



Higher Balance Institute® Awakening Dimensional Consciousness™ Meditation Map

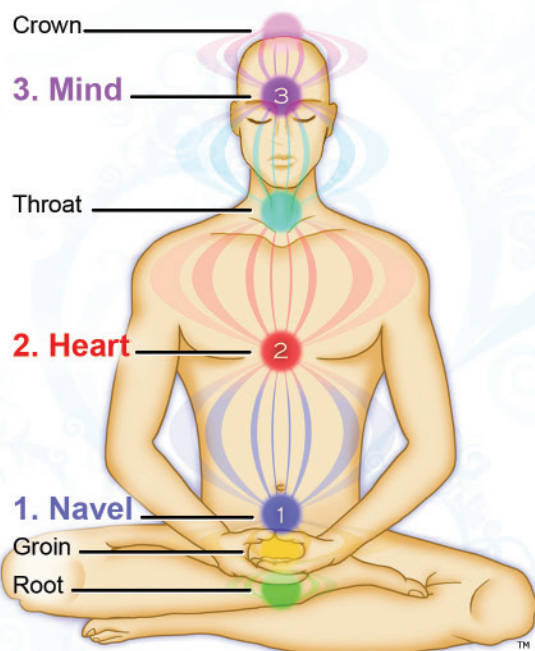


Fig. 1

The Half-Lotus position. One leg is placed upon the other, with the edge of the foot in the groove of the opposite leg. The hands are rested in the lap. see Fig 2. Keep your back as comfortably straight as possible. Your eyes should be closed, and your head should have a slight downward tilt.



Fig. 2

The hand position. One hand is laid on the other (Exact position should be determined by whatever feels right to you). Your thumbs should be touching.

Fig. 3

The sitting position. Choose a comfortable chair. Your feet should be placed flat on the floor and your legs should not be crossed. Keep your back as comfortably straight as possible. Your eyes should be closed and your head should have a slight downward tilt.

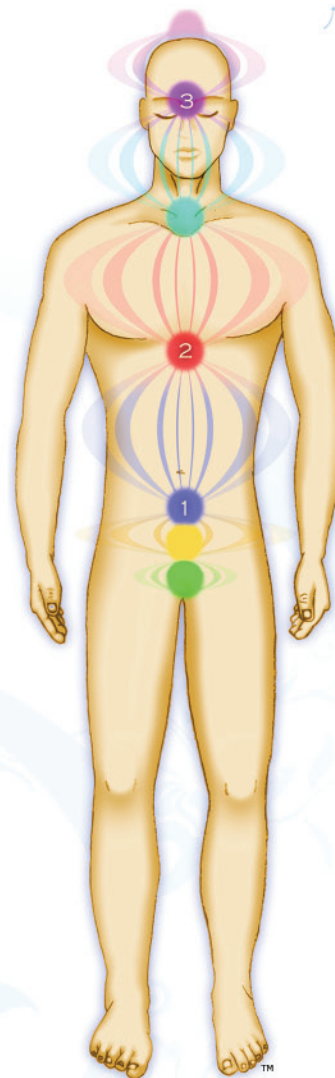
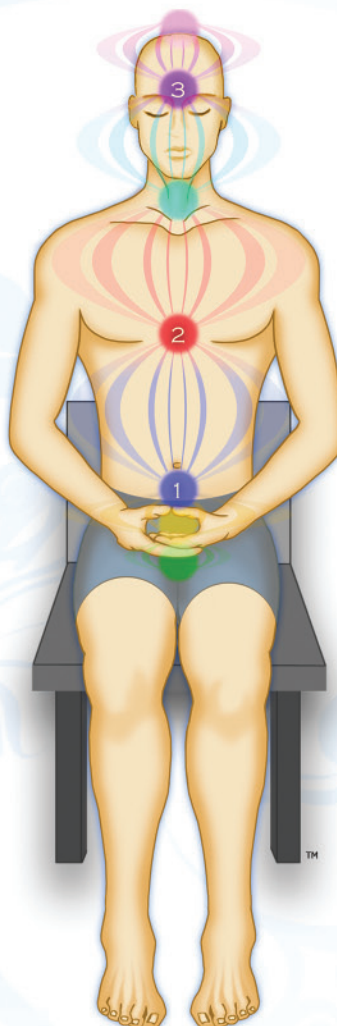


Fig. 4

A standing diagram of the three chakras that you are meditating on. This is not a meditation position and is only for visual reference.

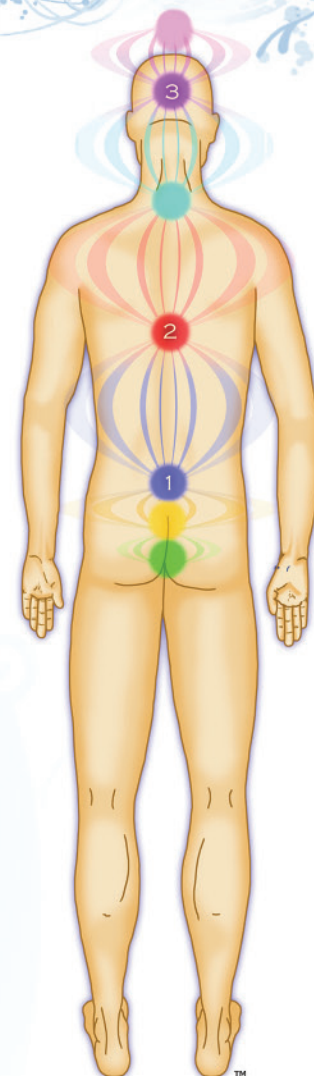


Fig. 5

The back view of the same three chakras as fig. 4. This is not a meditation position and is only for visual reference.



