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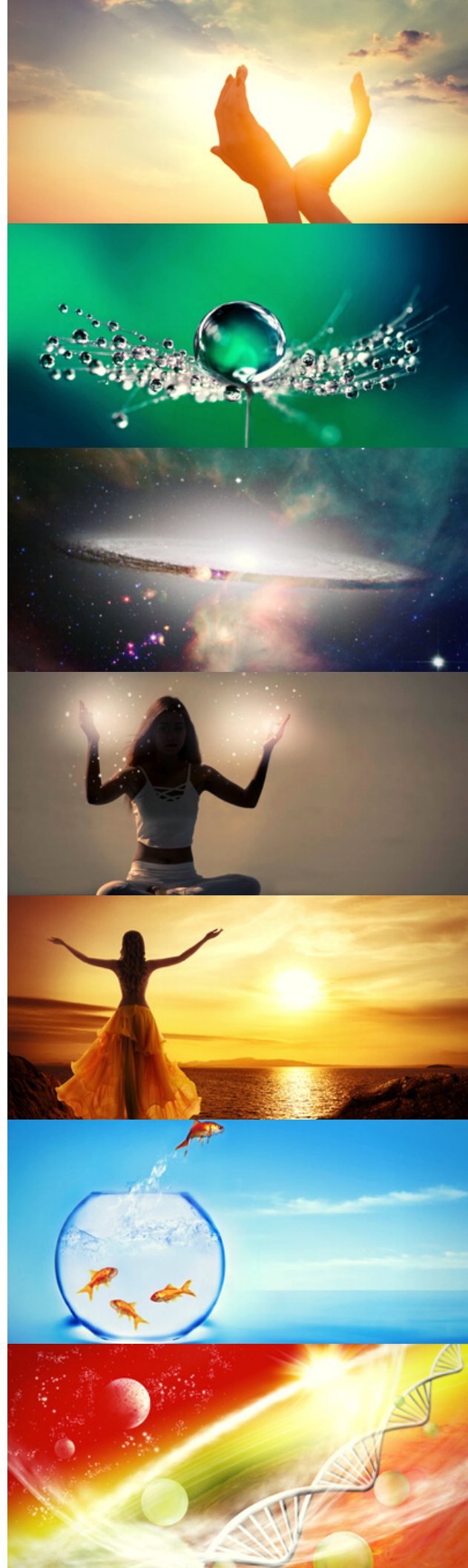


**Discover an Endless Resource of Sensuality Within.
Powerful Transformation and Relaxation Techniques.
The Twenty-One Meditations Challenge.**

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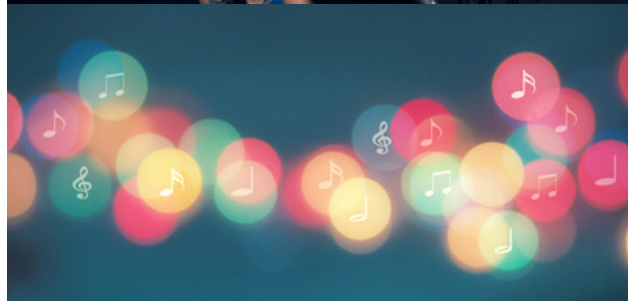
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Sensuality Talent.

Do you have it? Would you like to explore it?



This book is an inspirational meditative guide that helps you to unlock your amazing sensuality, sexual responsiveness and creativity. It expands your capacity for joy and intensifies your enjoyment of everything life has to offer. This guide teaches you to be vibrantly alive, passionate, self-aware and happy.

Baby, you are Cosmos consists of twenty-one meditations that will challenge you and change your life. Once you have successfully completed this meditation course, you will notice profound changes in yourself. Within a few weeks you will establish a much deeper connection with your own body; you will become more sensitive, empathic and creative in life, work and love; you will master the skill of deep relaxation and achieve a resourceful state of your mind. Your consciousness will expand and open a whole new space inside you. Your spirit will shine and you'll enjoy a new level of harmony.

Following the Twenty-One Meditations Challenge will help you create positive inner attitudes for a happy, harmonious life and deep personal transformation.

CHAPTER 1

A Wonderful Challenge.



Baby, you are Cosmos

Do you sometimes feel that even though you are constantly occupied and very busy you are still dissatisfied with your life?

Maybe you ask yourself the following questions sometimes: When will my life truly begin? When will I start living a life that is fully connected to my real feelings and instincts? How can I learn to appreciate every moment? When will I finally be myself, the self I am meant to be?

Meditation returns you to your essential self. It empowers you to live life to the fullest. Meditation fosters a fulfilling, sensual life. It helps you to be loving and to enjoy love; to be free and resourceful; to reveal your true talent; and to experience true happiness. That is why meditation and self-improvement are such valuable practices.

Give yourself a chance. Give your inner potential a chance to awaken. How to find happiness and meaning in life is not a philosophical question. The ability to be happy already exists in you. It has lived inside you since childhood. You just need to start feeling it.

When you meditate frequently, you'll reach a point at which mindfulness starts to permeate all aspects of your life.

When you breathe mindfully, for example, time slows down. This slowing down of time allows you to feel the incredible energy of life in every inhalation and exhalation.

Or when you listen to music mindfully, you become aware of each sound, expressively, as if for the first time in your life. Even the pauses and the silences at the end of musical phrases are filled with tremendous power.

This is real mindfulness. This is a resource state, which we enter through meditation. This is the gateway to an authentic, fulfilling life.

Your potential is endless. There exists in you an inner cosmos that you have not yet touched. The first step to doing so is letting go. Free your mind of meaningless self-criticism, self-reflection and depressing thoughts. Start breathing and acting mindfully.

Be creative. Love fully, deeply and consciously. Live as you live when you are at the peak of your capabilities – be the strongest, most confident version of yourself. And make sure you are fully present in the here and now.

This mindset will bring a sense of true satisfaction. And even if you only manage to experience brief moments of immersive meditative experience, your life will be filled with greater meaning and joy.

So, take this challenge. It could turn out to be the most enjoyable and most profoundly transformative one of your life.

How to start meditating.

Before doing the relaxation exercises, find a quiet place where you can focus your attention on your feelings and your thoughts without any interruption; a place where you can close your eyes and relax completely, and where nothing and no one will disturb you for a while.

Please remember that none of the content in this book should ever be used as a substitute for direct medical advice from your doctor or psychologist.

CHAPTER 2

Sensuality Plus Mindfulness Equals Endless Pleasure.



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Sensuality and mindfulness are two sides of the same coin.

Sensuality is the ability to immerse yourself deeply and fully in the sensory experiences of your physical body. Sensuous people are acutely sensitive and receptive to pleasure, beauty, love and sexual attraction. They are adept at expressing their sexuality and emotions. Sensual people feel more passionate and alive.

There is a strong link between mindfulness and sensuality. Mindfulness is the ability to be super-attentive in the present moment, to be aware of yourself, to be aware of your feelings, to immerse yourself in sensations. Mindfulness leads to increased self-awareness and strengthens your ability to focus on the present moment.

The combination of sensuality and mindfulness deepens your experience of life, love and sex exponentially. Let's focus on the latter for a brief moment. Sensuality awakens your sexual instincts, allows you to feel and express your desires more sharply and to enjoy love relationships more intensely. Mindfulness makes your sexual experience much deeper, happier, slower, more meditative.

Mindfulness triggers some amazing mechanisms that awaken abundant energy. This energy fills and transforms your entire being. You feel that everything vibrates deeply on some subtle level. You feel emotions of a new quality. Your sexual pleasures become super-pleasures. You become ecstatic. Ultimately, your whole experience is transformed.

Mindfulness is deeply related to an awareness of the breath at every moment. Breathe consciously, synchronize your breathing with your partner, tune in to his or her wavelength. Learn to slow down, enjoy your true deep mutual emotions and experience the richness of these feelings within you.

Do not wait for a special moment to start experiencing your world and relationships more intensely and deeply. Immerse yourself completely in the meditative process and sense every second with the totality of your being.

When your passion, sexuality and bodily love are combined with deep meditation, a unique state of consciousness arises, in which every second stretches and every pleasure multiplies. Pleasure becomes spiritual, exponentially more intense, all-encompassing, and multifaceted.

Then, at a certain moment, you seem to meet your true, deep self. You see the true depth in your loved one. And you feel as if the whole universe harmoniously vibrates with your love energy and enjoys the pleasure with you.

Something rises inside you and reaches a different energy level, a level alive with the most subtle sensations, where you sometime experience a complete loss of gravity. These moments of love are priceless.

