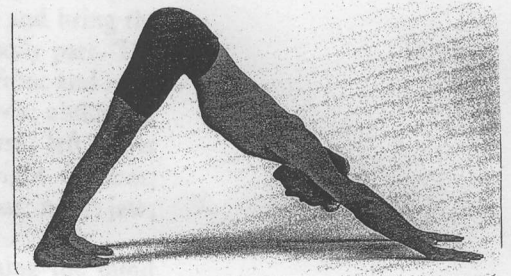
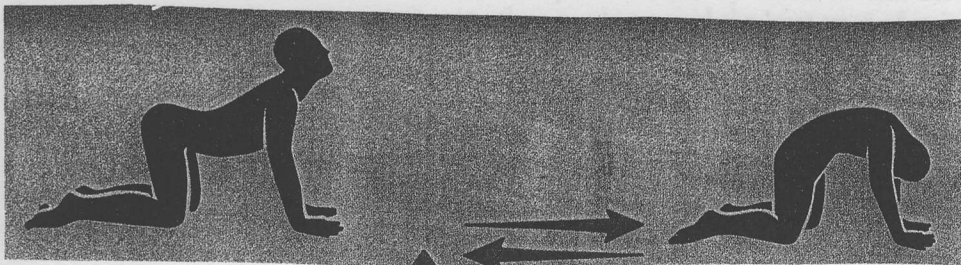
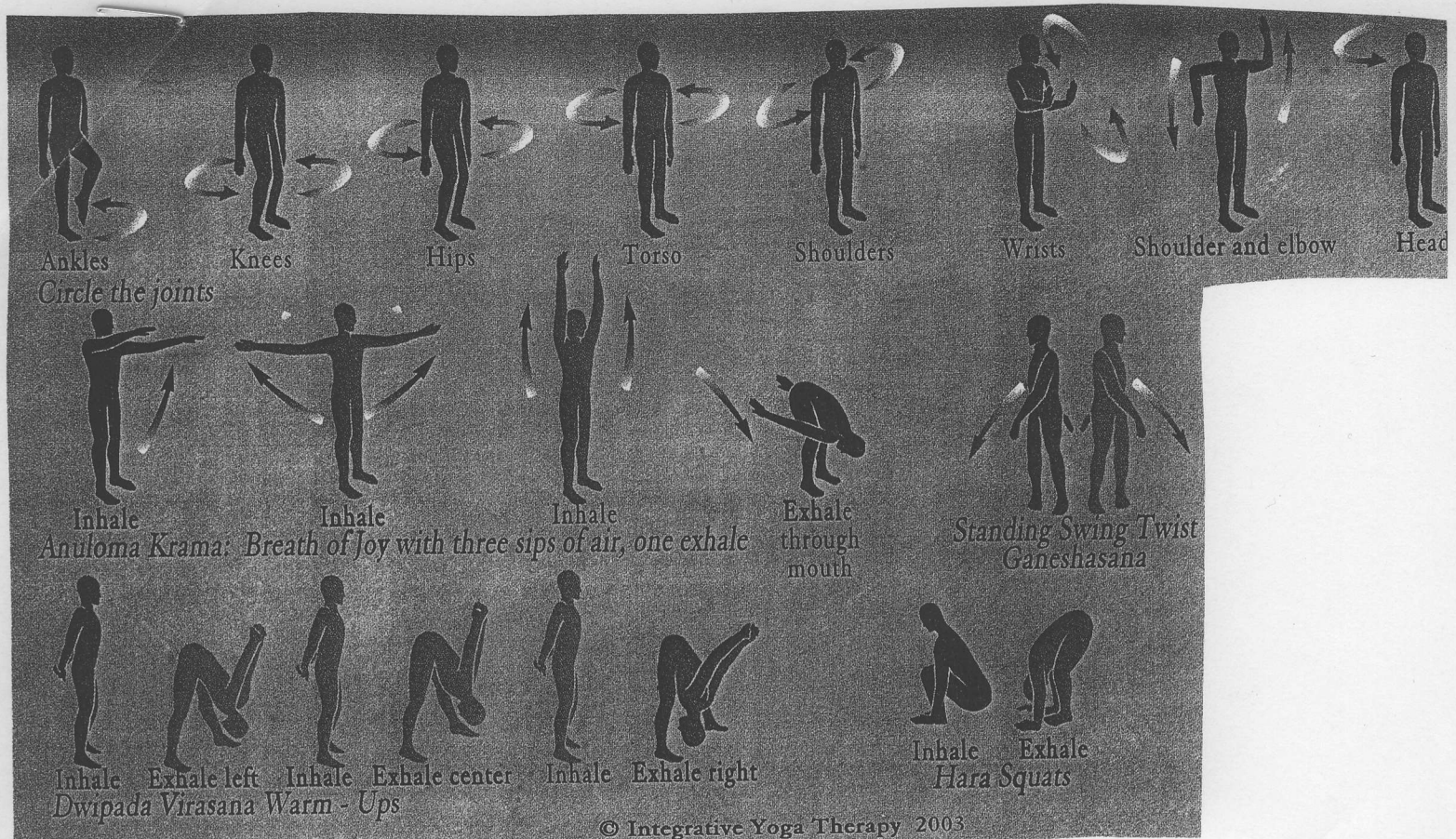
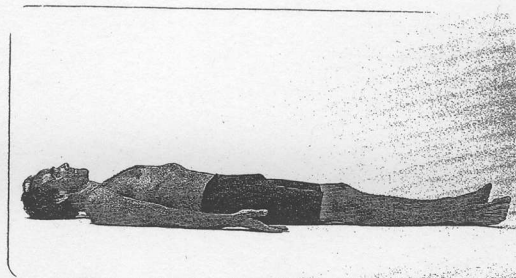
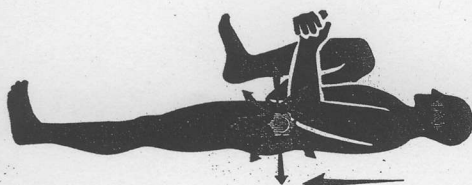
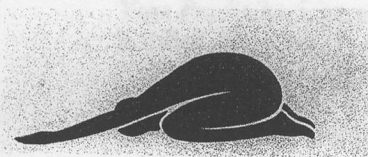
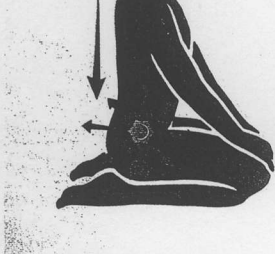


