

ECSTASY PRACTICE

Notice your vitality level. Where are you on the scale?:

Pleasant.....happy.....joy.....bliss.....ecstasy

Take a few “yes breaths”.

Breathe all the way out. Pause and relax, holding the breath out, until your body gives you a clear signal to breathe in. Your body may give you a few false “breath” signals, or you may experience some anxiety; try relaxing through this to extend your held-out time.

Breathe normally for several breaths and then repeat.

Continue this pattern for 2 or 3 times.

On the next out-breath, while the breath is out of the body, notice any pleasant body sensations. Focus on the pleasant body sensations until your body gives you a clear signal to breathe in. If you notice unpleasant body sensations, look for any pleasant sensations around, behind, beside the unpleasant sensations.

Continue this pattern for up to 10 minutes, breathing normally for a few breaths, then breathing out, pausing and focusing on any pleasant body sensations until you need to take an in-breath.

Now notice your vitality level. Where are you on the scale?:

Pleasant.....happy.....joy.....bliss.....ecstasy