To develop true sensuality, we need to enter our physical bodies more deeply, and experience and express our true feelings. In your daily life, choose a movement or physical activity and practice it every day to become more aware of your body.

Never dance, exercise, or run just to look good. Enjoy the process itself: sense your body as much as possible, be within your movements, be sensual and sensate, feel alive and focus on being fully awake in the present moment. Activate all your senses when you move.

In a sexual relationship, fill every touch with attention and heightened sensitivity. Touch can be charged with vibrations of sexual arousal, desire and love; or it can be deeply relaxing; it is never indifferent, never mechanical.

As you touch your partner, allow your touch to come from the center of your physical and energy body, from the heart center, or from the sex center. Fill your communication in a love relationship with energy. Fill your voice with your feelings. Let your eyes express love, warmth and tenderness.

In your sexual relationships, always slow down, relax, breathe consciously, and immerse yourself maximally in your mutual love experience, here and now. If you remain meditative, your emotions will not overheat and burn out, and you'll reach a new level of mutual pleasure every time.

Meditative Breathing. The First Meditation of the Twenty-One Meditations Challenge.

Mindful breathing is one of the most effective techniques for achieving a state of true meditation, where deep relaxation and calmness are combined with the activation of all your senses.



Mindful breathing is one of the oldest traditional meditation techniques and has been practiced successfully by many, many meditators over the centuries.

This simple, yet powerful technique is enough to take you into a different state of mind if you practice it frequently and are open to new experiences.

Frequently do this guided meditation we've created for you. Once you have mastered the technique, you can practice mindful breathing on your own whenever you want to achieve a state of balance and peace of mind, combined with clear consciousness and an awakening of all your senses in the present moment.

Your exercise.

Breathe in deeply and take note of any movements (even micro-movements) your body makes. Notice the pause between each inhale and exhale. Concentrate entirely on your breathing—on each moment you breathe. Observe any changes in your breathing rhythm. Return to a normal state but keep your heightened sense of awareness and attention.

Practice joint mindful breathing meditation with your sexual partner.

In sexual relationships, practice mindful breathing every time you connect with your partner. It will help both of you to immerse yourselves fully in the present moment. Use mindful breathing to slow down, relax and tune into a meditative state.

Synchronize your breathing with your partner's and tune into his or her emotional wavelength. Synchronized breathing connects you with each other at a deep bodily, sensual and energetic level.

Sharing a single rhythm creates lightness, confidence, a sense of harmony and bodily understanding.

When you practice joint, mindful breathing meditation with your sexual partner, close your eyes, relax deeply and become keenly aware of each other's physical and energetic presence.

Tune into a positive and harmonious experience. Breathe synchronously with each other for several minutes, trying to match each other's breathing rhythm.

Find the most comfortable way to relax and breathe together in a common rhythm. Focus your attention and appreciate every sensation that arises during this moment. Allow waves of breath to flow, one after the other.

At the end of the joint meditation, return to your own breathing and inner experience, maintaining inner silence for a while.

CHAPTER 3

Slow Down.



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Haste prevents deep feelings from unfolding fully. To turn on sensitivity and sensuality, relax and slow down first. Then bring your attention to the present moment, and of course, become aware of your real sensations and emotions in the moment.

Take time to be alone in silence for a few minutes the day. The more often you do this, the better. Close your eyes and become aware of your feelings. Sense and listen to your inner rhythm: the rhythm with which you breathe, the rhythm with which your heart beats. Start breathing a little more slowly, and feel your inner rhythm slowing down as well. Rejoice in your ability to control your condition, to slow down and to calm down. Immerse yourself completely in your present reality.

If you go for a walk in a city park or in nature, turn on all your senses and tune in to the present moment to the exclusion of all else. Turn on your inner and outer vision and maximize your hearing and sensory perception. Walk with awareness, feeling every step and every breath.

Gradually slow down your steps and your breathing, and while doing so, observe your own movements and sensations with even greater attention. At some point, stop completely. Breathe and sense everything around you acutely: the air, the smells, the sounds. Look around you, lift up your eyes and turn on your 360 vision. Come totally into the present moment, sharpening all your senses. Stretch this moment as if it is the most precious moment in your life. Be fully awake and enjoy this moment of real, deep meditation.

Every day, find an opportunity in moments of relaxation and rest to start slowing down, to stop, to experience all your feelings here and now, to stretch time. Make every moment bright and priceless.

Slow down while communicating.

During a pleasant conversation, become more attentive to the mutual rhythm of communication. Become aware of your real feelings, and become more attentive to your partner.

Look at your partner, listen carefully and be attentive to the pace and tone of your partner's voice. Tune in to his or her pace and degree of emotional expression. Enjoy the natural rhythm of the conversation for a while, and then start slowing it down. Slow down your pace and drop your pitch to a more sensual level, which expresses your relaxation and total immersion in the present moment.

Perhaps when your partner naturally slows down, attuned to your wave, you can enjoy a slow and sensual conversation in which your mutual emotions and feelings become deeper and more intense.

Enjoy this moment without manipulating each other's emotions, but try to create complete harmony, which allows all feelings to intensify and blossom.

Slow down in a moment of love.

In a moment of intimate and emotional closeness, try to discern your real emotions more deeply. Slow down your breathing and plunge into each movement with increasing emotional depth. Intensely enjoy and stretch every moment. Do not rush to the final peak of pleasure, but savor and suspend every moment as though time has stopped for both of you. Allow every moment to blossom slowly, deeply, profoundly.

Be aware of every sensation, breathe slowly and enjoy a special state of love trance, in which all emotions, love experiences, sexual feelings and feelings of physical happiness are sharpened.

Everyday pleasure stretching workout.

A surprisingly easy way to learn how to slow down time in moments of pleasure can be found in meditative, mindful drinking and eating.

When you meditate, slow down time, and mindfully enjoy the aroma and taste of a cup of tea or even a regular glass of water, your sensuality is transformed profoundly. Do this meditation every day. Learn how to experience a fuller physical pleasure and how to stretch the moment by mastering the skill of mindful drinking and eating.

The Second Meditation of the Twenty-One Meditations Challenge. Mindful Drinking of Water.

Take a few calm minutes to meditate on the act of mindfully drinking water. This guided meditation grants you the chance to discover your ability to drink water mindfully. Conscientiously drinking water encompasses the power to be an incredible source of freshness and renewal throughout the day. It's a daily habit worth practicing.



Your meditation begins the moment you slowly pour clear water into your glass.

Find a peaceful and comfortable place to meditate. Sit with your back straight and take a few deep breaths in and out.

Allow your mind and body to slow down and relax with each exhalation.

Take your glass in your hands and observe the clear water in the glass.

Think about the natural source that provides your water.

Reflect on the fact that this water most likely was once part of the world's oceans, this water journeyed around the planet with clouds and returned to the ground via rain and snow on countless occasions.

Maybe this water came to earth from somewhere far away, deep in space, and traveled around the planet for millions of years before glimmering in your glass for this meditation.

Take another calm breath in and out. Turn on your sense of smell and appreciate the very subtle scent that freshwater can exude.

Take a sip of water and hold the water in your mouth for a few seconds as if you are tasting water for the first time.

Notice the most delicate nuances unraveling in your mouth when you drink.

Notice whether the water is cold, warm, hard, or soft. Recognize how the water swirls in your mouth in an attempt to engage all receptors.

Let the water go down your throat.

Experience the feeling of moisture and a blast of freshness after a sip.

Breathe slowly.

Take another sip very mindfully as if you want to remember the taste and sensation of water in your mouth for a long time.

Observe all your sensations in your throat and stomach and throughout your body while you drink the water.

Drink slowly and notice any subtle shifts in your condition of consciousness, if any. Pause for calm, mindful inhalation, and exhalation after each sip.

Watch your glass empty with every sip, realizing that the water you have drunk fills your body, your cells, and gives you the ability to be alive and healthy.

Drink water mindfully, fully immersing your consciousness in the present moment, enjoying every moment. Notice each new sensation, the distinction of taste, and the shift in your well-being throughout this experience.

When you finish your meditation, sit in solitude and revel in your feelings for a while. Take a few more breaths in and out, listening to the silence within, and pay attention to the positive changes in your state of consciousness.

Practice mindful drinking several times a day. Let this simple meditation raise your level of consciousness and make you feel better day after day.

CHAPTER 4

Enhancing Kinesthetic Sensitivity.



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Recall a recent moment during which your curiosity allowed you to discover something new, or during which you quickly learned a new skill. Remembering this, turn on your capacity for curiosity, interest and attention once again.

