

Week 5: Meditation Homework

Please continue to follow the basic protocol that we have been doing for the last few weeks. This includes the Heart meditation with HamSa and the Awareness of Presence behind the heart.

Additional Meditation: Taking a Shower in Light

Spend a moment or two establishing a vertical breathing pattern. Once you're fully present with the breath, begin to feel that the breath is flowing through the crown, as if subtle sunlight is showering you from above. Allow the inhalation to draw it down through the head and neck, down through the body to the toes. Exhale and feel that the light carries into the earth any feelings of dissatisfaction, anxiety, grief, anger—any internal or physical toxins that might be in your system.

Continue breathing light through the body, allowing the light to carry away any subtle toxins.

As the practice deepens, begin to feel that your body is filled with light. As this occurs, allow the exhalation to radiate light from all sides, accepting the core radiance that is your true inner body.

As a variation of this practice, imagine that bliss is flowing through your body. Or love. Or variants of each!

Walking Around (Open-Eyed) Practices

Set a timer on your phone or watch to go off every hour. ([Insight Timer](#) has a nice bell for this purpose on their free app.)

When it does, take a moment to ask yourself: *“Right now, am I aligned with grace?” then have the feeling of a shutter—like the shutter of a camera—opening in your heart, and breathe with the thought, “Grace surrounds me like a cloud. I breathe in grace. I breathe out grace.”*

Or, as last week: Say to yourself, especially in moments of stress, *“I place my mind in the peaceful mind of God.”*

From time to time, stop and ask yourself: *“Am I seeing this situation through a filter of samskaras?”* Then see if you can notice what the filter is!

When your mind is busy, remember to remind yourself—“All these samskaras, whether in the form of thoughts or emotional reactions, are divine. They are all infused with Shakti.” Notice how they tend to dissolve when you meet them with this awareness.

This, by the way, is a practice you can do for the rest of your life! It is one of the most mentally and emotionally purifying Bhavanas there is!