

Zen Pearls — Breathing

The Zen pearls breathing technique strives to stretch our awareness beyond its normal habits and to get our thoughts and feelings to move forward into higher dimensions of awareness.

How to Practice

Relax the body. Do some deep breathing. Now bring your attention to the tip of your nose. Don't strain your eyes to look at the tip of your nose. Simply bring your awareness to the tip of your nose and maintain a mellow, relaxed state as best you can.

Now, as you naturally exhale, feel that a string of beautiful pearls extends slowly out from the tip of your nose towards the horizon. The string of pearls remains in suspension when you finish your exhalation and inhale again. Then, when you are ready to exhale again and proceed to do so, feel that the string of pearls extends farther out toward the horizon as you exhale.

As you meditate and increase in your calmness and your awareness of this imaginary string of pearls — which actually represents a movement of your consciousness to a point farther and farther in front of your body — in time, your awareness extends, with the string of pearls, to the horizon. And then, as you continue to exhale, the string of pearls, moving on in that great line, goes past the horizon and out into space, extending and extending with your every exhalation.

Benefits

Using the Zen pearls is a magnificent way to collect the mind and harmonize the breath and life force with the activity of meditation. Enjoy!