Today you will immerse yourself in the world of your feelings and bodily sensations. Imagine that each receptor in your body is primed and allows you to experience sensations more intensely. Be totally attentive to even the slightest change in your environment.

Our kinesthetic sensations can be very varied, and deep.

We instantly sense any touch, the degree of pressure and the area being touched, the ambient temperature, subtle vibrations, the speed and rhythm of a touch... All these sensory capabilities enable us to read the full richness of the feelings that we transmit to each other in our bodily communication.

When you are totally mindful, and all your senses are heightened and really open to your partner, you can experience much more pleasure than usual.

To develop your sensitivity without limit, you should regularly train your attentive kinesthetic perception skills.

The capacity for heightened, detailed and deep kinesthetic sensations can be developed in the same way we develop aural skills, for example. Most people are not born with outstanding musical ability but develop it by practicing and developing their auditory skills. They learn to distinguish and remember pitch, rhythm, chords, even whole pieces of music, using their hearing.

The following meditation exercise focuses on developing your kinesthetic sensitivity, your ability to touch in specific, beneficial ways, and your creativity.

The Third Meditative Exercise of our Twenty-One Meditations Challenge. Developing Kinesthetic Sensitivity



Do this exercise a few times to activate your kinesthetic senses and to make them brighter, richer, sharper and deeper.

Take a deep breath in and out. Put your palms together. Focus your attention in between your palms, sensing the warmth of your skin. Breathe this warmth.

Inhale and exhale. Focus on the skin-on-skin sensation where the soft tissues of your palms meet. Fix your attention on the points where your fingers touch. Breathe while enjoying the symmetry and harmony of this touch.

Put your palms together more tightly. Focus on sensations such as pressure and warmth. Sense the energy that flows between your hands. Breathe through these sensations.

Rub your palms gently against each other. Feel the smoothness or roughness of your skin. Discern the moistness or dryness of your skin.

Lightly rub each palm with the back of the palm of the opposite hand. Feel the difference in texture and temperature. Switch hands.

Now, very slowly, touch one palm to the elbow of the opposite arm. Focus on the sensation. Discern the shape, contour, temperature, texture, degree and area of pressure. Notice your responsive sensations.

Repeat on the other side.

Next, touch your right palm to your left hand, using different strokes. First use your fingers to caress your palm. Then use your full palm. Feel the difference.

Switch hands and repeat the exercise.

Experiment with a change between abrupt movements of the fingers across the palm ... and smooth, fluid, continuous movements. Alternate your hands. How does that feel?

Now vary the speed of your touches. Slow down and then speed up the movement of your fingers across your palms on both sides.

Next, experiment with pressure. Vary the pressure between light and strong. By experimenting with these different sensations, you learn to recognize which touches are the most pleasant for you.

Now touch any part of the body, while deliberately expressing different emotions through your tactile sense. Notice your feedback. Discern which touches feel the most expressive and enjoyable.

Take a deep breath and touch another part of your body while exhaling slowly. Fill your touch with warmth and positive, loving energy. Notice how this makes you feel.

Experiment with different ways of touching and expressing different emotions to discover what works for you. Focus on any pleasant sensations that are currently occurring in your body. Breathe through any pleasant sensations, feeling warmth, relaxation, vibration and pulse.

Breathe with total awareness of your whole body. Enjoy all the richness of these sensations. Watch your every sensation with increased attention.

As you finish the exercise, thank yourself for the practice. Take the heightened kinesthetic sensibility into your life.

CHAPTER 5

**Synesthesia is an Unusual
but Ingenious Way to Feel.**



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Synesthesia is an interesting phenomenon of our perception, when sensations that we receive through one sensory channel cause sensations in another channel of perception.

For example, the kinesthetic sensation of sexual pleasure may appear colored and radiant; or the sensation of pleasure may be perceived as very sweet. Developing your synesthetic abilities can enrich and enhance your sense of pleasure. Do the following exercise to practice your synesthetic abilities.

The Fourth Meditative Exercise of our Meditation Challenge. Sweet Synesthesia.

Take a deep breath and exhale slowly. Enter a state of calmness. Direct all your attention inward.

Remember a sensory experience when your emotional sensations seemed very sweet. Recall the most intensely sweet sensation of sexual pleasure you have ever experienced. Breathe in and out through this sensation in your body. Enjoy the sweetness.

By contrast, emotional bitterness is often associated with sadness. Explore your unique personal experiences. Think back to a sensory experience during which the emotional sensations seemed very bitter to you.

Breathe ... Feel compassion for yourself during your bitter trials.

Take a deep breath in and out. Think about emotional experiences that tasted sour to you.

Some people associate a pungent, sour taste with sensations of intense revival and vigor. Can you think of a strong emotional experience that had an intense, sour taste?

Try to recall an emotional experience that felt salty to you. Breathe in and out through this sensation in your body. Try to recall other vivid sensations and the tastes with which they were associated.

Which tastes do you associate with your most pleasant kinesthetic sensations?

Imagine the taste cocktail of kinesthetic sensations that you still dream of experiencing. Add even more sweetness and spice to these sensations. Order a cocktail of these pleasures from your subconscious.

Thank yourself for the practice. Continue to develop your sensitivity day after day. Enjoy exquisite cocktails of pleasant, new experiences and delights.



CHAPTER 6

Sensual Touch and a New Level of Empathy.



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Mirror-touch Synesthesia

Some people have the unique gift of increased empathy. Their ability to empathize with their partner's feelings is so high that when they touch their partner, they themselves experience that touch.

You can increase your sensitivity and try to develop empathy in your sexual relationship by doing mirror-touch exercises. Try touching your partner and feeling that touch in your own mind and body.

The Fifth Meditative Exercise of our Twenty-One Meditations Challenge. Mirror-Touch Exercise.

Do this meditative exercise with your sexual partner at your own pace. Get into any comfortable position for meditation with your partner. Stay quiet for a while to become aware of your feelings and to tune in to each other.

Breathe mindfully, synchronizing your breathing with your partner's.

Touch your partner in a pleasant way, focusing your attention on your emotional and physical sensations at the moment of touch. Breathe while enjoying this moment...

Touch your partner in the same way, but this time imagine that you can feel your mirror reaction to this touch in your own body. Breathe while continuing to imagine this mirrored feeling...

Next time, touch your partner while expressing as much tenderness as possible, and focus all your attention on your feelings in the here and now. Breathe with full awareness of how you are touching.

Touch your partner again in the same way. And imagine that you feel exactly the same mirror-like sensation in response to this touch in your own body. Breathe while listening to your feelings.

Next time, express even more love and passion through your touch. Immerse your attention completely in this touch. Breathe while enjoying this moment.

Touch your partner in the exactly the same way again, while sensing the feelings of your partner in your own mind. Imagine feeling a mirrored-touch on your own body.

Breathe...

Vary different touches over and over again, while reflecting the perceived feelings of your partner in your mind and in your body. Learn to touch each other in ways that evoke the strongest and most complete mutual pleasure.

Do this exercise for at least five to ten minutes each time you interact with your partner. This exercise can greatly increase your empathy level. You can develop your empathic tactile ability by creating in your mind the most accurate imaginary sense of how your partner is feeling. After repeated practice, you will automatically and subconsciously be able to intuit the sensations that your partner experiences. This skill can greatly enrich your sexual experience. Consequently, your kinesthetic communication will become much more empathic and saturated.

The Sixth Meditative Exercise of the Twenty-One Meditations Challenge. Mirroring Touch Communication.

Another way to develop your touching skills is to practice reflective touching with your partner as a joint communication exercise.

With your partner, take any comfortable position in which you can relax easily, feel each other and touch each other freely. Try to tune in to the rhythm of your partner's breathing for a few minutes. Pay attention to how your state of mind, your emotions and your sensations are changing.



Let one of the partners initiate touching, and let the other partner accurately reflect the touch, trying to evoke in the partner the same sensations that he or she receives.



Breathe mindfully. Learn to fill your touches with maximum attention. Try to synchronize each touch with a deep exhalation.

Make each touch as expressive as possible. Fill your touch with energy and positive emotions, and sense the feedback from your partner. Increase the sensuality of every consecutive touch.

Thank your partner for the practice.

Continue developing your creativity and the expressiveness of your touch every time you interact with your sexual partner.

Be as empathic as possible.

Tune in to your partner's breathing. Reflect the degree of his or her expression, emotions, tactile approach and kinesthetic communication. Improve your ability to give pleasure, and be much more attentive to each other's sensual and sexual experiences.

CHAPTER 7

Universe of Smells. Developing your Multisensory Experience.



