

## GLOWING EMBER MEDITATION

(He) explained to us that when a person comes to Him, or starts to follow a spiritual path, the gold nugget in his/her heart becomes alive like a glowing ember. However, it must be tended and kept alive just as a fire must be stoked and gently encouraged to burn brightly with the help of a pair of bellows. He went on to say that we all have a built-in mechanism which can be used in a similar way to the bellows, namely, our own breathing, and that He would give us a breathing exercise use to keep our embers glowing.

First, He told us to simply to allow our lungs to fill with air without any effort on our part. He explained that the pressure inside and outside of the body will equalise if allowed to do so naturally.

When the lungs are full of air we should gently and slowly exhale the air, but direct the flow in the direction of the glowing ember within the heart to keep it alive. He demonstrated how the head can be inclined slightly down towards the heart to make it easier to visualise.

He made a point of telling us that the exercise can be done at any time and in any place; in a plane or a car; at work or at home; alone or with people, and that there is no excuse for not doing it. Neither can it be forgotten, for, he pointed out, no one forgets to breathe! He went on to say that no tools are needed but no-one can do it for another person, and added with another smile, that even He cannot do it for us. We must take responsibility for doing it ourselves. "Who says it has to be complicated?" he asked. "It is as simple as breathing. You will soon become addicted to it and then it will continue without your constant attention. You will also have more energy. If your fire is glowing everything will be much easier. This tiny little exercise will grow and have far-reaching results if you remember to do it. It will expand your capacity to carry more light. Instead of being like a twenty watt electric light bulb you will be able to increase it to forty, sixty watts and on up.'