

GCO/5 Body Meditation/CGIS
(grounding, centering, orienting / 5 koshas / connection, intention, gratitude, service)

I will invite you, if it works for you, to bring your eyes to close, if you are comfortable doing so, or just lower your gaze, softening it in front of you.

Let's **Ground** ourselves. Feel a sense of rooting and grounding. Feel what's beneath you, what supports you. Root into that support. Notice your **Center**, and breathe into and out of your center. Come to your breath. Bring yourself into your center. Deepen the breath and begin to come to your comfortable maximum breath. Breath is life-- the more breath you have in your body, the more life you have in your body. As you breathe, start to check in-- notice what's present now. Lastly, **Orient** yourself: notice who and what surrounds you. See the shapes, colors, light and dark, feel the temperature of the air, the clothing on your skin. Notice the sensations that let you know you're grounded/centered/oriented in present time awareness.

Annamaya: Take a moment and scan your physical structure, muscles, bones, without judgment, scan physical structure. Just notice what's present. This is the physical body.

Pranamaya: Notice the energy, notice the quality of the energy you have right now. Notice if you feel dull, bright, scattered, focused. Take a deep breath in-- and as you exhale, deepen your sense of rooting and grounding. This is your energy body. And breath can shift our energy.

Manomaya: Shift the awareness to the mind. Remembering that your mind is your field of attention. It's the place where all information is gathered and filtered, from the outside-in. And the invitation here is to simply notice the quality of your attention in this moment. This is your mental body, the body of the mind.

Vijnanamaya: The invitation is to go in a little bit deeper, to the place the yogis speak of as housing our values, our motivations, our intentions, and the invitation is to set an intention-- for your practice, for your day-- set an intention knowing that intention is the fuel of manifestation. Notice you may use discernment-- making a decision in every moment to align your intention with your thought, speech, and actions. This is your wisdom body. It's where character begins, from the inside-out.

Anandamaya: And now the invitation is to go in a little deeper still, and for this I invite you to bring your hands to your heart center, or place them in any way that feels reverent, loving, and nurturing to you- and then begin to connect with some bigger energy- now, there's no need for a name for this, call it what you want, or it does not need to have a name at all. Simply allow yourself to connect with some bigger energy. This is your heart body, the spiritual heart.

Take a moment noticing your five bodies-- physical, energy, mental, wisdom, and heart-- Every time we pause like this, we let this practice anchor us and remind us that we are connected to something bigger-- in fact we are never alone.

Take a moment to honor your sense of **Connection**. Connect with some bigger energy. Take a moment for **Gratitude**. What are you grateful for? A truly grateful addict won't use. Take a moment to recall your **Intention**. What you do, how you show up, matters. We each have an important role to play in this lifetime, something to offer. Intention is often the fuel for manifestation so how do your thoughts, breath, and actions support that which is most important to you? And take a moment for **Service**, knowing that we can't keep what we have without giving it away. Remember someone now, bringing them to mind, someone who needs a little extra love and support. Take a big inhale, and a long exhale sending out love, light, support, and prayers for happiness, joy, and freedom. We can always keep coming back to our sense of connection, our gratitude, our intention, and that little bit of service, no matter where we are in our practice or in our day. We keep coming back.

Each of the above might be used individually or together to open or close a Y12SR practice, or at other times as appropriate. It depends!