

"Move outside the tangle of fear-thinking, live in silence. Flow down and down in always widening rings of being". Rumi

A Practice of Just Being: A Sarvodaya Map

"Taking Refuge in Presence" Meditation:

- 1) Become mindful of the "Feeling" (Go to **Intention to Feel practice**)
- 2) "Come into the Body" ~ Practices to do in the box on right
"allow awareness to go below your neck"
pressure ~ tightness~ ache~ heat
pleasant ~ supported ~ "met"
- 3) Offer yourself "comfort and care" : sit quietly for a few minutes and regard yourself with kindness, an offering of care to your own being.



- 1) **Begin with Intention to Feel Practice** =
tapping into Maitri Consciousness
Dissolving the Fear Thinking Trance

- 1) Pause (with the rise of the feeling/reaction)
- 2) Feel (with intention to touch your vulnerability)
- 3) Pause again.....breathe and consciously offer comfort and care: soften the senses

Sense Organ Kriya:
intentional contact with eyes, tongue, front of throat
breathe ~ soften, direct gateways to Nervous
System and subtle body energies

- 4) Let the feeling "be" (entrust yourself to the waves)

Adapted from Tara Brach's Taking Refuge

- 2) Practices to "**Come into the Body**" : Embody Peace Practices

Sense Organ Kriya (soften eyes, tongue, throat ~ cascade softening into the
"digestive spine" and Enteric Space)

Arrive ~ Unwind ~ Bond with Earth Embody Peace Practice

Mantra Snanam (bathing in mantras) ~ Om, Peace, I Am,
Aham Shantam (I am Presence)
Ham Sa, Chaitanyam (All is Presence) Shiva Sutra 1.1

Organasana Asana Lens ~ Organs/contents are the Roots, or essence of
presence; Container/skeletal-muscular are Wings of presence

Mudra Vinyasa ~ Mountain Breath (tone the organs and ribcage), Aham
Shantam with hands placed over Enteric, the Heart Space, Nodi Shodhana
(Alternate Nostril Breathing)

- 3) Offer yourself "comfort and care" Maitri Consciousness begins with Self