soles of your heels, your hip sockets and the center of the bottom of your torso.

Let the upward-rising energy continue out through the center of the top of your head. Stay settled within the whole internal space of the body as the energy rises through you. Experience the stillness of fundamental consciousness within your whole body and the movement of the energy through your body, at the same time.