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Smell perception is one of the oldest channels of perception. It informs our observation and experience of reality in ways we might not even be conscious of. We modern people have not lost the ability to smell, but, unfortunately, in many of us the olfactory sense has been dulled. We do not use our olfactory sense consciously and attentively to explore and sense our world. We smell and taste less intensely than our natural ability allows us to.

Use the development of this channel of perception as the key to unlocking your natural, instinctive hypersensitivity to smell and exploring your sensual side.

The Seventh Meditative Exercise of our Meditation Challenge. Restoring the Experience of Smelling.

Take a deep breath and exhale slowly and calmly. Relax and immerse yourself in your feelings and inner experiences for a short while.

Take another deep breath in and out, focusing on the smells you are smelling right now.

Maybe you smell a faint, subtle smell emanating from something at a distance. Maybe the smell or scent originates from your immediate environment.

Bring your hands to your nose and smell them.

Totally immerse yourself in the world of smells.

Do you remember the very first scents that you associate with your childhood?



The smell of your parental home, maybe? Or the scent of your mother's perfume? Maybe you recall the smell of your favorite childhood food?

Remember a smell you have known since childhood: winter-fresh smells, the smell of snow during walks, the fresh spring smells of budding leaves on trees, the smell of summer heat, the smell of rain, the smell of a campfire in nature. The smell of the first things you cooked yourself, maybe.

In the moment, start recalling the favorite scents of your teenage years: your first perfume or cosmetics; the smell of your first parties. The smells of loved ones that were dear to your heart. Maybe the smell of your favorite things: tools and books, for examples.

Travel from your past to the present, while recalling your favorite scents. The smell of your happiest vacation, the smell of your favorite places, the smell of the sea, of balmy nights....

Maybe you recall the smells of physical intimacy; special scents associated with loved ones.

Maybe the smells you recall are those of a happy home or beloved children.

Continue to travel from the past to the present while calling up pleasant scents. Remember the smells of your favorite holidays: the smell of Christmas, the smell of your favorite foods.

Refresh in your memory the most pleasant smells of the morning, your favorite smells during the day, the enjoyable smells of the evening, or maybe the clean, comforting smell of fresh bed linen at night.

Enjoy your ability to remember and be vividly aware of smells and scents. Let your true sensuality awaken.

Continue to enjoy this inner experience. Dwell in your own universe of smells for a while.

Breathe mindfully, noticing smells in the moment. Breathe in the scent of your own hands again.

Thank yourself for the practice. Remain hypersensitive to odors if you enjoy this resourceful state of consciousness.

CHAPTER 8

Relax With Pleasure While Keeping Active Attention.



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To fully reveal your sensuality, you need to learn awareness of and appreciation for physical relaxation.

Start keeping a relaxation journal today. In the first column, rate your relaxation on a 10-point scale. In the second column, rate your level of mindfulness on a 10-point scale. In the third column, note the new sensations you are experiencing.

As you practice your meditation exercises day after day, learn to relax more completely. Stay alive, awake and intensely sensate while relaxing. Open up your senses and remain acutely aware of every sensation. Sleep and numbness do not constitute deep relaxation.

Real relaxation is often accompanied by a feeling of incredible lightness and inner lift, a deep liberation. True relaxation is achieved when you are acutely aware of yourself and totally mindful.

A mind-and-body state in which you are deeply relaxed, happy and comfortable is an incredible resource for your body. Even your immune system works better in this state.

Your natural ability to love and enjoy life is revealed precisely at the moment when you are relaxed and experience bodily trust and harmony.

So, in your sexual relationships, do not try to impress your partner with excessive physical prowess and exercise. Rather impress him or her with your ability to achieve mutual deep relaxation and complete harmony.

A state of deep mindfulness achieved via meditation can sometimes evoke a wave of deep pleasure and total relaxation. In this meditative state, time seems to stop, you sharply feel every vibration, you are filled with ecstatic radiance, and you feel awakened and renewed.

The Eighth Meditation. A Deep Relaxation Exercise.



Do this exercise to help you release tension and to induce relaxation and calm. Doing this exercise in the evening before bedtime is especially useful because it helps you to relax and get a good night's sleep. With regular practice, you can learn to relax your muscles more completely, and achieve a feeling of serenity.

Get into a comfortable position for meditation and deep relaxation, keeping your back straight. Take a few slow breaths in and out. Pay attention to the sensations in your body. Breathe calmly and allow your muscles to gradually relax.

Bring your focus to your belly. Take a deep breath and suck in your stomach to engage your abdominal muscles. Hold your breath and the muscle contraction for a few seconds. Then exhale very slowly as you relax your abdominal muscles. Breathe normally while observing the sensations in your abdominal area.

Repeat this step: Take a deep breath, imagining you're inhaling through your abdominal muscles as you suck in your belly. Hold your breath and the contraction for a few seconds. Exhale very slowly, releasing all tension from the abdominal muscles.

Breathe normally while feeling the sensations in your abdominal area. Allow your abdominal muscles to relax more and more. Notice if, following the relaxation in your abdomen, your pelvis and legs are also starting to relax.



Repeat this step one more time: Inhale the tension through the abdominal muscles, hold your breath and the contraction for a few seconds, then deeply relax the abdomen with a slow exhalation. Relax your lower abdomen, pelvis, and legs. Breathe normally, observing your body soften and feeling all the tension melt away.

Continue the gradual deep relaxation of your body through the relaxation of the muscles of the shoulder girdle and neck. Focus your attention on your neck and shoulder muscles. Breathe calmly and observe the sensations of tension and relaxation in this area.

Take a deep breath, focusing on the muscles in your neck and shoulders. Hold your breath as you tense your shoulders. Then exhale slowly and fully, releasing all muscle tension in the shoulder area. Breathe normally as you notice this part of your body loosen up.

Repeat this step: Take a deep breath, focusing on the muscles in your neck and shoulders. Tighten your shoulders a little while holding your breath. Exhale slowly and let go of all muscle tension in this area.

Breathe normally, noticing if, following the relaxation of your shoulders, your arms are also relaxed. Allow the muscles in your neck, head, and face to relax too.

Repeat this step once more: Take a deep breath, focusing on the muscles in your neck and shoulders. Tighten your shoulders a little while holding your breath. Exhale very slowly and release all muscle tension in your shoulder girdle, neck, and chest. Relax your facial muscles, including the forehead, eyes and jaw.

Breathe calmly as you feel your body relax deeper and deeper. Enjoy the sensation of complete relaxation for a while.

Taking a new breath in, return your awareness to your surroundings. Appreciate the feeling of calm and relaxation.

CHAPTER 9

You are More Than You Think.



Baby, you are Cosmos

When people oversimplify their complex inner world and treat the reality of their feelings and emotions too superficially, they create internal filters that make them less sensitive, more mechanistic, and unable to live a full, sensual life.

They limit their enjoyment of love and their awareness.

If you free yourself from generally accepted puppet stereotypes, a huge world of genuinely deep sensations, intense experiences and vivid pleasures can open to you.

Your whole world can become more voluminous and colorful. Awaken yourself from hibernation. You are probably a great deal more than you think you are.

Never think of your body, soul or personality as mundane or commonplace. Learn to perceive your inner space as something big, amazing, mysterious, curious and fascinating.

Rediscover your true inner beauty, your emotional and bodily intelligence. Admire your continuous natural ability to evolve and learn new things. Open a breathtaking space within yourself.

Your body, your psyche and the intricate workings of your internal engineering are not fully explored. The complexity that allows you to live, feel, think and act is incredible. You are complicated, delightful and brilliant; not at all trivial. Perceive yourself in a new way. Make insightful self-discoveries with our meditations.

The Ninth Meditation. Unleash Your Great Potential.

Meditate today to unlock even more of your incredible potential for personal improvement. Take a comfortable position, sitting or lying down with your back straight. Breathe in and out deeply. Observe your bodily sensations. Feel your face and facial muscles. Take a deep breath and release all facial muscle tension with a slow exhalation. Relax. Relax your chin, neck and shoulders.



Take a comfortable position, sitting or lying down with your back straight. Breathe in and out deeply. Observe your bodily sensations. Feel your face and facial muscles. Take a deep breath and release all facial muscle tension with a slow exhalation. Relax. Relax your chin, neck and shoulders.

Take another deep breath in and out. Breathe while watching your chest and belly fall and rise. Feel your whole body in the here and now.

Now try to imagine for a moment that you are encountering the sensations of your body for the first time in your life. Imagine the outline of your body in your mind's eye. Bring all attention to the center of your body, studying your physical design from this vantage point. In your mind's eye, appreciate the amazing symmetry, observe the complex engineering. Everything in your body is incredibly smart. Everything works like an amazingly precise mechanism.

