

## Standing Balance

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Stand. Close your eyes. Feel that you are inside your feet. Inhabit your whole body.

Find the centers of the soles of your heels. Balance your awareness of these two points. Meditate as the balanced awareness of the centers of the soles of your heels.

Find the inside of your hip sockets. Balance your awareness of the space inside both hip sockets. Meditate as this balanced awareness of the space inside your hip sockets.

Find your shoulder sockets. Balance your awareness of these two points. Meditate as the balanced awareness of the inside of both shoulder sockets.

Find the centers of your palms. Balance your awareness of these two points. Meditate as the balanced awareness of the centers of your palms.

Find the space right outside of your ears. Balance your awareness of these two points. Meditate as the balanced awareness of the space outside your ears.

Inhabit your whole body. Gently become one with the internal space of your body. Feel that the whole internal space of your body is breathing at once.

Open your eyes. Continue to feel completely one with the internal space of your body. The whole internal space of the body is breathing,