**Savasana Practice Sarah Powers Insight Yoga DVD**

Letting your body completely melt into the earth now, like you’ve been carrying a heavy load and you’ve just been invited to drop it. Weight the bones, dropping the organs and unburdening your heart and mind.

We’ll gather the attention into the movement of prana through a cycling of the energy up the back body and down the front body, called shusuta, for just a few moments before we rest in quietude.

Shusuta is Japanese, it means the circulation of light. It’s gathering any dissipated or distracted energies and coordinating them right into this corridor of light energy, where when we amplify it through this energy egg it spreads out and engulfs all the other acupuncture meridians, drenching the organs and revitalising the whole system, as you deepen into awareness, and it’s very simple.

As you take the next breath in just travel your attention up the back side of the spine, from the base going all the way up, going through the neck, through the centre of the head and coming around the crown, ending your inhale at the third eye point in the lower forehead between the eyebrows, and then as you travel down the front side of the spine, front of the centre of the body, down past the heart region, behind the navel and ending your exhale in the lower belly, the region called the svadisthana, or “one’s own abode”, and then on the inhale come down under the mula and then travel up the back side of the spine around the crown and ending the inhale at the ajna, the third eye point just a 2 or 3 second abidance there, and then exhaling down the front, ending the exhale in the lower belly between the navel and the pubic bone. Just one more loop, down under the coccyx and up the back side of the spine around the crown down to the lower forehead, pause there and then exhale gently down the front side of the spine ending your attention in the lower abdomen, residing there a moment.

As you let the breath now just soften and breathe itself. This kind of micro cosmic orbiting as the Taoist call it, has centralised and interiorised us into our natural contemplative nature, where now you can rest quietly in the heart space, as if the heart were as wide as this world, and you’re occupying space fully and fearlessly, resting in the jewel of the lotus, which is really the translation of the Tibetan mantra: Om Mani Padme Hum. Which is simply a reminder that what we seek is within, of finding that natural authentic, groundless, ground of our being and dwelling there.

Then about 8-10 minutes of chanting (on CD):

Om Mani Padme Hum

Finishing with a long OM and then say: Namaste.