

Life Force Meditation — The Chi

For purposes of this meditation, you may lie down if you would find the prone position more comfortable than sitting in a chair. You will likely be able to sense the life force either lying down or sitting in a chair and will not need to sit in the beautiful lotus posture. Of course, the danger of lying down to meditate is that you'll fall asleep or be drowsy and only half attentive. Further, lying down often blocks the energy from moving into your higher centers, up your spine into your higher centers, when you meditate. Lying down often grounds you; nevertheless, even if you are lying down you will likely find results in this form of meditation.

How to Practice

As you lie or sit, ready for meditation, do your relaxation and deep breathing. Now, place your awareness about one and one-half to two inches below your navel. This is called *the chi* or a *life force center* by Chinese meditators and acupuncturists. Feel free to use your thumb and forefinger to measure the distance. Put your thumb on your navel and move your forefinger down about two inches. Then move your awareness below the skin, down inside your body about an inch. It varies from person to person and you'll find as you concentrate that you'll more clearly define where it's easiest to hold your awareness.

Now all you have to do in this form of meditation is hold your mind comfortably on this life force center, this chi center, as it's called by the Chinese (*chi* means *life force*, by the way), just relax, be comfortable, hold the mind on the life force center, hold the attention there. If the mind wanders off, that's fine. Just bring it back as soon as you can and reestablish it at this point.

As a result of holding your awareness on this life force center, you will very likely begin to have a warm face and you will begin to feel a movement of life force or very pleasant, warming energy coming up your body, from the abdomen, through the chest and neck into your head. This is such a pleasant feeling — very calming, soothing, and also very revealing. Somehow, by concentrating on that part of your being, energy, or life force, has been invited to respond to your attention and show you its presence, show you its capacity for movement.

This life force, as you enjoy it, begins to free you from emotional and mental hang-ups so that you may more and more easily follow the life force current to an awareness of your inner self. This is the same current that acupuncturists and many holistic healers encourage to bring about healing in the system.

Benefits

Through meditation on your life force, you can sense there is some real and positive effect from your endeavors at meditation and you can also follow the flow of your life force to a place of higher awareness beyond thought and feeling.