

Steps to Samadhi.

Step-by-Step Instructions to help you master the **Samadhi Meditation**

1. Get into a comfortable seated position with your eyes closed and your spine straight and relaxed.

2. Now exhale fully. And on your next inhale, breathe one full inhale, starting at the base of your spine-your root chakra-all the way to the top of your head-to your crown chakra. Then on the exhale, follow your exhale all the way down from the top of your head to your root chakra. Repeat this a few times, until you are comfortable inhaling all the way up your spine and exhaling all the way down your spine this way.

3. Continue breathing these full, deep inhales and exhales as you now begin to visualize your breath on the inhale, coming up through your 7 chakras—from the base of your spine- your root chakra through your creative center, then your solar plexus, heart center, throat center, third eye and crown. Alternatively, you can visualize the colors and/or qualities of each energy center as you move up through these chakras as well.

4. Once you feel comfortable visualizing all of the above elements and have practiced that a bit, you can begin to visualize a beautiful blue, opalescent ball forming out of the ethers, at the base of your spine. It's about the size of a large marble. It's captivatingly and uniquely divine.

5. As you get a very clear image *and feeling* of the blue ball touching the base of your spine on the left hand side of your spine, you begin to see it rise up along the left hand side (ida) of your spine touching each chakra as it rises, and one by one, igniting and healing each chakra as it ascends up your spine. When it reaches your third eye, from within your head, it sparks the pituitary, pineal and hypothalamus glands to life.



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6. The blue ball then continues up through the third eye chakra to the top of your head. When it reaches the top of your head it rolls over your head, and as it does, it bursts and the blue ball dissolves into becoming soothing, healing, liquid holy oil. This holy oil now runs down the right side of your body from the top of your head into your third eye area - cleansing the pituitary, pineal and hypothalamus. It then continues flowing down the back of your neck where it runs down the right hand side of your spine (the pingala). As it does, it touches and heals each chakra as it descends all the way down to the base of your spine.

7. Once the healing, holy liquid reaches the base of your spine, it pools, and once again begins to form into a blue ball on the left hand side of the spine (the ida) to continue its journey up the spine once more. Practice this several times.

8. Once you feel entirely comfortable visualizing and feeling the blue ball rise up your spine on the left (touching your spine all along the way) and then bursting to pour liquid light, healing holy oil down the right. Now you can add the breath.

9. Beginning with visualizing the blue ball appearing at the base of your spine - inhale deeply in through your nose and visualize yourself pulling the blue ball up your spine on the left hand side *with your breath*, as though you are drinking in through your nose with a straw that is pulling the ball up through and to the top of your head as it rolls up and along the left hand side of your spine. You may be able to feel the ball giving you chills up your spine as it touches and moves up your spine.

10. Once you find that all of the many elements of what is described above comes together and feels comfortable you can add another element. You can begin to see the feet of the Divine, (no matter What or Who that means to you) standing on top of your head. It can be the feet of an Ascended Master, Jesus, Buddha, an Angel or Saint, any Being that evokes in you a feeling of well-being and of being powerfully connected to the Divine.



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11. Now, while visualizing those feet of the Divine resting on top of your head, the next time you see the blue ball come to the top of your head and burst, you see the holy, blessed oil pour over the feet of the Divine, and then down into your head, to touch the triad within your head, and then drip down and along the right hand side of your spine, blessing all of your energy centers along the way, until it pools at the base of your spine and begins forming the blue ball, to once again continue its journey up the spine.

12. Now that you have added the feet of the Divine on top of your head and you are moving the blue ball, pulling it up the spine on each inhale and seeing the oil anoint each chakra of the spine on the way down with each exhale. Now just practice coordinating all of these many elements until you feel you are ready to add one final addition to the practice.

13. As you are inhaling and the blue ball touches each energy center on the way up our spine, you are going to deliberately contract/squeeze each energy center, all the way from the root at the base of your spine to the top of your head . This constriction is called tightening the "bandhas" or nerve bundles that make up each energy center. Each bandha acts as a n energetic lock pushing energy gently up the spine This will help propel the blue ball up your spine and at the same time tangibly strengthen each energy center.

14. Ideally, once you have put all of these elements together. You will practice this daily, doing 10 repetitions before letting go, on your last exhale of this practice, into deep meditation. Remember, all of this is just leading you up to the experience of the effortless deep meditation that will effortlessly follow your practice, along with states of Samadhi that will afford you tangible and exquisite tastes and touches of the Divine.

