



Lesson #13 — Part 2 Recap

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Welcome back, it's great to be here with you again.

This lesson is a recap of Part 2. You might recall, we did quite a bit in Part 2. We went from, if you recall, in Part 1 we were really working on focused point of concentration as our means to enter a conscious alpha brain wave state. But in section two, Part 2, we've kind of opened things up quite a bit. Instead of focusing on a specific thing, we shifted into awareness of sections of our body.

That was the first lesson in Part 2, using sectional tension release. We were aware of our feet, created tension there, felt them exclusively, released that tension, and then we're just present with our feet for some time before moving up to the ankles, from the ankles to the knees, and then to other parts of our body. We then changed the order, starting with our hands, moving up our arms, down our body and so on.

We then went to the next lesson which was using vagal stretching and making an association between an embodied awareness that comes through vagal stretching, total bodily awareness, feeling and its fundament and the visual sense, becoming aware of sight and associating sight in our brains with a conscious alpha brainwave state. Sight usually brings people by default into a beta brainwave state. What we want to do is tell the brain, "Ah, there is another possibility."

We then went into the sense of smell and breathing. Making that association, learning to combine that also with our eyes open, and then after that we went into the sense of taste. All this using vagal stretching as our bridge.

And finally, into hearing, sometimes with our eyes open, sometimes with our eyes closed. All these things are creating a brain that's more flexible and more easily able to work with a conscious alpha brainwave state, by using our senses as you can probably see our trajectory is moving toward something that's ever more functional.

But, let's just briefly go through our senses. What we are going to do is, we are going to become aware of one sense, without vagal stretching and shifting into a conscious alpha brainwave state, go back into beta, then go into the next sense, back into beta, then another sense, back into beta. And I may switch up the order, let's see what happens.

Alright, so first, let's close the eyes and just become aware of all sound. Relax the body deeply. (Pause) Alright, let's go back into a beta brainwave state, now we have done that many times before, I don't think I need to instruct you as to how to do that. Give yourself just a few seconds to pop back into beta.

Now, let's do the next sense which is the sense of sight. Become aware of the total visual field. Relax the body. Be sure not to bulge the eyes. (Pause) This is not a vacant stare; we are engaging with the field. Try to see every atom of it. (Pause) Alright, back into beta.

Next, let's become aware of the sense of taste. Go ahead, close your eyes, become aware of the sense of taste and the feeling in the mouth. Soften any attempt to identify specific flavors. (Pause) Go ahead and open the eyes, remaining aware of the sense of taste primarily. (Pause) Alright, now let's back into beta again, stomp your feet, shake your body get yourself focused thinking about some tasks, look around.

And now let's become aware of the sense of smell, olfaction. Start with your eyes closed. Enjoy the breathing. Make it feel quite good. Again, if your nose isn't working well, if you are plugged up you can use your mouth. If you can't sense any sense of smell because you have to use your mouth pay attention to the quality of the air. Its temperature, feel its nature, feel its interaction with your body. Be careful not to identify specific smells. (Pause) Remaining aware of the breath and the sense of smell, softly open the eyes, keeping the visual sense secondary. (Pause) Alright, back into beta.

Become aware of the entire body simultaneously and relax it deeply. Go ahead and close the eyes. (Pause) Being aware of the entire body simultaneously, softly open the eyes keeping the visual sense secondary to total bodily feeling. Again, if you have any pain or points of discomfort, allow that awareness to be secondary, in the background as it were. (Pause)

Alright, in the next section we are going to be working on spherical awareness, which is the real heart of The Warrior's Meditation. It's going to be a lot of fun and I hope to see you there.