



## Lesson #9 — Vagal Stretching & Conscious Sight

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Welcome back. If you will recall, yesterday's homework was to practice vagal stretching and then go into full bodily awareness and then see if you could go back into beta and then shift into full bodily awareness without the vagal breathing.

Today, we are going to take it a step further. We will use vagal stretching as a way to bridge into awareness of the total visual field through a conscious alpha brainwave. Let's begin with the vagal stretching. Really feel the body, let it flow. Just as long as it takes, but be aware of the entirety of the body as the movement is happening. Just feel and enjoy. And if possible, let the body do the stretching as it wants to do it. Again, don't forget the face. When you are done, relax with your spine straight and relaxed, in alignment but not creating any discomfort. Adjust according to your particular body's needs. If any nerves are being pinched, feel free to adjust accordingly.

Open the eyes and see the total visual field. Now the total visual field, if we were to draw a plane across horizontally, the average person can see about 180 degrees, straight off to the left, and straight off to the right. Vertically, we can see slightly above our eyes, not much, and quite a bit below. It allows us to see the ground as we are walking. It ends up being about a 90-degree pie-shaped view. And the total visual field is sort of circular. It might be kind of eyeglass shaped, narrow in the center and spreads out and about. What we are going to do is be attentive to that entire visual field while being deeply relaxed in the body.

Now, this isn't a vacant stare. Watch the visual field in its entirety as if you were observing every atom of it. Watch for any movement in that space. (Pause)

And we are going to try again, this time we will go through the vagal stretching, but I'm not going to give so much explanation. That way, you are not distracted by my words which is something that is likely to occur at the beginning meditation stage. Eventually we will overcome that limitation as well, of course. So, go ahead and allow the vagal stretching. And when we are done, we'll have you turn away from the screen and gaze off at the corner, at the wall, wherever. You should see the entire space in front of your eyes. You are not going to focus on anything specifically. Relax, see the total visual field and feeling the body, remaining centered and clear. And we'll do this for several minutes. (Pause)

Alright, let's go back into a beta brainwave state. Move around, throw a few punches, that sort of thing. Get your mind focused, maybe tell a lie in your mind, say something you don't believe to be true, think of your to-do list. Generally, I don't advise lying, but it works to get the brain back into beta. Once you feel like you are back in the normal feeling, you might kinda slap your face a little bit, that sort of thing. We are going to do this again, but this time without the vagal stretch. We are going to go directly into the awareness of the body. Again, we will turn away from the camera, feel the entire body and then become aware of the entire visual field. Maintain awareness of that entire visual field and relax deeply. (Pause)

Alright, now how was that for you? You went into bodily awareness and then went into awareness of the total visual field. The key point here is just feeling and being present. We are engaged in the visual field. We are not vacant. We are not daydreaming. We are not in an unconscious alpha brainwave state.

Now, the homework which we want to work on is again, just five minutes, you might do a little vagal stretching. Become aware of the body and go into peripheral visual awareness. The next step would be, go back into beta and shift into the full bodily awareness without vagal stretching, and just thirty seconds, maybe a minute of bodily awareness, maybe even less, and then immediately go to total visual field without focusing on anything within the visual field specifically. You want to see the totality, like seeing every single aspect of it as clearly as possible. That's the goal. But be sure not to bulge the eyes. That will cause a headache. That will cause tension in the neck and shoulders. Keep the eyes soft. This is just an intention-level work. And so, when we are viewing, we keep the body soft and relaxed, keep the eyes soft and relaxed. Make sure the lips are soft and relaxed. Have a light heart about it. You might practice this a few times throughout your day, and eventually

you will be able to immediately shift into total visual awareness and you will naturally have a bodily awareness as well connected to it. Conscious alpha brainwave state.

Hope to see you in the next lesson.