

The Microcosmic Orbit

Various versions of the Microcosmic Orbit have come down by way of Taoism. Here's one that I first heard about through Mantak Chia and Ken Wilber. I've practiced it myself on and off the last few years and find it useful. It does require some concentration. Don't be discouraged if it doesn't always quite come together. As in all meditation techniques, some persistence is required.

The following version is pretty much in Ken Wilber's words:

The intention of this exercise is to have all of the energies in your subtle body flowing freely and fully without obstruction. This practice brings together the subtle and causal energies, and can be a foundation for a meditation practice. This exercise can be done any time of the day: a little when you wake up, a little before you go to sleep, a little bit throughout the day. You can do this anywhere lying down, sitting, or standing up. For the sake of focus, you may want to sit in a quiet place, where you can sit up straight and comfortably relaxed.

When you are in a relaxed position:

- Allow your jaw to close gently, and place the tip of your tongue so that it is touching the roof of your mouth. (This is to complete the energy circuits in your body.)
- Start by imagining an infinite luminous light above your head that stretches to infinity. (Note: if this doesn't make sense or is difficult, don't worry, simply try it out and over time your awareness will develop.)
- Breathe in, and as you breathe in, imagine the light coming down the front of your face, down the front of the chest, into your belly, and into the base of your spine.
- On the outbreath, the energy enters your spine and goes up the back of the spine and out to the crown of your head, through the crown and back into this infinite source of light.

You are breathing light down the front of the body into life (belly, reproductive organs, guts), then breathing that life back up the spine into light, that is, connecting all the subtle currents in your body into one unbroken current.

Do this for five minutes or more.