

# Week 3

## Additional Techniques: Daily Meditations



## Raising the Inner Energy

Sit comfortably on a chair. Try to relax and keep your attention focused on the top of your head. The goal is to raise and “tie up” your Inner Energy, as shown below.



As the Inner Energy rises up your spine, it shifts your attention into a state of **thoughtless awareness**.

The Inner Energy strengthens, steadies, and focuses your attention on the highest subtle energy center, located at the top of your head.

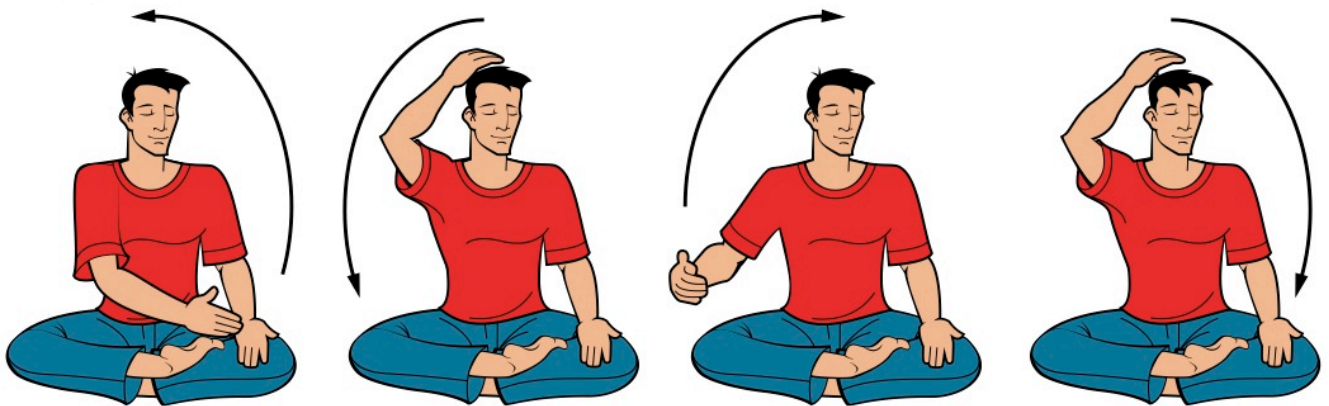
Place your left hand in front of your lower abdomen, palm facing your body.

While your left hand is ascending, rotate your right hand around it clockwise, until both hands are above your head. At the top of your head, perform the gesture of tying a knot using both your hands, as if you were tying a knot with a short rope. (You are actually tying up the energy.)

Now lower both hands and repeat the process of raising your energy, starting from your lower abdomen and tying the knot. Repeat this process a total of three times — the second time tying two knots at the top of your head; the third time, tying three knots. This will help focus your attention and your inner energy above your head.

## Shield of Protection

Sit comfortably on a chair. Try to relax and keep your attention focused on the top of your head. The goal is to build a “shield of protection” around yourself before and after meditation, as shown below.



The Shield of Protection helps protect the subtle body, balance your energy, and preserve your state of meditation.

Place your left hand on your lap, palms upwards. Place your right hand a couple of inches away from your left hip, palm facing your hip. Then slowly raise your right hand along the left side of your body, from your hip to your elbow, then to your left shoulder and right on up to the top of your head, always maintaining an approximate two-inch gap between your hand and body. Your palm should be facing inward toward your body at all times. (At the top of your head, your palm should be turned inward — facing the top of your head — and remain a couple of inches above it.)

Continue to move your right hand down the right side of your body (from the top of your head) until your hand reaches your right hip. (Remember to maintain a two-inch distance between your hand and your body.) Then move your right hand back up your right side, over your head, and down the left side of your body.

These two acts are considered to form one shield and should be performed in one smooth action from the left side to the right side and back to the right side. Repeat this movement of the left hand (left to right and back) a total of 7 times.

Once you learn to perform this action in a smooth, continuous gesture, you'll be able to focus all your attention on your inner energy, rather than focusing on performing the technique itself.