Breathe...

Inhale and exhale slowly and plunge even deeper into the energetic level. Observe the energy body with your inner eyes. Feel subtle vibrations or energetic currents. Notice the shimmer and glow within. Breathe while observing the energetic sensations.

Plunge into the center of sexual energy, which is in the lower abdomen. Feel the powerful vibrations that reside there. This energy stores a great potential for joy. This is a marvelous resource for a vibrant sex life, thrilling pleasures, creativity, love and deep satisfaction. Feel the energy that makes you sensual, sexy and attractive. Take a deep breath in and out, feeling your sexual energy.

Take another breath and move all your attention to the solar plexus area. Breathe in and out. This area is the source of vitality, your source of powerful energy for real success and personal growth. Breathe through your solar plexus to activate this power.

Bring your consciousness to the middle of your chest where your heart energy center is. Feel its gentle vibrations. Take a deep breath and exhale. Enjoy this inner wealth. Sense the potential for oceanic feelings, endless tenderness, incredible love.



Move your consciousness to your head, feeling the cold radiant energy of the mind. Your mind carries the potential for brilliant insights and an incredible expansion of consciousness. This is the center of your inner spiritual universe, which is anticipating full realization.

Enjoy the inner radiance of your energy centers. They hold the potential for self-discovery and for the development of incredible sensuality. They are the seat of great love, your natural talent and true spirituality. Feel your energy enveloping you like a vibrating aura.

These energetic vibrations can make you truly happy and empower you to realize yourself. The power and light of your consciousness can inspire many other people in their search for personal and spiritual self-improvement.

Breathe, feeling the internal energy currents. Watch flashes, sparks, radiance. Enjoy your deep feelings on an energetic level.

One day on the path of your development, while closing your eyes, you will start to see a bright light emanating from within, a bright light that is the universe's gift to you. You will start to experience yourself as an amazing being, radiating energy.

CHAPTER 10

Awakening your Talents: Resource State of Mind.



Baby, you are Cosmos

All of us experience times during which we are less effective than we could be. We feel lazy and unmotivated.

We are insensitive to other people and our surroundings. By contrast, all of us can pinpoint times during which we functioned at the peak of our capabilities, and were truly happy, creative, and talented. When you are in a resourceful state of consciousness, you feel, see and hear more sharply. Your natural talent is activated. You feel confident, creative and free.

Some people can maintain a resourceful state for a long time; in less resourceful moments they do not lose heart. They work on themselves, stay flexible, and don't complain too much when things go wrong. They learn to re-enter their best state of mind soon after exiting it.

Obviously, the easiest way to enter a resourceful state of mind is to do what you truly love, for instance fulfilling your dreams or doing something meaningful and valuable for yourself and others.

It's hard to be creative and to make the most of your talents when you don't enjoy the process itself. You have to follow your passions. This is the key to a state of heightened attention and self-realization.

It's hard to be a good lover if you're with someone whom you don't really love. Such relationships are fundamentally disappointing and offer superficial satisfaction only.

Sensuality, incredible tenderness and increased sensitivity are much more easily unlocked in an intimate relationship with someone you truly love.

It is important to be honest with yourself and to make the right choices in love, in everyday communication, in your career and in your lifestyle.

Doing what you love and surrounding yourself with loved ones is the ultimate goal for which you should strive.

Feelings of love can make you incredibly resourceful. All your senses are sharpened, you live totally in the present moment, you are full of energy and you have a positive attitude. Love can inspire you to be creative and can change your perception. Regular meditation has a role in protecting your love relationships from anxiety and excessive addiction; self-awareness will help you feel more confident and more harmonious in those relationships.

In the resource state of mind, you fully activate all your senses. You sharpen your vision, hearing, and tactile and olfactory senses. You approach everything you set your mind to with much greater energy and commitment – events, people, everything. It will be easier for you to achieve this state if you remember how ingenious your body is, how incredible your inner engineering, how radiant your soul.

Believe in yourself. Do your best. Don't expect others to praise or appreciate you. Rather become a source of inspiration to yourself and others.

Each psychological technique and meditation in this book is created to help you reach a resourceful state of consciousness. Relax now, tune in to yourself, and listen to a guided meditation, designed to realize the wonderful inner abilities with which nature has generously endowed you.

The Tenth Guided Meditation. Firing Neurons.

Turn your sight inwards. Imagine the familiar form of your brain. The magnificent undulating folds. Look deeper and deeper into this phenomenal organ, the mighty control center that regulates everything you think and do and feel.

Try to imagine the building blocks of your mind, the vast network of neurons that ceaselessly receive and process and send information. Visualize the electric currents sparking between them as they carry the messages that keep you alive, that allow you to run and think and love and learn. Marvel at the wonder of the luminescent light show that is your mind.



Now imagine a single neuron, its organic form sprouting branch-like dendrites and slender axon stems. This is the iridescent, flashing tree of your life. The dendrite branches receive signals from other neurons in this life-giving forest. The stem of the axon passes them on.



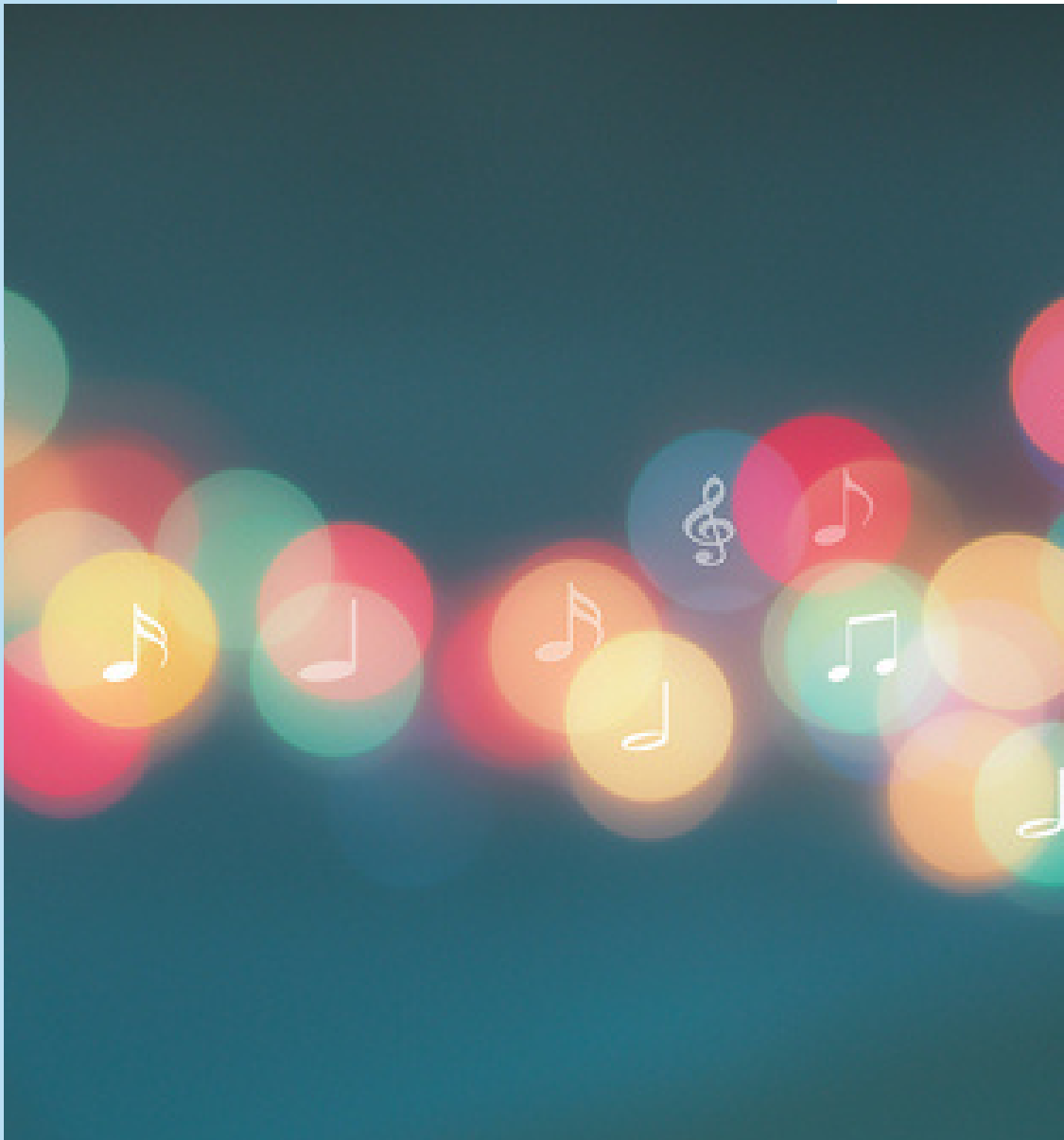
You exist in this pulsating, talking forest of light, in this vast network of electric messaging. This forest lets you dance. This forest lets you touch and see and smell.

