


's of Meditation

(Ahhing Being Seeing for the Child Within Us)

 Affirmations

 Brain Gym

 Breathing and Sound

 Color

 Balancing

By Sara Aeikens

The restless "Child" inside of me would not be stilled. Meditation seems so "Adult." Surely someone else must have this problem? My colorful and playful "child" within wanted a simple, sacred, child-like ritual that she would soon look forward to doing daily.

A decade ago, I read a book called *The Magical Child*. I never forgot the message. Joseph Chilton Pierce, a well-known lecturer, talks of the unfolding of the "self" in a natural, joyous way, which of course, is what happens when we get "our wires all hooked up" with Educational Kinesiology and Touch for Health.

Pierce recently wrote an equally impactful book called *The Magical Child Matures* and while attending his lecture I heard him state that "meditation is the most powerful tool in the universe for change". I have always known this. Often, over the past ten years, I have *tried* to discipline myself in that direction. It never lasted more than a week or two.

Metaphors in my mind began to emerge to form some basic ABC's of Meditation. This would be for all those ordinary people out there that remember things in their brain, much better with

colorful pictures.

A visual romp around the seasonal cycle of the earth, helps me to anchor the OKness of getting in touch with the spiritual part of myself.

To prepare oneself for this "trip"-

A "Ahhing"

B "Being"

C "Seeing"

are used as tools to help make this such an effective relaxation exercise.

A Ahhing – is relaxed breathing with 5 special sounds.

B Being – is simply allowing oneself to Be and letting go of the message

"I have to do something in order to be OK in our outside world."

C Seeing – is using imagery and color to enhance meditation.

B BEGIN WITH LOTS OF "B's"

a Brass Bell hung on a hook by my special meditation spot lets me know this

is time to meet myself inside.

a **B**eautiful **B**lanket fringed in Angora yarn, **B**lue of course, goes over my shoulders.

My big, white **T**eddy **B**ear braces my arms for me and helps keep me from getting a tired back. I usually have a pillow under my **B**ottom, as I sit on a lovely, hand-woven rug from Nepal. Thus outfitted, I may look a bit odd, but my child within feels safe and I'm prepared to stick with it.

B Now I'm ready to do some **B**rain **G**ym exercises that can be done while sitting. I start with the Brain Buttons and then the Thinking Cap. If I am foggy or wake up with a headache, I may do Neck Rolls. I then do the Energy Yawn or something more challenging like the Owl (remember my body has to be convinced I need this!).

B I'm now alert enough to start **B**reathing. I use alternate nostril breathing. I then imagine an oval shape in the center of my trunk, inhale, keeping a rhythm of about three counts and exhale for three counts.

I then balance myself using the balancing points. I was only able to memorize these points with

| <u>DIRECTION</u> | <u>SEASON</u> | <u>COLOR</u> | <u>TIME</u> | <u>SOUND</u> | <u>ORGAN</u> | <u>EMOTION</u> |
|------------------|------------------|-----------------|-------------|--------------|--------------|----------------|
| North | Winter | Indigo/Blue | Midnight | Wood | Kidney | Fear |
| East | Spring | Green/Rose | Dawn | Shhh | Liver | Anger |
| South | Summer | Red | Midday | Haaa | Heart | Hastiness |
| West | Fall | Yellow/ Rust | Dusk | Ekkk | Spleen | Worry |
| Northwest | Indian Summer | White | Evening | Ssss | Lung | Sadness |

Each of the above have a balancing effect on the body and may be muscle tested for effectiveness. As I complete the cycle/circle I give thanks to the Creator for the earth below and the universe above. In the stillness, I hear an **A**ffirmation of unconditional Love.

usage of tape cassettes.

Now I can do this daily muscle testing/balancing in three minutes. I actually rub or touch the balance points or challenge the balancing. By this time I'm awake and my headache or foggi-ness is gone.

B I then use the **B**asic **B**reathing cycle with the **C**olor. I imagine a red, warm relaxing ball of energy at the base of my spine while breathing through my nose and "pull" this color vertebrae by vertebrae up my spine, with the count of three or four, to the top of my head. As this vivid, heated color curves over the crown of my head, I exhale through my mouth and see it turn into a stream of calm, cool, blue energy that cascades over my face like a waterfall, to my navel. At which point I get smart and close my mouth "storing" that extra calming energy in a basin at the **B**ottom of my **B**eing.

The instant the "down" changes to an "up" there is a dead stop. Pause... That is where my stillness resides. I now am ready to sense it because I made preparations ahead of time - just as I would in preparing to take a child on a trip.

After a series of colorful, oval cascades I begin my journey through the senses and cycles of life.

Twenty minutes pass, I clear twenty years of headache. There is energy still for prayers for others.

My child within is ready for the day.

Ahhing Being Seeing...Me. Grown up and nurtured small me, too. ■