PREPARING FOR MEDITATION.



and using relaxation. After a minute or two you can again let the attention move like a torch beam over the body from foot to nose. You can continue in this way for as long as the time given to relaxation permits. As you make these movements go with the body moving you find that the mind relaxes naturally. The Hara

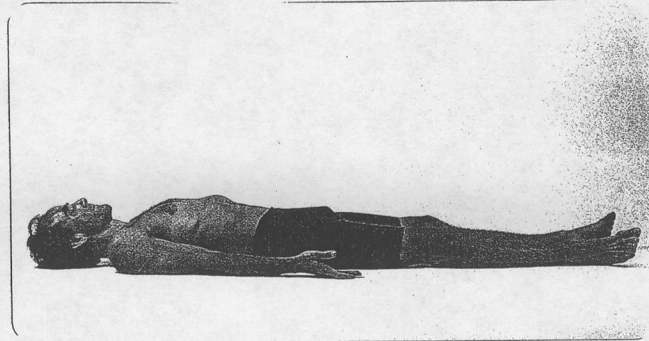


"At the still point of the turning world.
 Neither flesh nor fleshless.
 Neither from nor towards,
 at the still point,
 there the dance is.
 Where past and future are gathered.
 Neither movement from nor towards,
 Neither ascent nor decline.
 Except for the point, the still point."

T. S. Eliot

Entering Savasana

Sava=Corpse
"Corpse Posture"



First observe your breathing – nothing else – for a minute or two, until it settles into a smooth, light, relaxed, and rhythmic muscular action, free from constricting and cramping tensions. Then turn your full attention to letting go in each body part so that tension drains away from it and it rests with its full weight. Models in this respect are the baby in the cot and the sleeping cat. If your attention wanders, avoid the least trace of irritability and bring the attention back patiently to focusing on the selected body part. The sequence is as follows: left foot; left calf; left thigh, front and rear; right foot; right calf; right thigh, front and rear; pelvis; abdomen; lower back; chest; upper back; left hand; left forearm; left upper arm, front and back; left shoulder; right hand; right forearm; right upper arm, front and back; right shoulder; throat; neck; jaw; lips; tongue; eyes; brow; scalp.

Now observe your breathing again – thus quietening the mind and aiding relaxation. After a minute or two you can again let the attention roam like a torch beam over the body from feet to scalp. You can continue in this way for as long as the time given to relaxation permits. As you master the art of letting go with the body muscles you find that the mind relaxes concomitantly. The *Hatha Yoga Pradipika*, i, 34, says: 'Lying down on the ground like a corpse is called *Savasana*. It removes fatigue and gives rest to the mind.' And the *Gheranda Samhita*, ii, 19, says: 'Lying flat on the ground (on one's back) like a corpse is called the *Mrtasana*. This posture destroys fatigue, and quiets the agitation of the mind.'

All the still points of the moving world
Neither less nor greater
Neither from nor towards
at the still point
there the space is
Where past and future are gathered
Neither movement from nor towards
Neither ascent nor decline
Except for the point, the still point,
I. S. Eliot