This forest allows you to climb mountains, to sing love songs, to breathe the morning mist rolling in from the ocean. In this vast network of current lies your consciousness, your intellect, your humanity.

Watch the dance of the neurons for a few moments longer. Then take this powerful image with you into your daily life and celebrate the gift of mind whenever you fire up your neurons to remember the forest and the light.

CHAPTER 11

Universe of Sounds. Developing your Multisensory Experience.



Baby, you are Cosmos

To enter a resourceful state of consciousness, activate all your channels of perception and develop your ability for multisensory experience. When your vision, hearing, kinesthetic sensations, and sense of smell work perfectly, your reality becomes much clearer, more intense, and more fulfilling. You perceive the world with all your senses at the peak of your capabilities.

The following exercise is aimed at activating your auditory perception channel and developing your ability to enjoy sounds.

The Eleventh Meditative Exercise of our Challenge. Restoring the Experience of Hearing.

In this meditation you'll recollect your personal history through auditory memories. Take a deep breath in and out. Turn your attention to your inner experience.



Try to remember the sounds that you associate with your childhood. Remember what the voice of mom, dad or other significant people in your life sounded like. Or remember your favorite song or musical piece from childhood. Maybe you want to focus on the childhood voices of your brothers, sisters, or friends. Maybe your very first sound impressions emanated from nature: the sound of waves, wind, or rain...The sound of silence during a snowfall... Think about these now.

Remember exciting, new sounds associated with your first visit to the theater or a concert, and the sounds of your first party.

Think of the voices of your favorite teachers. Remember the voices of benevolent people in your life who gave you sound advice and support, or who helped you in some way. Recall their life-giving words.

Recall the voice of someone with whom you fell in love for the first time. Maybe you can recall your own voice from adolescence... Or your first intimate conversations.

Think of the sounds associated with the pleasurable experiences of growing up...Remember sounds associated with achievements, compliments, applause or praise.

Think back to the ambient sounds of the places where you have lived. Try to recall the sounds of the cities or towns you have called home.

Remember the sounds you associated with new places to which you travelled, the soundscapes of new places, new cities and new events.

Recall sounds associated with some special, enjoyable experience. Remember the voices of loved ones at different moments of your life, words of love, words of tenderness, snippets of humor. Walk through the most enjoyable moments of your life up to the present moment by recalling your most vivid sound memories.

Return to the present, listen to your own breathing, or enjoy a moment of inner silence. Thank yourself for your marvelous ability to hear and remember sounds. Promise yourself to be even more attentive to the sounds that surround you. Think about important words you have not yet said to someone. Consider new sound experiences you would like to have in your life. And pursue them.

The Twelfth Meditation of our Challenge. Dance with Shamans.

Imagine you are in mystical place where wise shamans live. There you can watch several people in shaman garments dance around the fire. The rhythmic sounds of the shaman's tambourine are reflected by flashes in the sky.



In the movements of one shaman you see the free flight of a mountain bird. In the movements of another shaman you feel the strength and dexterity of a wild animal. Suddenly, you realize you are dancing together with the shamans. You feel light and power in your movements. You feel like the earth and the sky are dancing with you. The stars are shining inside you, and the wind is singing the melody of the shaman.

CHAPTER 12

Switch on the Inner Light of Your Consciousness.



Baby, you are Cosmos

Mindfulness is often associated with light. Something that is still unconscious remains in darkness, while everything in the sphere of awareness and full understanding seems to be enlightened and clear. Allow your consciousness to illuminate an ever-expanding space within.

Many irrational fears will dissolve the moment you illuminate them with the brilliant light of your consciousness.

Seek and become the bright ray of light that illuminates your true nature, intensifies your feelings, makes the space inside more voluminous, frees you from inner numbness, makes you incredibly alive, and lets you fall in love with every moment of life. Your eyes fill with warmth and energy, and this inner glow makes you truly attractive and magnetic.

The Thirteenth Meditation. Awaken Your Inner Dawn.

Place your palms upon your closed eyes. Relax your facial muscles. Enjoy complete darkness. Focus on peace. Discover the quiet within you.

As you see with your inner vision... a gentle ray of light appears in the distance. Followed by the second ray of light, Then the third one, a new dawn rises on the horizon. Golden rays shine upon you. You can feel the sunlight on your skin. The light floods every hidden corner of your soul. You feel fresh and pure.

Keep this feeling of warmth and clarity, as you uncover your face and open your eyes. Capture in your relaxation journal all the new sensations you experienced during the Inner Dawn meditation and evaluate how fully you were able to relax.

CHAPTER 13

The Secret Code. Mind-expanding Meditations.



Baby, you are Cosmos

Have you ever thought about the incredible experiences your ancestors had?

Have you considered how the events of their lives, their small and big victories in the art of survival and achieving harmony with their surroundings, still affect you?

Personal individuality, the genetic uniqueness of each of us, is a gift that we have received from our parents, grandfathers, grandmothers, and countless other ancestors. Our genetic make-up is shaped from generation to generation.

You are the result of this incredible process.

Your appearance, talents, emotional make-up, reactions, natural intuition, wonderful instincts – all these are a conglomeration of many, many lives and their ingenious insights and experiences.

Think about it: the incredible natural harmony of your body, the ability for intelligence and consciousness, is a wonderful legacy that you have inherited from billions of ancestors.

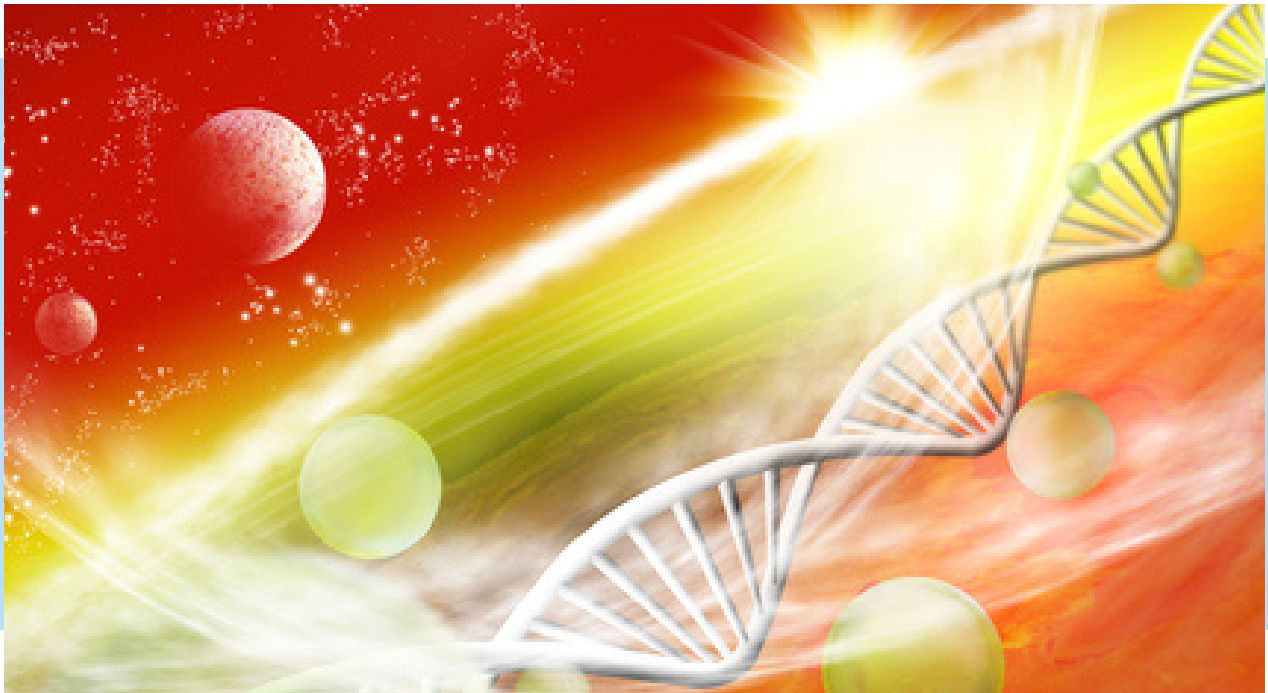
Appreciate this legacy. Do not miss your chance to live your life fully, joyfully, brightly.

