



VISHOKA MEDITATION®

Systematic Muscle Relaxation with Sweeping Breaths

This practice centers around moving awareness and breath throughout the body, relaxing and becoming aware of key muscles and joints. It moves systematically from the crown to the toes and from the toes to the crown again. The practice concludes with three sweeping breaths moving through the space of the body from the crown to the toes, focusing on the feeling in the body as you move your awareness through that space.

Practice Instructions

1. Enter *shavasana* (corpse pose) by lying flat on your back on a firm surface, legs naturally spread apart, arms a comfortable distance away from your body, palms up, with your fingers slightly curled. Support your head and neck with a thin pillow, and cover yourself with a light blanket, if you desire. Invite the body to release all tension, as you soften into the pose.
2. Cultivate a smooth, deep, diaphragmatic breath, as you feel the gentle rhythmic movement of your abdominal region. Take a few breaths, and invite your breath to refine and grow more subtle and effortless.

3. Gently guide your awareness to rest in the space associated with your head. Be aware of this space at the same time you are aware of your breath. Move your awareness and breath together throughout the body, resting for about one breath at each of the following points. At each place, simply rest there, breathe, and relax.

- Sides of the head
- Forehead
- Eyebrows
- Eyes
- Temples
- Ears
- Cheeks
- Nose
- Inside of the mouth
- Jaw
- Throat
- Collarbones
- Shoulders
- Upper arms
- Elbows
- Lower arms
- Wrists
- Fingertips
- Wrists
- Lower arms
- Elbows
- Upper arms
- Shoulders
- Throat
- Muscles of the chest
- Abdomen
- Pelvis
- Hips
- Upper legs
- Knees

- Lower legs
 - Ankles
 - Tips of the toes
 - Ankles
 - Lower legs
 - Knees
 - Upper legs
 - Hips
 - Buttocks
 - Lower back
 - Middle back
 - Upper back
 - Back of the neck
 - Back of the head
 - Crown of the head
 - Center of the forehead
4. From the center of the forehead, as you exhale, allow your breath-connected awareness to travel through the space of your body to your toes. As you inhale, allow your breath-connected awareness to travel through the space of your body from the toes to the crown. Repeat this two more times.
 5. After the third sweeping breath, become aware of the entire body breathing, from the crown to the toes. Continue to rest and sense your awareness and your breath circulating within this entire space for 3-5 breaths.
 6. Begin to move your fingers and toes. Roll over onto your side, and then make your way up into a seated position.
 7. Proceed with the next steps of your Vishoka Meditation practice.