Meditation Script: ChakraMarmaKosha Meditation II - Attention Enhancement and Performance

Welcome to ChakraMarmaKosha Meditation II. For a complete experience, it is recommended to practice CM I beforehand.

Emotional Healing Process

Please sit comfortably, with your back straight, feet flat on the ground, palms open towards the sky, and eyes closed. Take three deep breaths. Focus on your natural breathing and observe how it occurs effortlessly. Spend some time observing your breath.

Now, focus on your heart center. As you continue to breathe naturally, notice how your breath moves in and out automatically, without any effort from you. For the next three minutes, simply observe this automatic breathing. Do nothing but watch; do not try to alter the speed or depth of your breath. Just observe.

Expand your awareness to sense your whole body breathing. Be aware of any sensations throughout your body. If strong feelings arise, gently tell yourself, “Whatever it is, it's okay. Let me feel it.” Breathe with these feelings. If your mind wanders to bothersome thoughts or sensations, acknowledge them and then let them go, refocusing on your whole-body breathing. Continue this for 1 to 2 minutes.

Focus on your heart center again. Visualize a white ball of light descending from the Cosmos into your body, filling your heart with love. Allow every cell of your body to be infused with this light. Feel peace and the love of the Divine spreading throughout your body. Recognize and affirm its presence through pleasant sensations.

Now, ask your Divine to guide you to memories of fear and hurt related to your education or performance. This could be related to studies, exams, speeches, or any educational experiences. As you focus on your breath and body sensations, allow these memories to surface. If you struggle to recall, ask your Divine for assistance and create space in your heart for these memories to emerge. “Show me the memories where fear and hurt reside. Lead me to the earliest instance of such feelings.” Observe any negative emotions that arise, feel them fully until they dissipate. Let go of judgment, accept these emotions, and shift from one memory to another until you achieve complete mental relief and inner silence.

Reviewing the Past

Reflect on the events of today. Allow one event to surface in your consciousness. Feel the stress within your body and focus on the peak pain point. As you intensify your awareness here, your intuitive intelligence will reveal the true emotions behind this stress. Address the issue, noting down actions or solutions if it's solvable. If not, let it pass. Repeat this process until all stress factors are resolved. Detachment and inner stillness signify completion.

Visualizing the Future

Prepare for the day with a 5-minute session of 4-step breathing.

Now, envision your future. Observe your thoughts, allowing this observation to enhance your present-moment awareness and pause your thinking process. This heightened attention will improve your performance in studies, work, art, and other areas. Let the background music enhance your intuitive intelligence, entering a period of total release. Shift from your lower identity to your higher self, feeling inspired, confident, and powerful.

Visualize moving forward in time, focusing on your scheduled tasks for the day. Observe any arising thoughts, note your concerns, formulate plans, and then let these thoughts dissolve into light. Fully immerse yourself in the future. Visualize and rehearse your activities, allowing your intelligence to strategize creatively. Anticipate challenges and let solutions emerge through insightful leaps. Apply these ideas and continue with enthusiasm. Visualize positive outcomes and feel joy in the present moment. Rehearse this sequence for each part of your day until your vision is clear.

Feel gratitude towards others and yourself, allowing for the manifestation of a harmonious life. Celebrate this gratitude. Plan a healthy diet, dedicate time for yoga or exercise, and ensure to spend pleasant moments throughout your day. Surrender the results to the Divine and embrace peacefulness. Experience the joy of a fulfilling day.