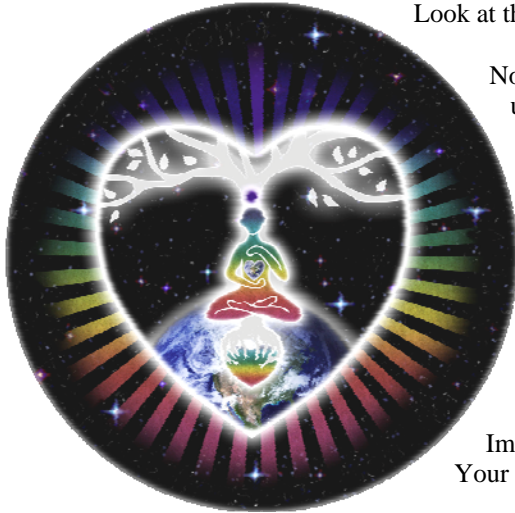


The Wholeness Exercise

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" Exhale: Think "Am"
Continue this pattern of breathing and thought 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 and share it freely with others.)

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

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