



mountain massage

HEALING TREATMENTS

It's Quick! It's Easy! It Works!

What more do you need?

So many of us say: I can't meditate, I can never switch off my thoughts. Or: My mind is too busy. Or: I haven't got time.

So here's a little 5 to 7 minute exercise you can do where you keep your brain occupied, and also your body will be doing something too. So it's quite involved, but it's also quite relaxing and recharging. And it's quick. And it works.

Take your shoes off, and lie on the floor perpendicular to the side of your bed, and place the back of your calves, and your feet on the bed. You can have a pillow under your head. The idea is to get a 90 degree angle between your thighs and lower legs. So if your bed is too high or too low use a chair. A bench. Even a low wall outside.

Lying with your lower legs elevated, but parallel with the ground, you should be able to feel your lower back sinking into the ground. Wiggle either forwards or backwards to achieve the sensation of your entire lower back making contact with the ground. Imagine that nothing, not even a piece of paper, can be slid between your lower back and the ground.

Then let go of that, and bring your attention to your breathing.

Start to breathe through your nose, with the mouth loosely closed, almost not-closed. Allow the tongue to rest gently in the cavity of the mouth, allow the jaws to be easy and slightly apart (not clenched).

Without effort or force, just allow the breath to pass in through your nostrils.

Gently, and without need of a result, see if you can detect the sensation of the air as it passes your inner nostril hairs on its way down. Just that, just observe if you can detect that sensation. Right there in your nostrils. Which way do the hairs move when you breathe in?

And you're continuing to breathe normally, at an instinctual pace without changing anything.

Now see if you can detect the sensation of the air as it reaches the top lobes of your lungs. The very first lung tissue that it encounters. Air meets lungs. Can you observe that without force or strain? Just allowing?

Now observe and see if you can feel how the air penetrates gradually deeper and deeper into the lungs, until the air is all the way down into the lower lobes of your lungs. Observe: has the air changed at all as it reaches the lower lobes of your lungs?

Once again, there is no right or wrong answer. I'm just giving things that will occupy your brain as your body gradually relaxes and settles.

Now follow the air as it rises again towards the throat, up through the lobes of the lungs and out past the throat and up the back of the nasal airways and down

past those tiny little hairs inside each nostril again. Which way do the hairs respond now? And observe if the air has changed at all on its way up. Is the temperature the same as when it went down? Does the air taste the same on the way up as it did when it went past your throat on its way down? How long does it take the little hairs on the inside of your nostrils to lay flat again? The first time you do this exercise, everything I have described above might take you 5 minutes. If that is the case, then skip to the end instructions.

If not, continue to breathe normally and calmly without forcing or straining, nor changing anything, and just observing the air as it goes down, and noting the changes in the air as it comes up. Repeat until you have been doing this for 5 minutes.

End Instructions:

Take a nice long deep breath in and really fill all the pockets of the lungs, and then exhale audibly and with a little rigour through the moth. As if you are letting out a huge sigh.

Roll over onto your right hand side, bringing your legs with you as you do so. End up in a vaguely fetal position, with your head resting on your upper arm. Breathe normally, flutter your eyes a few times, and when you are ready, stand up slowly and gently. Step forth into the rest of your day with equanimity, poise, and self-confidence.

Repeat anytime you feel wobbly or not-centered. It will become easier and easier to follow the breath, and your ability to “meditate” will improve exponentially.

Age-old Sages and Yogi’s, as well as modern scientists and researchers have all found this to be a very effective technique for lowering blood pressure, calming the mind, and allowing muscular tension to release, even though it seems simplistic. The trick is to really follow the breath, as this helps the mind to stay present and not wander off into thoughts of the past or the future. And when the mind is present, the body relaxes.

I did not devised this technique by myself. I have learned it many times, in many different forms since I started attending “self-development” workshops in 1998, and later participating in meditation classes or weekends. I have gathered up the best components of it, thought about it, written it down, and put it on my website for you with love and compassion.

May your stress levels be tangibly reduced! ॐ ♥