

Mindful Breathing Meditation



Sundari Lucey
Certified Anusara Yoga Teacher,
Wyoming

The Eternal Flow

A person devoted to any spiritual practice is quite often working to establish themselves in the higher state of flow, a state of balance and harmony. In the beginning we turn to ourselves to manifest this as compassion, self-love and then as love and respect for all human beings. Our basic practice is to learn to relax and flow within ourselves. Learning to flow with all circumstances in our lives becomes a rich practice rather than reacting against and/or resisting change. Perhaps all patterns of tension's purpose is to release, resolve and unfold. A true student of a spiritual practice encourages this wisdom to express itself daily through breathing exercises and meditation, bringing us continually back to the center and to our inner and outer peace.

The first step for changing our life is meditation. Being aware in the present state of "what is" currently happening. Reaching inside to the tension, struggle or issue. Reaching into the thought or feeling can bring us from the many into the ONE that establishes the innate power within us. Taking a little time each day to connect our senses into this awareness becomes vital. With time, we are able to sustain that connection for longer periods. This connection into center within us can result in the beauty, joy and happiness of experiencing life itself.

Bringing consciousness to this extraordinary experience of life pulsating inside in the form of breath every day can develop a simple "noticing" without any constriction - aware of this constant flow of energy moving through the body. We might consider this to be the feeling of allowing and opening to this flow. With the awareness of the breath flowing, we can experience expansion and growth or, eventually, a little release or letting go. This practice of tuning into the breath and/or being aware of awareness itself is fundamentally important, not just when we are sitting but also when we live, also when we are facing with difficult challenges in our lives. Being presence or witnessing all invites us to live inside of this eternal flow. Like a

stream that is moving easily and naturally. When a stream gets bogged down, bound or gripped we can release the flow by bringing conscious awareness to the breath.....to the flow. It becomes a mechanical action first perhaps and then a constant, familiar way of feeling life flowing inside ourselves easily and naturally.

In cultivating a flow within ourselves in meditation and/or watching the breath, we are changing our state from constantly being a disappointed person when life does not happen the way we want or plan to a greater feeling of being fulfilled. The Tantric tradition and all spirituality are about promoting this change of state. The flow within ourselves is not dependent on anything outside ourselves but solely from that flow within. The flow within actually promotes that state of presence within us. Meditation is about this contact with this flow. All yoga asanas also can facilitate this flow, which is the power of spirit. To open our hearts is to bring attention inside and become aware of the breath as we relax our body and start to feel the flow from within. Feeling our breath will take us inside to this extraordinary world with unimaginable possibilities.

With practice, whatever you keep doing becomes less effortful and more effortless. As a yoga teacher there is much demand on the body, mind and spirit. It is important each day but especially before teaching each class that you become aware of your Self, aware of your center.

In the beginning it requires conscious effort and practice (Abhyasa) to bring yourself to this awareness of the center. One can do this by simply exhaling the breath and releasing the body, relaxing into the awareness.

One moment of total gratitude can shift and transform your attitude and your awareness.

If time allows before your classes, you can be still for several minutes and tune into all the sounds around you and then tune into all the sounds within you. Follow your inhalation traveling slowly into your center, the sacred space inside. Allow stillness to permeate your awareness and be content with what appears as a witness or observer. If this is challenging, let your breath be your guide. From the outer layers of the body, feel the skin relax while each layer inward moves towards that gentle easeful state, allowing all to "simply be". This simple skill will become more familiar over time, and that state of flow will be your centering place from which you will more easily teach your classes.

Enjoy your breath and allow this center to cultivate the Peace from within.