

Dream Meditation transcript

This dreamcast is a companion to your dreams. Find yourself in whatever position is most comfortable for you. Now see if you can make yourself 5-10% more comfortable. Relax. Set your intention to dream or what you want to dream of. "I will be aware of what I dream and remember my dream tonight." Repeat three times. Now take three deep breaths in and out. Let everything go. There is nothing left to do, nowhere to go, everything is as it should be. Let your breath breathe you, its natural rhythm gently rising and falling. Your attention is a soft point that gently rests on this ebbing and flowing like the waves of the tide. One breath melts into the next and into the next just as day dissolves into night and night melts into day. A sweet transition zone of dawn and dusk rests in the middle. With each exhalation you drop down a layer, strata after strata, dropping deeper, all tension melting away.

Turn down the thinking dial in your mind, turndown the emotion dial, no need to plan or analyse or criticise. without moving just reach out and turn them down. Now open up your senses, every pore of your being

Now bring your awareness to the tips of your toes. Big toes, second toes, third toes, fourth toes, pinky toes. Each toe like a stream that flows into the space beyond. Feel the space between the toes. The tops of the feet, the soles of the feet, heels, ankles, now feel the sensation in both feet. Moving up the legs, the lower legs, the knees, the space behind the knees, the things, both hips, the pelvis and the bum. Moving up to the lower back, the middle back, feel the spine and ribcage, and upper back. Now feel the shoulders, both upper arms, elbows, forearms, wrists, palms of the hands, backs of the hands, thumbs, second fingers, third fingers, each finger like a stream flowing into the space beyond. Now move your attention to the hollow space at the base of your throat, feel the muscles in your face relax,

your jaw unclenches, the skin around your eyes loosens, the cheeks release, feel your lips, notice where they touch, feel the inside of the mouth, roof, under the tongue, teeth and gums, root of the tongue, centre of the tongue, tip. Notice the sense of taste in the mouth. Feel both inner cheeks. Then feel all the parts together now as a whole, feel your mouth as sensation. Cheeks, and cheekbones, chin, ears and ear lobes, nose and tip of nose, both nostrils, both eyeballs, both eyelids full of sensation and awareness. Both eyebrows and the space between eyebrows, temples, forehead, top of the head, back of the skull, back of the neck, the whole head as one orb of sensation. Now feel the whole body at once. Each individual sensation melting into one whole mass of sensation. Can you feel your gut, the tracts and arteries all humming and glowing just like stars in the night sky.

Focus on the faraway sensation of your body feeling very comfortable asleep in bed. Feel how heavy it is, sinking down into the earth. Now bring your attention to a sensation of lightness and floating. A weightlessness and spaciousness. Go back and forth returning to the feeling of heaviness, relax into it, give yourself up to it. Sinking. Then floating. Feel both at once. The sensations dissolve and melt into each other, melting away. Dissolving. Fading away.