

## Week 5

### 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: Mother Channel Breathing

Close your eyes and imagine your body is made of energy and light, like a vivid hologram.

Now drop down into the core of your body.

Don't just witness the core. Float down into your core with your consciousness so that you are inside your energy light body.

There, extending from the crown of your head to the base of your spine, is a column of light. As you enter the column of light, you encounter an open, endless sky, right in the core of your body.

Now, connect to the feeling of your breath.

Breathing through your nostrils, gradually deepen your inhales and exhales.

As you inhale, breathe into the skylike mother channel in the core of your body.

As you exhale, release the light and space of the mother channel on your out breath so that it mixes with the space all around you.

Long, slow, deep, gentle inhales. Long slow, deep, gentle exhales.

Continue for about five minutes.

Then rest with eyes open, heart open, mind open.