

[Disentangling From the Subtle Core](#)

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Sit upright with eyes open or closed.

Feel that you are inside your whole body at once. Picture your mother or father or some other person who has been important in your life in front of you. Feel where in your body you are most bound with this person.

Find the subtle core of this part of your body.

Initiate your breath from within this point in the subtle core of your body, as you picture the person in front of you. As you do this, see if you can let go of your grasp on (disentangle from) the image of the person, on both your inhale and exhale.

Dissolve the image of the person. Feel that you are inside your whole body at once. Make deep internal contact with yourself. Attune to the quality of self in your whole body.