

# Cultivating a Relationship with the Cosmos

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Sit or stand upright. Find the center of your head (between your ears, in the center of the internal space.)

When you find the center of your head, you will feel an automatic resonance down through the whole subtle core of your body. From the center of your head (staying in the center of your head), mentally find a point as far in the distance in front of you as you can.

This is not a projection of focus; you are finding the point from, and with, the center of your heart chakra. You can direct prayers, or questions to this point in the distance. You can do this same exercise from your heart chakra.

Find your heart chakra.

When you find your heart chakra, you will feel an automatic resonance down through the whole subtle core of your body. From your heart chakra (staying in heart chakra), mentally find a point as far in the distance in front of you as you can.

This is not a projection of focus; you are finding the point from, and with, the center of your heart chakra. You can direct prayers, or questions to this point in the distance.

Find your pelvic center.

When you find your pelvic center, you will feel an automatic resonance down through the whole subtle core of your body. From your pelvic center (staying in your pelvic center), mentally find a point as far in the distance in front of you as you can.

This is not a projection of focus; you are finding the point from, and with, the center of your pelvis. You can direct prayers, or questions to this point in the distance.