

## Meditation by Aixa Laxmi

It is preferable to do this meditation sitting in a padded chair or on a cushion and to have a lot of contact of your perineum with the seat. This will help you raise awareness about this area.

I also recommend practicing barefoot and putting the entire soles of your feet in full contact with the ground.

In this meditation it is very important to keep the jaw very relaxed all of the time, pay attention to relax that area and keeping your mouth ajar. This means that your lips do not touch. If your throat becomes dry, occasionally moisten your lips with your tongue.

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Close your eyes.

Lengthen your back, pushing your sit bones against your seat and projecting your crown toward the ceiling.

Bring your shoulders back and down.

Expand your chest and make room for your heart.

Take two or three deep breaths.

Feel how, with each breath, your body and your mind are more and more calm.

More and more calm.

Put a lot of saliva in your mouth, liquid fluid, like water.

Moisten your lips with your tongue.

And smile!

Concentrate on your breathing, without trying to intervene in it. Just allow yourself to breathe freely.

When you breathe in, feel how your belly and chest expand.

Notice that moment of calm stillness, before you begin to exhale.

When you exhale, feel how your belly and your chest get smaller.

And again, a moment of stillness, of calm before the new inspiration.

Be attentive to each respiratory cycle.

Now breathe in through your nose and breathe out through your mouth.

Let the air enter your body through your nose and feel the air coming out through your slightly open mouth.

Concentrate on the exhalation.

Make sure the air comes out very slowly through your mouth every time you exhale.

Feel your warm breath moisten your mouth every time you breath out.

Concentrate on this type of breathing for several breathing cycles.

Inhale through your nose and gently exhale through your mouth.

Now, put a hand on your lower abdomen, between the navel and the pubis, where your uterus is.

While you breathe in through your nose and gently exhale through your mouth

Imagine, visualize, feel your uterus inside your belly.

Your uterus is rosy, warm, moist, just like your heart.

Imagine, visualize feel, the cervix, the neck of your uterus, pink, warm, humid, just like your throat.

The throat and the cervix are the two places through which women allow ourselves to let life pass.

Imagine, visualize, feel, your vagina, pink, warm, wet, like the inside of your mouth.

Imagine visualizing your vulva, pink, warm, wet, just like your lips.

Moisten your lips once more with your tongue.

And feel the relationship between your mouth and your vagina.

Inhale through your nose and gently exhale through your mouth.

Now, with the power of your imagination, visualize the air coming in through your nose and out through your vagina.

Imagine, visualize, feel the air enter through your nose and exit very gently through your vagina.

feel the air go in through your nose and out very gently through your vagina.

Receive the physical sensations that come from your perineum, your vagina and your uterus, without judging yourself.

Allow yourself to feel freely as you inhale through your nose and exhale through your vagina.

Breathe in through your nose and gently exhale through your vagina.

Now move your tongue inside your mouth, and receive the sensations that come from your vulva, from your vagina.

Go over your teeth with your tongue and pay attention to the sensations you experience in your perineum, in your vulva, in your vagina.

Run your tongue over your lips and receive the physical sensations from your vagina.

Now wiggle your toes and fingers.

Little by little return to the present moment.

Gently move your head, relaxing your neck.

Stretch out or wake up. Give your body what it needs right now.

And when you feel ready, open your eyes.

Welcome!