



## Lesson #7 — Conscious Feeling through Sectional Tension Release

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Welcome back, great to have you here.

I hope you have been practicing what you have learned, applying it each day as that is the secret to making progress and making a profound change or improvement in the quality of your daily life. That being said, we do want to migrate ever toward more functional forms of meditation. Today we are going to do that by really working with the sense of feeling, but in a less concentrated way through what I will describe as “sectional tension release.”

Sectional tension release is a very simple process where we are going to tense an area, we are going to focus, but it’s like a loose focus over a larger, broader area, and we’ll tense that area, take in a little bit of breath, tense that area specifically. **Keep** the other parts of the body relaxed except for of course for the lungs and that particular area. **Hold** it, feel that area and then whenever it feels good, release the tension, release the breath and relax that area completely and maintain our awareness on that entire area specifically. Then we will move on to other areas.

So then, in this case, we are going to start with both of our feet up to our ankle bones. We are going to tense the feet while feeling them, and at the same time take in a little breath, just to the point that it feels good. Very lightly hold the breath, hold the tension. And release that tension as you like and the breath as you like and feel the feet as if for the first

time. Now the breath that we take here is much smaller than the breath that we took during vagal breathing. We are not holding it so tightly. We are not putting much tension, just a light tension in our feet, the light tension in the breath as we do this; it is not full tension. Let's do that again. Again, the feet taking a little bit of tension there, hold until it feels like releasing. Release and feel.

And next we will do the area between the ankles and the knees. Tension, hold and release as it feels right. Feel the area as if for the first time. As your body shifts deeper and deeper into alpha you might notice that even less and less tension is necessary and feels good. Feel the area.

You can do this with your eyes open or your eyes closed. In fact, let's try it with our eyes closed for the next step from the knees to the hips. Don't forget the buttocks, and release as it feels right. Feel the entire area.

Let's open our eyes for the next step. The area between the hips and the lower ribs. Tension and hold. Feel. Release as feels right to you. Keep feeling the area.

Next, from the lower ribs to the shoulders, which is the upper torso.

Let us now do the shoulders to the elbows.

The elbows to the wrists. Feel.

The hands and the fingers. Still feeling the hands and fingers, the breaths that we're taking through this entire process are not threatening to the body at all. Not so much pressure as to cause any damage to the heart or the retinas of people that have such issues. It's very safe. Anybody should be able to do this practice.

To the neck. The head and the face. Close the eyes.

Open the eyes again. Let's do the entire physical body. Every place simultaneously a light tension. Release when it feels ready. Feel the entire body simultaneously. Keep the eyes open, just feeling the entire body.

So sectional tension release is a practice that takes us from concentration into a larger area of awareness. We start with smaller areas, we work through feeling eventually the whole body is relaxed, and then we go to still a larger area of awareness which is the entirety of the

physical body. All sensations simultaneously. And so, we have moved away from a tight concentration to a field of effect concentration. We are practicing sometimes with our eyes open for certain parts, our eyes closed for other parts.

So that will be your homework. Set aside say five to ten minutes, go through the parts that you like. You are going to get the entire body. Where you start from is not so important. You might start with your hands and work up to your shoulders and down your body, and then your head. You might start with your head first, go down the body and then do the arms and do the legs but with each step you might alternate eyes open, eyes closed.

So that we are actually training our nervous system to be able to go into a conscious alpha state with the eyes opened and the eyes closed. As well as training the brain to be able to feel larger and different areas, becoming very flexible in its area of awareness through conscious alpha brainwaves. And so, go ahead and try that homework, see if you can't do it with a light heart and enjoy it. Again, if you have a lot of stress or you have a strong tendency to really use a lot of willpower, aim to be a little less tense, a little less willful in the process.

And with that, I hope to see you in the next lesson.