



## Lesson #8 — Vagal Stretching & Whole-Body Awareness

Transcribed by Barbara Becker, edited by Linda LaTores  
Copyright © 2021 by Richard L. Haight and SoulHub.com

Welcome back, I hope you enjoyed the last lesson and you did your homework which was to practice the Sectional Tension Release in various orders. You might have started with the head and worked down, or your feet and worked up, or your hands worked up then down. All the while maybe you're oscillating sometimes with your eyes open, sometimes with your eyes closed so that you are training feeling and awareness to all come together, as well as having the ability to spread awareness out over broader areas and different areas.

And next we're going to work on something that's a combination of something we did in the first training and take us to the next step. We are going to combine vagal stretching with this area of awareness that we have been working on in the previous session. And the way that it is going to work is we are going to use vagal stretching and then, let's just go ahead and do that right now. So, in your seated position, allow your entire body to stretch and just feel your way through the process however it feels good. Make sure you get your legs into it as well. As you are stretching you are trying to feel the entire body. Don't focus on any particular point, but don't forget your face, which a lot of people forget to do. And just stretch until your body feels like it's done.

Then when it's done, we will sit with our eyes open, spine straight and feel the entire physical body simultaneously. As if for the first time. We are going to spend several minutes feeling. Keep the eyes open. (Pause) If the mind wanders for any reason, just bring

it back to total bodily awareness. (Pause) If you have any points of pain or discomfort, the mind tends to want to focus on those, we're just going to redirect the mind back to the total body. We're not trying to ignore those points, just allow them to be in the background of awareness, not focusing on those points. Let them be in the background, they can still say their peace, but the total bodily experience will be the priority. (Pause) Now, from this experience, we should be able to actually move in meditation. We are able to stretch and move and maintain awareness of the entire body. Go ahead and move a little bit, maintaining awareness of the entire body. Good.

And now what we are going to do, is we're going to break the meditation and go back into beta. So, go ahead and move around a bit, focus your mind, think of your to-dos, think of the future, think of an argument you had with somebody, that sort of thing. Get your pace up, furrow your brows, make a mean face. These are all great ways to get into beta. Another way is to tell a lie. It's very difficult to be deceptive or lie in a conscious alpha state. I have never found it possible. But you could tell a lie and that will put you into a beta brainwave state.

Now let's assume you have gotten back into a beta brainwave state. Let's then shift back into alpha without the stretching. All we are going to do is just feel the entire body, as if for the first time. There is no future, no past, we will set all that aside. Image we have no identity just sort of pop it to the side, you can pick all that stuff up later. Just feel. I'm going to give you several minutes to do this. Relax the body deeply. (Pause) Let us close the eyes now. Feel the entire body. (Pause) Re-opening the eyes, still feeling the entire body. Keep the vision defocused. Look at nothing in particular, just feel. (Pause)

Wonderful. So, what we've done today is we used vagal stretching to get us into a total bodily awareness. And then once we had that total bodily awareness, we moved back into beta. And then attempted to get back into that total bodily awareness with pure intention. Just the intention to feel the entire body. Hopefully, you had some success with that. If you did not, that's just your challenge. That is your homework.

If it's a bit too challenging initially to directly go into the total bodily experience with just intention, you might do the vagal stretching first and then go back into beta and then go back into total bodily feeling, or conscious feeling as I call it, with just intention. You can kind of play, use vagal breathing as a bridge into that total bodily feeling with pure intention. You might have to oscillate one to the other, one to the other. And also be sure to open your eyes and close your eyes as you do these activities.

And so, what we have gone from is, in Part 1, focusing on a specific point, to now, focusing on the entire body, or feeling, focusing wouldn't be quite the right word, the entire physical body simultaneously and that is shifting us into a conscious alpha state. Now the key thing to be aware of is that the old paradigm, the old way of viewing meditation, the traditional way of viewing meditation, assumed that concentration was required, specific point concentration was required. We're verifying and proving that is not the case. That we can actually have an open awareness and enter into a conscious alpha state that will eventually let us with our eyes open, it's not required to have our eyes closed, and eventually we will be able to do it while in movement. To some degree some of you are already having some success with that. Able to do the stretching while in a conscious alpha state or even intentional movement while in conscious alpha state.

So, with that, please do your homework persistently, and I look forward to seeing you in the next lesson. Thank you so much.