

# **OTHER MEDITATION TECHNIQUES**

## **BUTTER ON THE HEAD**

Imagine on the crown of your head a lump of gold-colored butter.

It slowly melts, and wherever it runs down over your body, all stress and tension in the body disappears.

Very slowly the butter flows over your forehead, all muscles relax....

It runs down over your eyes and cheeks..., your whole face relaxes.

Along the back of your head... your neck... shoulders; feel how much tension is there and let it go....

Arms and hands.... the chest... belly.....

Along the spine, the entire back relaxes...your legs and feet....

The entire body is covered in golden butter and you radiate health.

Go over the whole body again and breathe out all the remaining stress.

## **ELIMINATING PAST AND FUTURE**

Rest the hands, palms down on the legs and watch the breath.

When the mind wanders off to thoughts of the past, gently tap your left leg.

When the mind wanders off to thoughts of the future, gently tap your right leg.

Whenever a thought arises, mentally note "memory" or "fantasy", then return to the breath.