

## [Meditation on Qualities in the Body](#)

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Sit upright. Inhabit your feet. Let your breath adjust to you being that far down in your body, so that your inhale does not lift you upward. Inhabit your whole body.

Inhabit your mid-section, between your ribs and your pelvis. Attune to the quality of power within your mid-section. Think of a time that your power has been challenged. Observe if there are any movements into constriction within your mid-section as you do this. Then relax the constrictions and inhabit your mid-section fully. Attune to the quality of power again in your mid-section. Experience the quality of power everywhere in your body. Gently breathe the quality of power everywhere in your body.

Inhabit your pelvis. Attune to the quality of gender, however that feels to you, within your pelvis. (If you do not identify as having a gender, you can substitute the quality of your sexuality.) Think of a time that your gender has been challenged or abused. Observe if there are any movements into constriction within your pelvis as you do this. Then relax the constrictions and inhabit your pelvis fully.

Attune to the quality of gender (or sexuality) again in your pelvis. Experience the quality of gender everywhere in your body. Gently breathe the quality of gender everywhere in your body.

Inhabit your neck. Attune to the quality of your voice within your neck. Think of a time that your voice has been challenged. Observe if there are any movements into constriction within your neck as you do this. Then relax the constrictions and inhabit your neck fully.

Attune to the quality of your voice again in your neck. Experience the quality of your voice everywhere in your body. Gently breathe the quality of your voice everywhere in your body.

Inhabit your whole brain. Attune to the quality of understanding within your brain. Think of a time that your understanding or intelligence has been challenged. Observe if there are any movements into constriction within your head as you do this. Then relax the constrictions and inhabit your brain fully.

Attune to the quality of understanding again in your whole brain. Experience the quality of understanding everywhere in your body. Gently breathe the quality of understanding everywhere in your body.

Inhabit your chest. Attune to the quality of love within your chest. Think of a time that your love has been challenged or hurt. Observe if there are any movements into constriction within your chest as you do this. Then relax the constrictions and inhabit your chest fully.

Attune to the quality of love again in your chest. Experience the quality of love everywhere in your body. Gently breathe the quality of love everywhere in your body.

Inhabit your whole body. Attune to the quality of self within your whole body. Find the space outside of your body. Experience that the space inside and outside of your body is the same continuous space of fundamental consciousness. If your eyes are closed, open them and continue to experience fundamental consciousness pervading your body and environment.