

Subtle Healing A

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Mentally locate the center of your head. From the center of your head, mentally find the area of your body that is ill or injured. If there is a particular area of pain, tension, or numbness, focus into the center of this area. You are finding the area from the center of your head so that you can attune to the dimension of fundamental consciousness in that area. This is not a visualization exercise. Try to actually experience yourself in the center of your head and the area of illness. Hold your attention steady in the center of your head and in the area of illness or injury, and breathe smoothly and evenly through your nose. You may feel subtle movement within the area of tension or illness as it releases.

Subtle Healing B

Another subtle healing method is through balance. For example, if you feel pain in one side of your jaw, you can attune to the area of pain and the other side of your jaw at the same time. This will help you let go of the tension in your jaw.