

## **Week 4: Opening**

### **Quote of the week:**

Oh friend, understand: the body  
is like the ocean,  
rich with hidden treasures.

Open your inmost chamber and light its lamp.

Within the body are gardens,  
rare flowers, peacocks, the inner music;  
within the body is a lake of bliss,  
on it the white soul-swans take their joy.

— *Mirabai*

### **Practice of the week: Encountering Prana and Bliss**

Pay attention to prana, this subtle vibratory aliveness of your body. This is the body's subtle hum of energy that underlies the solid physical sense of your body. At times the hum is calm and settled. At times it is punctuated with movement and agitation. However it manifests, saturate your body's prana with your attention, until you can no longer tell where your mind ends and this all over body energy begins.

As you rest with this all over sense of bodily energy, do you notice a brightness and intensity? Do you notice a subtle bliss that is just a part of being alive? Can you feel it in your heart? Can you feel it in your feet? In your hands? In your face?

See if you can encounter the subtle natural bliss saturating your body, right here right now. Rest in that with ease, equanimity and presence.