

# WILLOW HYPNOSIS

## Meditation Sequence

Step 1: Set aside at least 15 minutes. Ideally, you'll meditate at the same time of day in the same location to allow your mind and body to become easily accustomed to the process. The location should be a quiet one where you'll be undisturbed for the length of your meditation.

Step 2: Get comfortable - whether you're seated in a chair with your feet firmly on the floor, seated on the floor cross legged or lying down. (Lying down is least preferable as there's a tendency to fall asleep.) Whatever position you choose your back and neck should be as straight as possible.

Step 3: Do each of the following exercises three times. They will help quiet the body.

- Lean head forward to chest and then return head to upright
- Lean head backward and return it to upright position
- Lean head to the left shoulder and then to the right bring back to upright
- Lean head forward and circle counter-clockwise, end at chest, bring back to center
- Lean head forward and circle clockwise, end at chest, bring back to center

Step 4: Do each of the following breath exercises three times. Each time breathe deeply, hold the air in the lungs for a bit and exhale slowly and deliberately.

- Inhale through the right nostril and exhale through the mouth. (Hold left nostril closed with a finger.)
- Inhale through the left nostril and exhale through the right nostril, keeping the mouth closed.
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Step 5: Visualize your body surrounded by thick blanket of white light.

Step 6: Close your eyes and mouth and place your tongue on your gums just behind your front teeth. Focus all your attention on the air coming in and out of your nostrils. Notice anything you choose to notice about it. E.g. it's cool on the way in & warm on the way out. Follow the breath all the way into your stomach blowing it up like a balloon and contracting it on the exhale. Feel free to count your breathes e.g. Inhale "one" exhale "and" inhale "two" exhale "and" up to 4 or 10 and repeat. Breathe slowly and deeply.

Step 7: Just observe any thoughts that do come in (because they will) and then let them go. You can place them into a balloon and send them up in the air, you can put them into a boat or just let them pass on their own and bring your attention back to you breathing.

Step 8: Do this for 15-20 minutes. It's helpful to set a timer so your mind doesn't have to be distracted by wondering how much time has passed. Enjoy and RELAX!!!! The effects of this work will be cumulative.