Do the following conscience-expanding meditation and reflect on the genetic code that lives inside you.

The Fourteenth Meditation. The Secret Code.

Close your eyes and look inward. Imagine your eyes are like electron microscopes. They allow you to see the building blocks of your body in the minutest detail. In your body there are more than 37 trillion cells. Choose one of them. See it clearly in your mind's eye.

Then slip through the outer membrane carefully. Ahead of you is a throbbing sphere, the nucleus. That's where you want to be. That's the control room, the sanctuary of sanctuaries. The place where your DNA resides in all its complex magnificence.



You carefully nudge through the tough membrane protecting the nucleus, then dive into a chromosome, then penetrate deeper and deeper until you come face to face with the double helix that contains your secret code.

The genetic instruction book that makes you uniquely you. The radiant book of life. Your life.

Your DNA seems to light up. A shining, golden image of your most intimate genetic secrets. You see your mother's eyes, the rich color of your father's hair. You wonder at the incredible heritage passed on to you. Generation after generation built the life that is now uniquely yours.

The sequences stretch back into a time before time. Everything is ensconced in this helix - the joy and the pain - you realize. The beginning and the end. Gratitude for this life, for all the connections it holds, floods your soul. You reach out and touch your DNA. It is warm and vibrant to the touch. You saturate it with love and feel it respond. It knows you intimately. It is you.

The Fifteenth Meditation. The Origin of Life.

Now contemplate the origin of life and your connection to the incredible moment when organic life began.

Breathe in, feeling the rhythm of the breath. Breathe while watching the belly and the chest rise and fall rhythmically. Rise ...and fall... Rise... and fall... Your lungs fill with air and empty. Inhale... Exhale... Take a deep breath again, and as you exhale, send your imagination on a long journey, billions of years into the past...

The living cell is not much different from a little bubble in ocean water, but it already participates in the oceanic rhythm. Imagine yourself as this bold organism, challenging inorganic nature. You are alive!

Waves rhythmically fill and empty the cell, fill and empty, fill and empty. This motion resembles your familiar inhalation and exhalation. You feel like a natural part of the ocean.

You are one with its original rhythm. Enjoy this oceanic feeling over and over. Return to the present moment but don't lose your awareness of the rhythm of your breathing.

Your entire existence today is still subject to the oceanic rhythm. You are still part of the ocean. You are an integral part of this blue planet and its ecosystem. You live and breathe; you evolve in deep connection with this ocean of life.

You are inseparable from all living things. Breathe while enjoying this deep connection. You are part of an incredible process of the continuous evolution of life. Return to your normal breathing and the present moment. Be aware of yourself in the here and now, but keep the deep connection with your oceanic origin. Make a new entry in your relaxation journal. Describe the sensations you felt during the meditations you have just done. Assess the degree of your relaxation and inner harmony.



CHAPTER 14

Expanded Consciousness.



Baby, you are Cosmos

The ability to enter a state of expanded consciousness opens new horizons for you, new dimensions, a different way of perceiving reality.

Imagine that metaphorically you live in a small house, built on the foundations of your simple, traditional ideas about yourself and the world. You feel protected, but this is only an illusion. The house is not real – it consists only of beliefs and stereotypes.

Every time some new experience or idea challenges you, you spend a great deal of energy to protect your beliefs, your ideas about yourself, about your ego, about life in general.

When we defend our beliefs, simple stereotypes and narrow ideas about ourselves, we limit ourselves. We are separated from our true nature, which we do not even try to recognize.

Imagine the moment at which you leave your little house of habitual beliefs about yourself. Suddenly, you have nothing to defend; you are free; your openness connects you with the real, big, changeable reality of your inner world. You see the stars; you see the cosmos within you.

When you take this small step towards real feelings, towards knowing your real nature, you set off on a rejuvenating path of incredible discoveries, new sensations, and a changed perception of your body and soul. You develop a new understanding of yourself, a sense of fullness and a real deep satisfaction with life. Most importantly, you open up a completely new level of inner freedom.

When your consciousness expands, your perception of the world becomes fuller, more voluminous, colored, bright, vibrant, harmonious. Your inner reality ceases to be flat and simple. You open a huge world of inner sensations and your inner energetic, psychic space. You become an explorer, making discoveries within yourself. The next three guided meditations are aimed at expanding consciousness.

The Sixteenth Meditation. Cosmic contemplation.

Become aware of your immediate surroundings.

Now widen your consciousness deliberately. Try to plumb the unseen dimensions of your existence. Reach deeper and farther into the world you inhabit. Imagine your eyes are telescopes capable of zooming in on the minutiae of your existence.



See the microcosms of your life. Become aware of the small, unseen worlds that thrive in your body, that make up the everyday objects populating your world, that live in the air you breathe and in the soil underneath your feet. The molecules. The atoms. The quarks.

The vibrating strings. Now zoom out, as if in cosmic flight, to see the macrocosm of your existence. The heavens. The spiraling star systems. The expanding universe in all its cosmic splendor.

In both microcosm and macrocosm there exist incredible patterns, patterns we try to describe with the language of mathematics.

It is a language passed on to us by the greatest thinkers of our species. A language that offers us both reason and magic because it allows us to see what we could not see before.

It is the language of the number, the circle, the parabola, the equation. It is a language that unlocks secrets, reveals truths, gives us an understanding of our lives more profound, more immense than we could ever imagine.

Be still and steep your spirit in that understanding. Marvel at all the patterns of your design.

When you return to your everyday life, take the magic and the reason with you. See the world for the magnificent system it is. Allow your spirit to sense the hidden wonders while you go about your daily tasks.

The Seventeenth Meditation. Expanding Space Meditation.

Close your eyes Feel your consciousness expand as you enter another universe.

Look at the magnificent scene unfolding in front of you. Before you a world of incredible beauty reveals itself. A yellow sun burns brightly, its corona a blaze of light. Golden moons fly towards you. Flashes of green and blue flare into space. An orange, dragon-shaped nebula raises its beautiful head.

Everything is expanding, moving. Stars, moons, gases.



You rejoice in the motion, the expansion. This is the essence, you think. This perpetual movement, this celestial shift of energy is the nature of existence. You reach out to the magnificent expanse, take hold of it in both hands and watch it glow between your palms.

Nothing is static. Life is change. The profound truth of this insight shines in your consciousness as brightly as nebulae.

The Eighteenth Meditation. Meditative Exercise to develop kinesthetic sensitivity at a deep energetic level.

Awaken your natural ability to feel subtle energetic vibrations in your spine.

Close your eyes and take a deep breath in and out. Focus on the sensations in your eyes. Smile to yourself.

Let your inner gaze turn into the body and focus your attention on the sensations in the spine.

Take a deep breath in and out through the lower vertebrae. Feel the warmth and vibration at a subtle level. Breathe in, increasing the vibratory sensations. Breathe through your spine for a while...

Take a deep breath in and out through the lower vertebrae. Feel the warmth and vibration at a subtle level. Breathe in, increasing the sensation of vibrations.

During the next breath, focus on the middle of the spine. Notice how your sensations change, how your vibrations change. Breathe through these sensations for a while.

Move your attention to the upper cervical vertebrae and feel subtle changes in your sensations. Breathe with awareness of these sensations. Allow yourself to relax deeply, naturally. Relax your head, eyes, face, neck, chest and abdomen. Enjoy a wave of deep relaxation.

Breathe in deep peace. Focus once more on the sensations in your back. Allow subtle vibrations to rise freely. Breathe while observing your sensations.



Imagine that you can shift the focus of your attention to the energy sensations in the space behind your back. Distribute your attention to the entire area behind your back. Feel warmth or chill. Feel subtle vibrations.

Breathe through this amazing energy channel behind your back. Feel how subtle vibrations rise along the entire surface of the back. Feel the vibrations in the neck and back of the head.

Let your head muscles relax deeply. Feel how these spiritual vibrations and subtlest radiance purify you. Breathe while observing your bodily sensations and state of consciousness.

List in your mind the sensations that you have experienced. Try to make a mental note of all the sensations you felt during the meditation process. Returning to normal breathing, thank yourself for the practice.

Make a new entry in your relaxation diary. Describe your new sensations, insights and assess the degree of your relaxation and inner harmony.

CHAPTER 15

Change Your Attitude Towards Yourself.



Baby, you are Cosmos

The Nineteenth Meditative Exercise. Personal Development Stages.

