

Relax & Release Meditation:

Consciousness is one of the great mysteries in life. Inner energy is another.

This energy is always available to you.

The only reason you don't feel this energy all the time is because you block it. You block it by closing your heart, by closing your mind, and by pulling yourself into a restrictive place inside.

Although various energy centers exist within you, you intuitively know the most about opening and closing your heart.

When you feel a tightness in your chest. This happens because you closed your heart. The heart is an energy center, it opens and closes.

You should know this energy because it's yours. It's your birthright.

Closing your heart is a habit, and just like any other habit, it can be broken.

Closing your heart cuts you off from your source of energy.

When your heart starts to close or tighten, just say, 'No, I'm not going to close. I'm going to relax. I'm going to let this situation take place and be there with it.' Afterwards, by all means deal the situation that caused your heart to tighten. Do the best you can. But deal with it with openness.

Just relax and open.

Your mind creates triggers that open and close you. Let go of that.

You do this by just relaxing and releasing.

Nothing is worth closing your heart over.

Your heart is an instrument made of extremely subtle energy.

But remember, you are not your heart. You are the experience of your heart.

Your heart closes because it becomes blocked by stored, unfinished energy patterns from your past.

Two kinds of experiences block the heart. You are either trying to push energies away because they bother you, or you are trying to keep energies close because you like them. In both cases, you are not letting them pass, and you are wasting precious energy by blocking the flow through resisting and clinging.

The alternative is to actually experience life instead of clinging to it or pushing it away. If you live like that, each moment will change you.

Allow experiences of life to come in and pass through you. If old energies come back up because you were unable to process them before, let go of them now.

Just open, relax your heart, forgive, laugh, or do anything you want or can. Just don't push it back down. Of course, it hurts when it comes up. It was stored with pain; it's going to release with pain. It only hurts for a minute and then it's over.

Once you start routinely stop fighting the stored energy patterns, they'll come up constantly and pass right through you. They'll come up during the day and they'll even come up in your dreams. Your heart will become accustomed to the process of releasing and cleansing. Just let it all happen. Get it over with. Don't process them one by one; that's too slow.

Your reward is a more open heart.

Just keep letting go.

The moment you see the heart starting to tense and get defensive, just stop.

What exactly does it mean 'to stop'? It's something you do inside. It's called letting go. When you let go, you are falling behind the energy that is trying to pull you into it.

But it's not just about letting go of thought and emotions. It's about letting go of the pull that the energy itself has on your consciousness.

The moment you feel a change, relax your shoulders, and relax the area around your heart.

Instead of getting into being bothered, you get into being free.

Because the tendency to get drawn in is a constant, the willingness to let go and fall behind has to be constant.

Don't think you will be free if you just didn't have these kinds of feelings. It's not true, there will always be something.

There's a place deep inside you where the consciousness touches the energy, and the energy touches the consciousness. That's where your work is, from that place, you let go.

You will then be free to explore the nature and source of your true being – pure consciousness.

The exploration of Self is interwoven with the unfolding of one's life.

Your consciousness leaves its centered position of witnessing the many energies around you when you get sucked into just one of them.

Each time you get sucked into focusing on how your life is getting all negative, or positive - let go. Your trouble may be that it's more difficult now. You could have taken one breath and let go back when this mental story line about your life started. Now you have old blocked energy.

When a blockage gets hit, it's a good thing. It's time to open up internally and release the blocked energy.

When you fall along the way, just get up and forget it. Let go right then. Do not rationalize, blame, or try to figure it out. Don't do anything. Just let go immediately and allow the energy to go back to the highest center of consciousness it can achieve. If you feel shame, let it go. If you feel fear, let it go. All of these are the remnants of the blocked energy that is finally being purified.

Always let go as soon as you're aware that you didn't. Don't waste your time; use the energy.

You will notice that your mind is constantly engaged in the process of trying to make everything okay. Consciously remember that this is not what you want to do. And then gently disengage. Do not fight it. Do not ever fight your mind. You will never win. It will either beat you now, or you will suppress it and it will come back and beat you later.

The key is to be quiet, It's not that your mind has to be quiet. *You* be quiet. *You*, the one inside watching the neurotic mind, just relax.

Stop putting your whole heart and soul into the mind as if it were your savior and protector.

Keep relaxing and releasing. Fall behind the noise.

You just relax your shoulders, relax your heart, and fall back behind it.

Don't touch your mind's process. Don't get involved with it. And do not try to stop it.

When you do close – and you will – your mind will build an entire psychological structure around your closed energy. Your thoughts will try to rationalize why you're right, why the other person's wrong, and what you should do about it.

You must learn to transcend the tendency to avoid the inner pain.

When you feel inner pain, simply view it as energy. Just start seeing these inner experiences as energy passing through your heart and before the eye of your consciousness. Then relax. Do the opposite of contracting and closing. Relax and release.

Relax your shoulders and relax your heart.

Every single time you relax and release, a piece of the pain leaves forever.

On the other side is freedom.

As you relax into the energy of the pain, you may feel tremendous heat in your heart. That is the pain being purified from your heart. Learn to enjoy that burning. It does not seem enjoyable, but you will learn to enjoy it because it is freeing you.

You will just relax and give it the space it needs to release and burn through you.

When you do this routinely, you are going to notice the cleansing of your heart.

When you are dealing with your own fears, anxieties, and desires, how much energy is left for dealing with what's actually happening?

Relaxing through your personal resistance changes your relationship with everything. Your soul has now learned how to let disturbing energies pass through.

It's the work of a lifetime to become more open, more complete, and more whole.

The key is just relax and release. Your real work is what is left to do after all else passes through.

You'll start to feel an enormous amount of energy awaken inside of you. You will feel much more love than you've ever felt before. You will feel more peace.

Just Relax and Release.