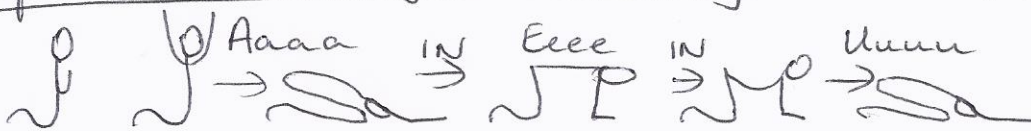


After lunch - before chanting

(YFNI 10/11/12)



A - from belly (or back of throat)

E - from heart (or middle mouth)

U - from back of head/neck (or lips)

PRACTICE 3 - to create space between head & pelvis  
(candra) (mula)

① Ex - stability of head on floor  
IN - stability of pelvis

② Ex - stability of head  
IN - " " pelvis

③ Ex - stability (resistance?) of head  
IN - stability (resistance?) of pelvis

④ Repeat 3 each side  
Stay 3/5 each side  
(Ex - stability of head  
IN - stability of pelvis)

⑤ IN - stability of pelvis  
EX - stability of head

⑥ (a) Sitting Ex - pelvis stable  
IN - head free

(b) Meditation 10 minutes

- Present as each breath - is born
- reaches fullness
- drifts away
- next breath born

(c) Contemplate

INHALE: I allow myself to be inhaled/imbued  
by that which carries me

EXHALE: I am available/willing to carry  
that which carries me.