

Attuning to Your Ishta - Meditation Transcript

Welcome to this meditation to help us attune to our Ishta. Let's begin by finding a comfortable posture, grounding ourselves in our sit bones. If we're sitting on the cushion, or feeling the soles of our feet comfortably resting against the floor, our sit bones against a chair, if we are in a chair. And we'll begin now by simply inhaling, moving into a Resurrection Breath. And then as we come forward, let's move into a very simple Three Part Yoga Breath. Inhale through the nose,

And as you exhale, release the forehead, the cheeks, the jaw, the neck, the shoulders, the arms, the torso, the hips, the legs, the feet. And bring your awareness momentarily to the base of the nostrils. Let's take a moment to calm the mind by simply noticing the coolness of the breath as we're breathing in. And notice the warmth of the breath at the base of the nostrils as you're breathing out.

And even as you allow the breath to continue breathing, let a portion of your awareness move into the chest, the abdomen – and notice what part of the body is rising and falling with the breath.

And for just another minute or so, let your awareness rest at the coolness and the warmth at the base of the nostrils, and another portion of your awareness noticing the body rising with the inhale and falling with the exhale.

And now release the technique. Rest for just a moment.

And now we're going to begin the process of creating a sacred space within which we can attune to our Ishta. So what I'd like you to do now is to simply bring your awareness to the limbs – to the arms and the legs and the torso.

Notice a sensation within.

And in just a moment, we're going to inhale. And as we inhale, we're going to draw the breath up from the tips of the toes. We're going to pull the breath up through the limbs, up into the torso, and then we'll do the same thing in the arms.

So bring your awareness to the legs, to the feet, to the toes. And with your next inhale, begin to draw that energy from the tips of the toes, up into the feet, up through the ankles, draw it up through the calves, into the knees, up into the thighs, bring it up into the torso, and then exhale and let all that energy rest right there in the torso.

And now bring your awareness to your arms and your hands and your fingers. You might notice a tingling in the fingers. That's where we tend to most notice it.

And with your next Inhale, begin to draw the energy from the tips of the fingers up into the fingers, into the palm, into the wrist, pull it up into the arm, up through the elbow, into the upper arm, bring it up into the shoulders. And as you exhale, drop all that energy down into the torso and just hold it here for a moment. Just rest.

All your awareness with this energy concentrated in your torso.

And now in your mind's eye, mentally imagine that within the center of the spine there is a hollow tube that runs from the base of the tailbone up all the way through the spine, up into the very center of the head. And in a moment, we're going to inhale, and as we exhale, we're going to compress all that energy in the torso, along the length of the spine in that hollow tube we call the Sushumna – the Center Channel.

So once again, bring your awareness to the torso, all that energy, inhale gently through the nose, and now exhale through the mouth and bring all that energy into the spine, compressing it along the very center of the spine into that hollow tube, the Center Channel. And let your awareness rest here in the center of the spine.

And now imagine at the base of this tailbone, that you can imagine a little blue dot or a little white dot of light, a little ball of light. And on your next Inhale, we're going to begin to draw that energy from the base of the spine and we're going to bring it all the way up to that point between the eyebrows. So let your awareness rest at the base of the spine.

Exhale. And now inhale slowly through the nose. Draw the ball of light up from the tailbone, draw it up through the center of the spine, past the lower back. Bring it up the spine, past the navel, past the heart, draw it up the spine, collecting all the energy past the throat. Bring it up to the center of the head, and then project it forward to rest just outside the forehead at the point between your eyebrows. And as you exhale, sweep that light around the body to the left in a circle, once around the body, and then once again around the body, and then once more. Three circles of light around the body.

Now rest and let all those circles of light expand completely, enclosing you in this beautiful sphere of light. Surrounding you above, below, to the right, to the left, in front and behind. And just imagine that you can sense this light, you can feel this light surrounding you as a protection, as a sacred space.

This is your sacred space.

And now as you lift your eyes towards the Sun Center, gently lifting the eyes, gazing at that area between the eyebrows that point between the eyebrows we call the Sun Center.

Imagine the face of your Ishta before you. If you will, perhaps in a beautiful little sphere, a mandala. Imagine your Ishta's face. And greet your Ishta. Greet your Ishta with a smile, with joy, with gratitude. And see if your Ishta will smile back at you.

And if your Ishta does, how wonderful. If not, don't worry. Eventually it will in time. And if you have a name for your Ishta, greet your Ishta by name and do a simple bow to your Ishta.

And as we begin the process now of attuning to our Ishta, we imagine the quality that our Ishta represents radiating from the heart and the mind of our Ishta as that light, that color of light that embodies, to us, the quality our Ishta represents. And we allow that beam of light to flow from the heart of our Ishta into our heart. We allow the light to flow from the Sun Center or the forehead of our Ishta into our forehead.

And as it flows in, we open our heart. And we can do this, even physically, by breathing in, feeling the chest gently opening and expanding. Let the shoulders fall back, feel a little bit of space opening between the underneath of the arms and the rib cage as the chest gently opens and softens. And we feel this quality that our Ishta is for us, filling our heart.

And as we breathe in, we simply imagine that we are inhaling this quality and it is flowing through our whole being, filling us with this love, this wisdom, this loyalty, this truth, this happiness, this joy – whatever it is, for you.

And then also, we let the mind soften. We let that awareness of the boundaries of our head soften so that this light flowing from our Ishta's forehead, into our forehead, flows in. And we allow our mind and our heart to attune to this quality. We accept it. We allow it to flow through us. And we feel this feeling filling us with every inhale. And let's do this now for a couple moments. A couple of minutes. Just inhale as you visualize the light from your Ishta filling you.

When the mind wanders, gently bring it back to your Ishta, to the light, to that feeling of this quality filling you. And you accepting it deep into every cell of your being, your heart, your mind, down into your torso, your legs, your toes, your arms, your fingers. Infusing you with this quality so that every word you speak, every thought you think, every action you take will become imbued with this quality.

And for these last few breaths, remember, that what's most important is to sense it, to feel it.

And now gaze at your Ishta. Thank your Ishta by name for its presence in your life, in your consciousness.

Smile once more at your Ishta as we take our leave.

Accept the smile and the grace from your Ishta.

And now release the image of your Ishta. But hold the feeling. Hold the feeling within your heart, your mind, your whole being. And as we close our meditation, let's send that quality as a light emanating from your heart out to your family, to your friends, your neighbors, your coworkers, to your community. Indeed, let this light flow out from you and let it flow out around the whole planet sharing this quality, asking that all beings be blessed with this love, peace, joy, happiness, wisdom, truth, whatever it is that you value so highly.

And most importantly my friend, may you be blessed. May you be blessed with this quality and may you be triply blessed that you will truly be an even greater blessing to others.

Namaste.