

# Mindbalancing

## Relaxation and Meditation

This CD contains the Mindbalancing meditation programme. It can be used as a programme in itself or be combined with Mindfulness practices. Relaxation, Pranayama and the work with energy centres and the five elements are used to balance the mind-body-energy system.

### Track 1:

#### **Muscular Relaxation and Energisation**

This exercise is relaxing and energising at the same time, and will allow energy to move more freely throughout your body. By tensing and relaxing different muscle groups you remove tension and blocks in your body, creating a sense of inner spaciousness. At the end you are also using a Pranayama technique which has a balancing effect on body and mind.

#### **Track 2: Breathing Relaxation**

This exercise teaches you how to use diaphragm breathing to achieve deep relaxation. You can let it follow on from the previous track or use it on its own. It is a good stress control method and also an important prerequisite for meditation. You are using the word RE-LAX as a mantra. The



effective stress relief wherever you are.

#### **Track 3: One Minute's Silence**

This one minute of silence follows on from Track 2, giving you more time for the Pranayama exercise at the end of Track 2. You can also use this one-minute track or multiples of it in play-lists to create long or short silences in between other sequences of tracks.

#### **Tracks 4, 5, 6, 7:**

#### **Mindbalancing Meditation**

This meditation is in four tracks, guiding you on a journey from the outer mind of the senses to the inner mind of the soul. It uses implicitly the concepts of the energy centres (Chakras) and the five elements (Panchamahabutas).

for a while before doing this meditation. You can also use this meditation as a variation or extension of the practices on the Mindfulness CD.

You can easily practise the four tracks separately when there are time constraints. Or you can create playlists where you put the one minute's silence (Track 3), as often as you like, in between the tracks to extend your meditation. You can also add the five minutes' silence from the Mindfulness CD for this. You may even want to create playlists where you use the three bells from the Mindfulness CD to signal the beginning and end of your meditation practice.

The four tracks focus on different aspects of the energy centres and the five elements in order to balance the mind-body-energy system. The first track (Track 4) focuses on relaxing the body, creating spaciousness in the body and developing a sense of the 'inner body'. The second track (Track 5) guides you to connect with your inner mind by creating spaciousness in the heart region (the Heart Chakra). From there you can watch thoughts flow through your inner space and become aware of awareness itself. The third track (Track 6) uses the five elements in relation to thoughts and emotions to bring lightness and spaciousness into your mental space. The fourth

track (Track 7) uses the mantra SO-HOM. It means 'That (conscious spirit) am I'. Alternatively, you may prefer to use the words 'relax' or 'calm' or 'peace' as a mantra. The mantra is used to open and clear the inner space, with particular focus on the spine.

Aim to do the full Mindbalancing healing meditation regularly to benefit fully from the many healing elements in the meditation. Or you can alternate using the Mindbalancing meditation with the other exercises on this CD for a varied regular healing programme.

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**Read this card before using the meditation practices on the CD. Do not listen to the CD while doing anything that requires your attention, especially while driving.**

The other CD in this series is the  
**Mindfulness Meditations CD.**  
For copies of both CDs or any questions please e-mail:

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