



By: Sadhvi Parananda

A MAGNIFICENT NEW DAY

When I first came to The Movement Center I had just begun college. I was a fallen Catholic and had many questions about whom and what is God. I had a co-worker where I worked part-time, running the girls program at a boys club. I needed to borrow a book and my friend told me he lived in a community. He told me to come in the back door, wait in the kitchen and he would come get me after some time.

As I waited I saw a picture of Swami Rudrananda on the counter. "Rudi", as he is known, was standing, dressed in a kurta. As I waited, the Rudi in the picture smiled and waved at me. I waived back.

Not until many years later did I think about that experience. What was truly strange was that in the moment, waving back was completely natural. Only later did I find it odd that I never thought that experience was strange.

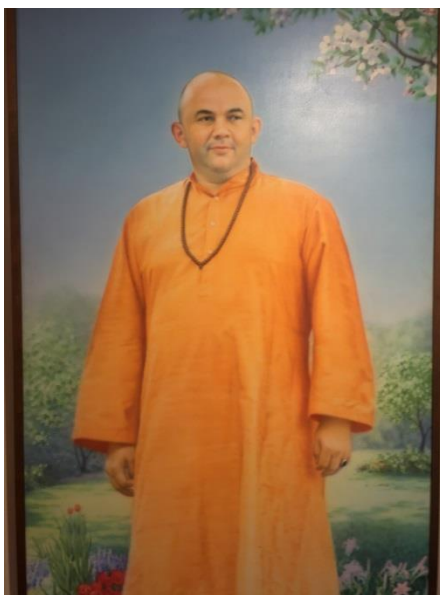
My introduction to our meditation was short and simple. Breathe in – Breathe out – Repeat if necessary. (Sincerely, maybe there were a few more words, but that was my take away understanding). When my intro instructor finished his brief explanation he asked if I were ready to sit in class. I was bewildered. I nodded

yes, with no idea what I was about to experience.

Many students who have practiced with us for a very long time have had similar experiences. In those days there were precious few books to read about meditation – and they were for those

who searched long and wide for them. We were all about the experience and we had a very limited vocabulary to talk about that experience.

Since that time, mostly because of the incredible intellect and curiosity of Swamiji, we have refined our articulation of this most magnificent practice. And, every day we are adding to our written and oral information in all formats, including our new on-line educational site.



Swami Rudrananda

Very soon you will be able to log onto our on-line *Intro to Eyes Open* class. Not only does it give abbreviated instruction (50 minutes) that will prepare you to sit in class, but it also has many in-depth articles, including video clips of Swamiji giving instruction.

I encourage all students, whether it is their first time sitting in class or whether they have done so for 40 plus years to take our Intro Class again.

Today's articulation of how to focus your attention is greatly refined and somewhat different than was taught between 1971 and 2013. In a way, there is a greater challenge for well-established students to modify how they participate in class, because old habits are very

hard to break. It always is easier to teach someone with no experience. For those who have been around a while, you will need to make a conscious shift – make a new habit – of how your focus your awareness.

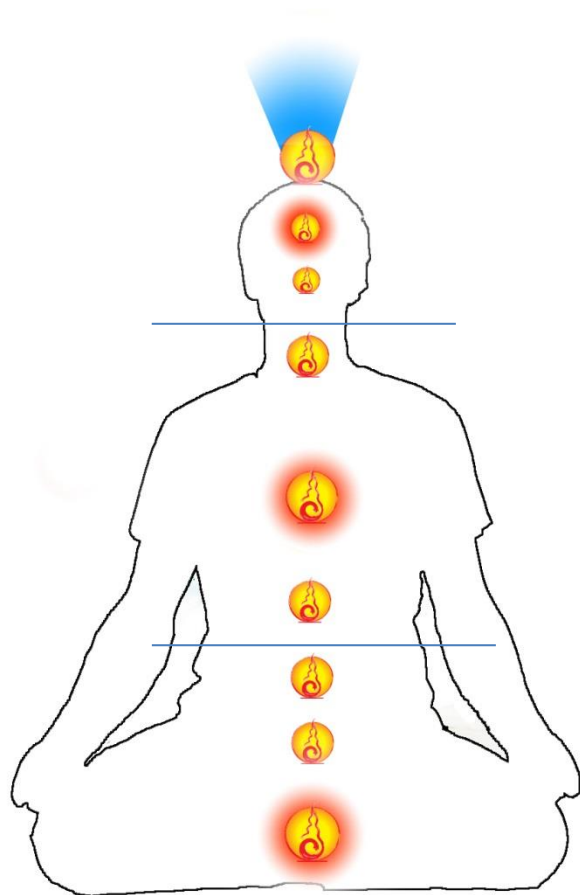
NINE CHAKRAS

For example, our practice always has been about CONTACT-ALIGNMENT-FLOW. But today we focus on NINE chakras, in groups of three.

- Three lower chakras – sex, coccyx-sacral joint and below the navel
- Three middle chakras – solar plexus, heart and throat
- Three higher chakras - soft pallet, third eye and crown

As we follow our breath, we focus on one chakra in each of the three areas: we focus on the sex chakra, the heart chakra and the third eye chakras.

Added to this, our double breath exercise has been slightly modified.



DOUBLE BREATH EXERCISE

- Begin by exhaling fully.
- Breathe in high up in your nostrils as fully as you can without straining.
- Visualize the breath entering through your forehead chakra and traveling through your throat to collect in your heart.

- Focus on your heart and ask inside for it to open. This is a good time to use your wish to grow...to grow the love.
- Retain your breath for about ten seconds, or as long as you comfortably can. Then swallow, moving your attention to your abdomen.
- As you swallow, feel/visualize the energy move down to your abdomen (about 2" below your navel).
- Relax your abdomen and feel an expansion; continue retaining your breath for as long as you can comfortably.
- Slowly and gently release the breath as you feel/visualize the energy move down through the sex chakra to the root and then up to and out through the top of your head.

Try this refined way of focusing on your chakras and of doing the double-breath exercise. In a few weeks we will publish the new Intro Class link to our on-line educational site.

Namaste!

Sadhvi Parananda is a longtime student of Swami Chetanananda's and a senior teacher at The Movement Center.

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If you'd like a teacher from The Movement Center to speak in your area or for your organization, please contact us at info@TheMovementCenter.com or 503-231-0383.