



Stim Morane: Count the breath as before, being disciplined and focused but also welcoming toward the messy bits of our mind functions and perceptions that would normally distract us... but attend in particular to the aliveness you can find within each part of the breath. Enter that aliveness and allow it to open up to more of itself.

Stim Morane: This is not about imagining anything, only seeing more of what is there. The view is that this dimension of aliveness is open-ended and central to our existence, our being. It even exists "inside" our distractions! Practice that way.

This practice has been an eye-opener ... I felt 'lighter' as soon as I tried it.