Close your eyes and refer to your personal development experience. Think about the brightest moments in your life, when your sexuality and sensuality manifested most intensely.

What moments do you associate with the development of your sensual experience? Think about how your ability to love and be loved has evolved.

What memories do you associate with experiences of growth, maturation and personal self-improvement?

Rise mentally above your life and adopt a bird's eye view to see the journey of your life in its entirety. Imagine that from this height you can clearly delineate the stages of your personal, mental and emotional development along your destiny line.

Come up with names for the milestones you have already reached. What would you call the stage you are at right now?

Try flipping through the chapters of your past.

What are the main goals of your current stage of development? What are you learning now? What else do you want to achieve at the current stage of self-improvement?

Can you imagine what the next stage of development will be? What else do you want to achieve in the future?

Imagine how your emotional and bodily experience could change for the better.

Think about how you yourself and your sexual relationship will change.

Consider how your sensuality can awaken and develop in the future.

Look at your life path from an eagle's vantage point, from the height of wisdom and heightened awareness, and once again imagine the main stages of your personal development and self-improvement.

Wish yourself something good for the future. Give yourself a piece of good advice for the road ahead.

Come back to the present moment. Be aware of yourself in the here and now. Think about specific things you can do to change your life for the better right now. Consider what self-improvement practices you can frequently implement to support your growth.

Be quiet for a while. Review and refine your desired personal development plan every time you feel the need.

The Twentieth Meditation of the Twenty-One Meditations Challenge. Inner Smile Exercise.

The Inner Smile meditation fosters positive communication with the body and develops physical awareness and a healthy mindset. Doing the exercise frequently can boost your well-being and health, and help you to achieve harmony between body and mind.

Get into a comfortable sitting or lying position with a straight back. Close your eyes or leave them half-open. Take a deep breath in and let it out, observing the sensations in your body at the moment.

Inhale deeply and exhale slowly. Smile inwardly at your own eyes, sending them positive energy and gratitude.



As you breathe effortlessly, imagine you are inhaling and exhaling through your eye area. Be aware of the sensations in your eyes. Say to yourself: “May my eyes be healthy, and my eyesight clear and sharp.”

Direct your attention to your ears. Observe the sensations in your ears with a soft inner smile. Take a deep breath and, as you exhale, send positive energy of gratitude to this area.

Express another wish: "May my ears be healthy, and my hearing full and sharp."

Smile to all of your organs that allow you to perceive the world around you: the organs of sight, hearing, smell, taste, and touch.

Smile to your nervous system, which links sensitivity, motor activity, and the work of other systems into one whole.

Thank your brain, which controls all your other organs and allows you to be a living, intelligent, self-aware, and thinking being.

Say to yourself: "May my nervous system always be healthy. And may my brain work in a balanced and efficient way, ensuring my physical and mental well-being."

Breathe deeply, appreciating the fresh air. With the next inhalation and exhalation, send your inner smile and gratitude to your lungs and your entire respiratory system.

Make another wish for yourself: May my lungs be strong and my breathing always healthy.

Inhale and exhale, enjoying the sensations.

Smile at your heart and your circulatory system, working tirelessly to deliver oxygen and nutrients to your entire body.

Say to yourself: "May my heart be strong and healthy, and may my circulatory system always work effectively.

Breathe in and out, appreciating the warmth and vitality inside your body.

Send a smile of gratitude to your digestive organs, liver, spleen, and kidneys. Also smile at your reproductive system, which is capable of performing the miracle of creating new life. Greet and thank all your skin, flesh, muscles, and bones.

Contemplate your entire body, an incredible combination of complex systems that work in conjunction with each other.

Wish your body complete harmony and health. Promise yourself to take care of your body and lead a healthy lifestyle. Say to yourself: "May my body be healthy and strong. May I live a long, healthy, and happy life.

Breathe deeply, enjoying the feeling of life and harmony within yourself.

As you open your eyes and return to your normal state, maintain a sense of awareness and admiration for your body and its amazing continual work.

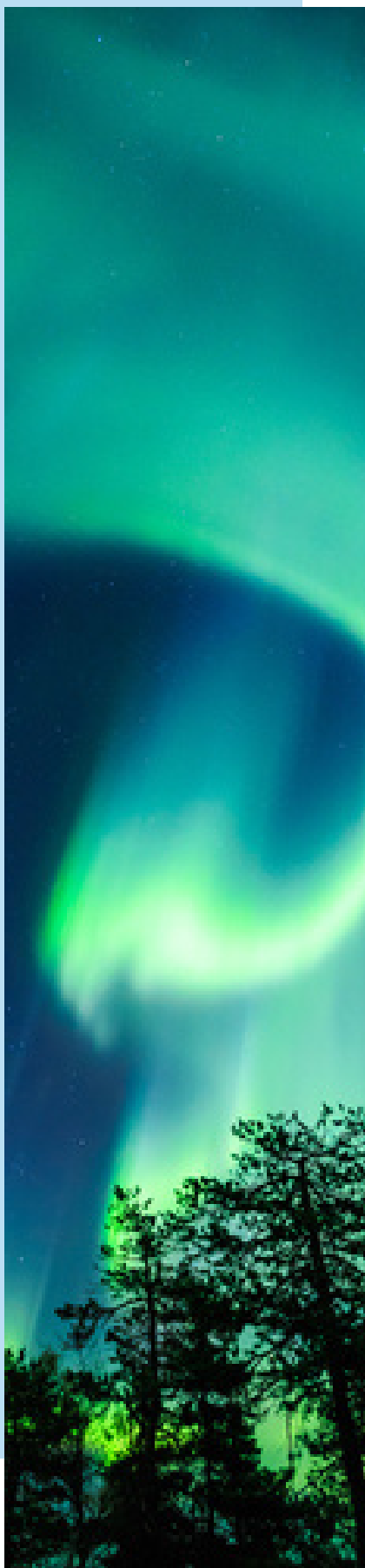
Wonder of Design. The Twenty-First Meditation.

In your mind's eye travel to the most spectacular natural place, you have ever seen. Stay there for a moment.

Look for the intricate designs of flowers or rocks and soil. See the patterns of nature's complex design revealing themselves to you. Wherever you look, nature shows off her sculptures, her collages, her paintings, her delicate sketches.

Immerse yourself in beauty of the gladiolus. Revel in the celebration of color, light and shape, the crimson brush strokes masterfully applied with nature's finest brush.





Watch the magical patterns of snowflakes forming - hexagonal water sculptures breathtaking in their execution. Marvel at the glistening crystal stars reflecting the light.

See the golden light playing on the intricate geometry of a cobweb - the silken threads a magnificent synergy between beauty and strength, delicately executed yet stronger than steel.

You too are an artwork, sculpted from the element's oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus.

You are made from star dust, forged in the moments of primal explosion. And yet your design transcends your elemental nature. The elements that constitute your physical form vibrate with the power of your spirit. Gratitude floods your mind. Gratitude for this design, this shape, this experience.

You are a masterpiece.

Now open your eyes and for the rest of this day continue to enjoy this feeling of intense gratitude and wonder at the magnificence of your own design.

CONCLUSION



Baby, you are Cosmos

Congratulations on successfully completing the Twenty-One Meditations Challenge.

We hope that the invaluable personal meditation experience you have gained in the past few weeks has helped you feel more relaxed and happier, and that the insights you have garnered will help you to achieve even greater harmony and joy from the process of self-realization in the future.

The path of self-development is unique for each of us. As you accumulate meditative experience, you gradually learn to discern the practices that allow you to feel better, little by little.

You learn how to become more mindful, and how to activate positive feelings and resources. Some meditative practices enable you to make a real breakthrough and take a qualitative leap into a state of heightened consciousness, where you receive amazing insights.

Being attentive to yourself helps you to choose meditation practices that you enjoy the most, and that speak to your personality and circumstances.

If some meditation exercises cause negative emotions, and seem too difficult, it is better to choose other practices that intuitively appeal to your personal situation and needs.

People have been practicing meditation for thousands of years. Most experienced meditators believe that a slow, moderate path of development and patient, everyday meditative practice is the best path to successful self-improvement.



After completion of this program, continue your meditation practice on your own and please keep writing in your relaxation journal. Once you have completed a meditation practice, take notes about your thoughts and feelings and your state of mind.

Assess the degree of your relaxation and mindfulness during the practice on a 10-point scale. A journal helps you track your progress and enables you to choose the best practices for you. Your own meditative experience and a very careful and consistent assessment of the results of your practice can offer you greater insights than even authoritative teachers can.

So, through healthy experimentation and personal experience, find the approach that works best for you.



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