

## **THE WHOLENESS EXERCISE 2015**

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*Observe yourself: If 0 = best; 10 = worst - Where are you at?*

The Wholeness Exercise creates consciousness of the wholeness of who we are energetically. My research showed that it created a shift from deeply stressed to coherence (Sympathetic to Parasympathetic Nervous System activity) within 5 minutes.



The visualization consciously followed the Torus pattern of subtle energy movement in everything from the smallest atom, our cells, our bodies, earth and universe itself. This exercise aligns us with the source energies of Self, Earth and Universe.

If 0 = Best possible and 10 = worst possible what number are you at before you start the exercise and after o finish the exercise / visualization?

### VISUALIZATION WITH BREATH MEDITATION & MANTRA:

- Visualize yourself at the center of a black circle, with your heart at the very center.
- Inhale and exhale as if through your heart center about 5 times.
- With each breath focus deeper and deeper into the heart center.
- Take a deep breath and with your exhalation, send out an explosion of light into the black circle.
- The lights stick onto the blackness...like stars...each light a sun with its family of planets.
- You just visualized creating the Universe...YOUR Universe.
- Breathe in light like stardust, from the top of your head, through the central channel of your body, into your heart and out through the soles of your feet into the heart of Earth.
- Breathe in Earth Energy up from the outside of your body along the circle's circumference up to the heart level, and out to the Universe.
- This pattern of energy movement is called a Torus. It's how energy moves in EVERYTHING...
- From the smallest atom to our cells, our bodies, our earth and everything including the universe. It is just how energy flows and moves.
- Inhale: "I am....." Exhale: "That." Inhale: So Exhale: Hum ; Inhale: Hum Exhale: Sa.
- Continue this Torus breath pattern and the mantra (focus phrase) slowly and deeply for about 5 minutes...or as long as you wish.
- As you do this, you are consciously aligning yourself with the pattern of energy as it flows through everything.
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You can do this exercise as many times a day as you wish for as long as you wish. Notice yourself and how you feel before, during and after.

*Observe yourself now: 0 = best; 10 = worst - Where are you at?*

## The Wholeness Exercise

*Observe yourself: If 5 = neither good nor bad, 0 = best; 10 = worst - Where are you at?*

Look at the circle picture on the left.



Notice the three hearts at the center of the person, the earth and the universe.

The roots go from the heart through the base of the body to the heart of the earth;

The branches and leaves go up from the person's heart through the top of the head to the heart of the universe.

Hold this image in your mind. Close your eyes.

See the image in your mind's eye.

Imagine yourself sitting on the earth in the center of the circle.

Your heart is at the center of your universe.

Breathe slowly and deeply through your heart.

- Breath connects us to everything around us – all of nature, everything on Earth and in the Universe. As you inhale and exhale, you give & receive, exchanging and sharing energy with all that is. Feel your breath go in and out. Inhale....Receive....Exhale....Give... Inhale....Receive....Exhale....Give.
- Your heart is full of life energy. As it beats, it pumps blood and energy to and from every part of your body. ..Giving...Receiving. Your heart is connected to your whole body. Feel your heart beat.
- Imagine that your heart is a seed, pulsating with life energy.
- Inhale... exhale...inhale... exhale...inhale...exhale. Inhale slowly and deeply into your heart.
- Exhale : Imagine that you are sending energy roots from your heart, through the center of your body, through your legs, down to the heart of the earth.
- Inhale: Breathe Earth's energy slowly and deeply into your heart.
- Exhale: Imagine you are sending branches and leaves up through the center of your body, through the top of your head, into the heart of the universe.
- Inhale: Breathe universal energy down through the top of your head into your heart
- Exhale: Exhale into the heart of the earth. Your breath connects your heart to the Heart of the Earth and the Heart of the Universe.
- **Inhale: Think "I" . . . . .Am (heart)... Exhale: Think "That"**  
Siddha Mantra: Inhale: So Exhale: Hum / Kiswahili: Inhale: "Niko" Exhale: "Hivyo"  
Translate "I am that" into any language you wish and coordinate with breathing.  
Continue this pattern of breathing and focus phrase for about 5-10 minutes or as long as you

want.....

Slowly open your eyes.

*Observe yourself: If 5 = neither good nor bad, 0 = best; 10 = worst - Where are you at?*

You can do this whenever you want, for as long as you want, as often as you want.

**Be blessed with love & light, giving & receiving, peace & joy, passion & compassion, abundance & gratitude!**

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