Instructions and Guidelines for Multi-Dimensional Meditation™

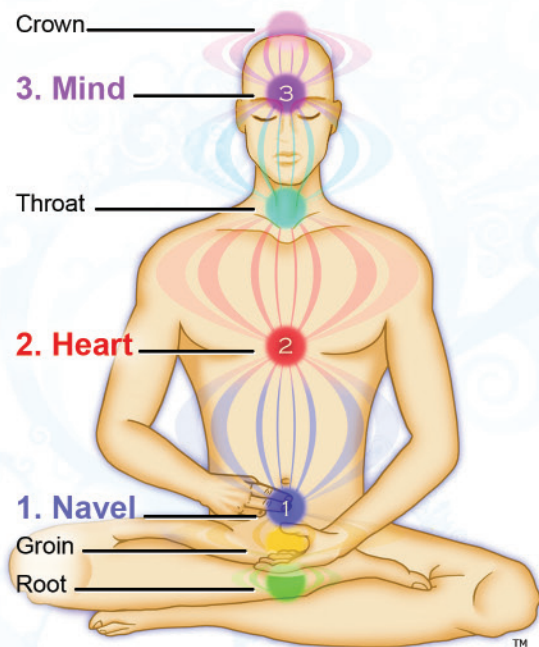


Fig. 6

Half-Lotus position while touching the Navel Chakra

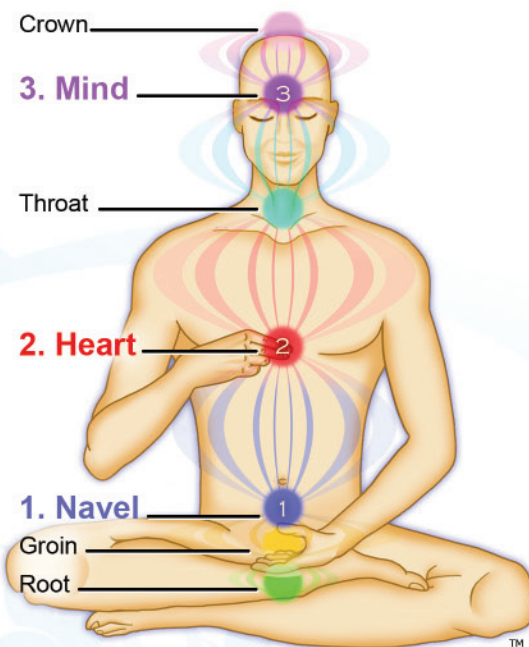


Fig. 7

Half-Lotus position while touching the Heart Chakra

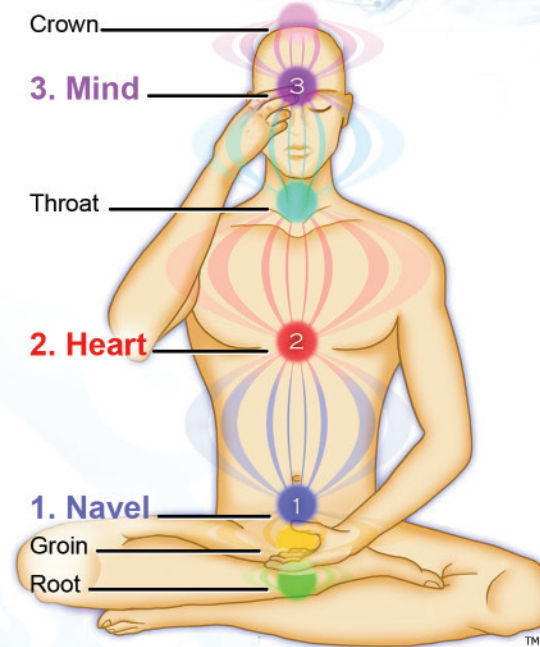


Fig. 8

Half-Lotus position while touching the Mind Chakra



Fig. 9

Finger position for touching your chakra's

- Be sure to choose a quiet and safe place to meditate. We recommend a place with good lighting.
- Shut off phones and place a note on your door to avoid any unnecessary interruptions.
- Keep a notebook and pen or recorder nearby to document any 'notable' experiences from your session while still fresh in your memory.
- There is no need for candles, they tend to flicker and may become distracting.
- Stretch your body briefly before your meditation session.
- Make sure to wear comfortable clothing and remove any eyewear.
- In case of a sudden physical reaction during your meditation experience, *Be sure there are no objects within several feet of your meditation area.*
- It is not recommended to meditate if you are exhausted or near your usual resting time.
- *Reminder* - The recommended meditation time is an hour after waking from sleep or several hours before retiring for the night.
- We recommend that you do not meditate on a full stomach, although a light meal is acceptable. You do not want to overly fatigue yourself.
- (A special note if you have low blood sugar - We strongly urge that you have a light meal before meditation, as blood sugar tends to drop.)
- After a meditation it is important to slowly stretch your legs and relax for a period without moving around. *(In some cases people have been known to fall, when trying to move about, as their legs are still asleep.)*