Basic Formal Sanctuary Cultivation is exactly what it says it is. It is the most basic method for formal cultivation of the Sanctuary state. This is accomplished by centering the mind and synchronizing body and expression with one’s conscious awareness of being. In this practice, we are formally practicing being nobody in particular, doing nothing at all, and going nowhere. In doing so, we become clear like a mirror.

Instructions:

Let your posture naturally correct itself through slight mindfulness.

Let your jaw relax naturally with your tongue against the back of your gums and touching the palette.

Let your head and shoulders naturally stretch.

Let your belly out.

Rest your hands on your thighs, palms down.

Place your gaze directly in front of you, at the horizon.

Place your mindfulness on your breathing, however it is — but don’t get lost thinking you need to force yourself to concentrate.

Place your mindfulness on the basic perception of knowing when you are being mindful of your breathing.

Continually recognizing when you didn’t know you weren’t being mindful of your breathing is called awareness. Mindfulness is bringing your awareness back to the practice, in this case the breath.

Generally they say you should practice this until your intuition is refined and your gnosis is undisturbed even without an object. At that point, instead of the breath, the meditation object becomes the environment of awareness. It expands from there, so this practice is like gathering the scattered ashes of a Phoenix. When we have stability in basic formal sanctuary cultivation, it is much easier to emanate Olivus Victory-Promise.

At the end of the session, rest in the dignity of your own water dragon life force expanse.

*The components of water dragon are:*

*Love*

*Perfect Activity*

*Mindfulness*

*Playfulness*

*Identitylessness*

*Non-contradictoriness*