



Written Description for: Section 6, Lesson 4

# Earth Meets Sky, Sky Meets Earth

## 1. Connect with the Earth

- Begin in the Simple Stance as described in Section 4, Lesson 1.
- Bring your awareness down to the soles of your feet, sensing their connection with the Earth.
- Extend your attention further downward, beyond your feet, deep into the ground, traveling all the way to the centre of the Earth.
- Stay here for a moment, feeling the stability, warmth, and depth of Earth's energy.

## 2. Breathe Earth Energy into the Sky (*5 breaths*)

- Inhale: Draw energy from the centre of the Earth, up through your feet, legs, and torso, rising with the breath.
- Exhale: As you lift your arms toward the sky, breathe out through your fingertips, sending the Earth's energy upward.
- Imagine this energy traveling to the edge of the Universe.
- Feel the Earth's energy merging with the energy of the Universe above, blending into the vast expanse of the cosmos.
- Repeat for 5 full breaths, feeling the rising expansion and connection with each cycle.

## 3. Draw Sky Energy Down to the Earth (*5 breaths*)

- Raise your hands so your fingertips point toward the sky, preparing to receive celestial energy.
- Inhale: Draw energy from the stars, guiding it through your fingers, then down through your arms, chest, and torso, lowering your hands as you breathe in.
- As you exhale, allow the breath to descend through your legs, passing through your feet and deep into the Earth.
- By the end of the exhale, the celestial energy reaches the centre of the Earth, infusing it with vibrancy.
- Repeat for 5 full breaths, feeling the descent and grounding of cosmic energy.

## 4. Merge Earth and Sky – The Unified Breath (*5 breaths*)

- Now, combine the two movements into one continuous cycle.
- Inhale: Draw energy up from the Earth's core, through the body, and into the sky above. Use your hands to guide the energy upwards towards the stars.



- Exhale: with your hands still raised up towards the sky, feel this Earth energy merge with the celestial energy of the stars and galaxies. Feel the earth energy connecting with, merging with – fertilizing – the energy of the stars and galaxies.
- Inhale again: Then breathe in the mixture of the earth/star energy through the upraised fingers, down through the arms, lowering the arms to the earth, breathing out the mixture to the centre of the earth, feeling the mixture entering the centre of the earth.
- Exhale: Release this mixed energy into the core of the Earth, enriching and fortifying it.
- Then breathe up again, adding more Earth energy to the mix, raising oneself to the Universe again with arms outstretched.
- Repeat for 5 full breaths, allowing yourself to become a conduit between Earth and the universe.

