



Path to Wisdom Foundation

Hello Everyone,

I hope that this finds you all well and safe and taking the right steps to handle this very unusual and difficult situation.

This Podcast is a synthesis of several visualization techniques I've encountered and used over the years with friends, patients and students. I would like to put it up here for you all to listen to in these difficult times and hopefully find some relief from the anxiety, fear and stress that results from most of what we are hearing and reading these days.

It is very important to be informed and understanding and assimilate as well as follow through with all the information being provided. It is also just as important not to fall into the deep well of anxiety and seeming hopelessness which can also occur if we attach to all the negativity.

A fundamental principle of the Path to Wisdom Project is the importance of knowing yourself and realizing your true heart. (Heart/Mind in Eastern philosophies, refer to earlier podcasts for more details). So, this visualization is a tool to do that. The elements of this visualization come from both old and new, east and west, philosophy and psychology. I use it myself and I have taught it to patients in need as well as friends and students for their own relief.

Before we begin it is also very important that you know that this is not a therapy, nor a treatment nor a formal counselling. This is sharing a visualization which has proven over many years to be very helpful in improving one's sense of well-being. If you are facing a medical problem, be it emotional, physical or psychological please do contact a professional in the appropriate field for direct assistance.

Let's begin. First some introductory information. Visualizations have been a part of both health and spiritual practices for millennia. Many different traditions have developed their own styles and flavors, some simpler and easier and others more complex. Some specifically target certain areas and others are more general. Some require very focused concentration and others are more relaxed. Some are integrated into meditations and others are very different.



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What we do know that recent scientific research in several fields like, neurophysiology, psychology, psychopathology, philosophy and quantum medicine, is demonstrating the benefits of many different types of visualizations as well as meditation. One example is all the press that Mindfulness is receiving these days after so much positive research results of been demonstrated.

As previously mentioned, the visualization which being introduced today is a synthesis of several well-established techniques. What they all share in common is the importance of knowing and communicating within oneself. Let's spend a moment on what that means, "communicating within oneself". Because we are often functioning as a self-directed being, we often forget that in fact we are a large community of trillions of cells. Our overall person is the largest of many sub communities, we have the Organ system, the skeletal system, the circulatory system, the muscular system, the nervous system and so on. And each of these systems are also communities of cells. For example, in the circulatory system we have red blood cells, white blood cells and then among white blood cells we have a further division.

For us to function in a balanced and harmonious manner all these communities need to work together in coordination fulfilling each of their functions so that the overall organism, our person, functions smoothly. In order to do this, they need to communication amongst themselves. I will be asking you do use your imagination at the beginning but please be assured that nothing about this is imaginary

So, today's visualization is about communication. I am going to present it in two podcasts. This is part one, let's begin and I will guide you through it.

Find a comfortable place where you can relax and your body is comfortable. You can do this lying flat or sitting up, in a chair or cross legged on a cushion or mat. Your back should be straight but not strained. The most important part is not to strain to maintain your position.

Please Close your eyes gently, breathe through your nose and allow the tongue to rest upon the upper palate in your mouth.



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Next we will take a comfortable relaxed deep breath in and release it, repeat it again, and finally a 3rd time.

Now, with our eyes closed we will pay attention to the breath as it passes through our nose. We will try to become aware in a relaxed manner of the passage of the air through the nose by feeling it either in the nostrils, in the nose or on the upper lip. This is not always easy at first but don't worry in time it will improve. Don't strain or become frustrated if you are not able to feel anything at first. We will continue with this for 3 minutes. It doesn't need to be exact and if one prefers to count the breath one can do that allowing 6 breaths per minute, so 18 breaths.

After 18 breaths we will use our imagination to visualize our heart and engage it in a conversation. Ask it how it is doing today? How is it feeling at the moment? What are its concerns? Allow your imagination to allow your heart to respond, perhaps "I'm well, but concerned" or "I am afraid" or "I am tired", establish a dialogue with your heart in a manner that is comfortable for you. Once you feel you have managed to establish a rapport, please visualize someplace, someone or something that makes you truly happy. Perhaps a loved one, or. A loved pet, or a time and place you visited that brings fond warm memories, and with that visualization, allow a smile to form on your lips. Even if you find it difficult to naturally smile, still form a physical smile on your lips. Once we've formed the smile, in our mind bring we'll the smile down to our heart and visualize our heart smiling with you. Keep the physical smile on our lips and with the smile in our heart and on our lips, take 9 comfortable deep breaths.

Then as we finish our 9th breath, we will visualize our heart as a lovely bright ruby red jewel. Not dark not too light and brilliant not dull, with light shining from all its facets. And continue with 3 more breaths.

When we finish, release the visualisation and relax, still with your eyes closed and breathing through your nose with your tongue touching your upper palate. take 3 comfortable deep breaths. After the 3rd breath you can slowly, and slowly is important, open your eyes and bring your attention back to our location.



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You can practice this visualisation anywhere and anytime as long as you can relax and not be disturbed by others, including the phone, iPad or computer. It is a great visualisation to do before bed and upon waking in bed before starting the day. Often many wonderful and interesting results occur however the most important thing is internal communication is improved, stress reduced and an overall sense of well-being enhanced. We know that a strong immune response depends upon our body's being in balance and harmony and reduced stress and anxiety which allows us free to respond to both external and internal stressors. Use it, and if you have any comments or questions please feel free email us at info@path-to-wisdom.org. In the accompanying information I am posting the address of the HeartMath Institute. They are one of the earliest institutes to combine traditional breathing with scientific research emphasizing Heart Coherence. There you will find many more exercises as well as information, research and wonderfully healing energy. Thank you and stay safe.

Dr. Karma