

THE INNER PATH

A Practical Guide to Meditation

Rhal Zahi

THE INNER PATH

THE INNER PATH

A Practical Guide to Meditation

Rhal Zahi

2025



Permission is granted to freely distribute this book in PDF format, acknowledging the author, without financial gain and without modification.

Cover design: Rhal Zahi

Photos courtesy of pexels.com:

brett-sayles-992734 (Flowers)
bri-schneider-346529 (Landscape lake and snowy mountains)
cottonbro-7097473 (Musical ensemble)
craig-adderley-1724228 (Fireplace)
despierres-cecile-93261-299113 (Wheat field)
enginakyurt-1458422 (Eye)
futurekiiid-3653963 (Waterfall)
gimmegees-37719 (Cello)
james-wheeler-414612 (Lake and moon)
marek-piwnicki-13922605 (Sunset)
minan1398-1454797 (Hand)
mrt-ziolko-10731846 (Swan)
pixabay-36478 (Flowers and snowy mountains)
pixabay-53594 (Clouds)
quang-nguyen-vinh-222549-11669968 (Mountain)
riciardus-185801 (Woman meditating / Cover)
ryan-586333767-17085679 (Aerial view lake)
shkrabaanthony-6652209 (Woman ear)
sozutova-12937490 (Woman)
tirachard-kumtanom-112571-347134 (Woman jogging)
vladyslav-dukhin-4070727 (Fire)

The Inner Path - SIXTH EDITION

Published by Francisco Villate (rhalzahi.com)

Copyright® by the author, 2021

PDF Version

*To Celeste, my companion
on this stellar journey.*

CONTENTS

	<i>Page</i>
<i>Prologue</i>	i
INTRODUCTION	1
BEFORE ENTERING THE HOME	5
FIRST DAY: THE LIVING ROOM	9
Physical Aspect	12
Emotional Aspect	13
Intellectual Aspect	14
Spiritual Aspect	15
BREATHING	18
The Rhythm of Breathing	21
The ideal rhythm	21
Recommendations	22
What effect does this exercise have on the mind?	22
BRAIN WAVES	23
FIRST DAY EXERCISE	25

	<i>Page</i>
SECOND DAY: THE DINING ROOM AND THE STUDIO	29
EATING HABITS	29
WATER CONSUMPTION	32
CONCENTRATION	33
Concentration exercises	38
HANDLING THOUGHTS AND MEMORIES	40
CONCENTRATION DURING MEDITATION	43
SECOND DAY EXERCISE	45
 THIRD DAY: THE GYM	 51
THE IMPORTANCE OF DAILY EXERCISE	54
THE IMPACT OF EXERCISE ON HORMONAL HEALTH	55
GLANDS OF THE BODY	56
INFLUENCE OF YOGA ON THE GLANDS	59
THE SUN SALUTATION	61
RELAXATION	75
THIRD DAY EXERCISE	81

	<i>Page</i>
FOURTH DAY: THE TOP FLOOR	87
WHAT IS MEDITATION?	95
WHAT DOES MEDITATION DO?	97
RECOMMENDATIONS FOR PRACTICING MEDITATION	98
TYPES OF MEDITATION	101
FOURTH DAY EXERCISE	103
 FIFTH DAY: THE TERRACE	 111
PEACE MEDITATION	111
FIFTH DAY EXERCISE	119

PROLOGUE

The Inner Path is a book that teaches how to meditate. It presents various tools for systematically and straightforwardly reaching a state of meditation, a state of inner peace.

This is the sixth edition of a book I wrote in the 1990s. I have decided to make this improved and updated version available for free distribution. It is published in PDF format to facilitate its dissemination. It will also be available in print, softcover, and color for those who wish to collect it, as well as in Kindle format.

It offers accessible tools for learning to meditate or reinforce an existing practice. It is the result of my experience of the last thirty years on the path of meditation and brings together the essential content of numerous courses I have taught in the past.

Why distribute this sixth edition free of charge?

Because of the urgency of the present times, we are living through bloody wars, natural disasters caused by an ecosystem in crisis, worsening climate change, social and economic problems, and a general state of confusion and misinformation in society.

I am convinced that this “end of times,” not the end of the world, represents a global transformation process.

It is like a great storm: it sweeps everything away, knocks down trees, floods entire regions, and its thunderbolts strike fear into our hearts. But the sun rises again after the storm, and new plants sprout. The world is renewed. And you will flourish during that renewal.

THE INNER PATH

With this metaphor, I wish to express that we must not fear. Above all, we should not feed collective alarm, as this only makes the process of change more difficult.

We are living through a significant transformation. Later, humanity will understand that we are not isolated beings. We are the same within ourselves: creational energy in evolution and learning through human experience.

We will also understand that the enemy is not on the other side of a border, does not speak a different language, or practices a different religion. The real enemy dwells within us. It is that lower state of consciousness that leads us to fear, to the illusion of loneliness, and to disconnection with other human beings.

Meditation is essential in this historical moment. It allows us to remain at peace, with clarity and wisdom, to understand what is happening on Earth.

In this book, you will find various intertwined tools and techniques. In the end, you will choose the ones that best suit your process, and you will notice the changes that will take place within you.

This book invites you to take a mental vacation, oxygenate your mind, and observe the world from a different perspective. It proposes you look inward in a five-day process. It will invite you to walk that Inner Path that we all carry inside and that, when we walk it, allows us to discover who we really are.

In the final chapter, once you have found a practical way to meditate, you will be invited to perform meditations for world peace. This is a proposal to extend your positive and invisible energy toward humanity as part of this silent revolution that we are living in and that few

have managed to recognize.

The world is changing. I invite you to be an active part of that inner change and to remain at peace, even in the midst of chaos.

If you find this helpful book and feel that someone else could benefit from reading it, please share it and send it in PDF format to those who could benefit from it.

Rhal Zahi

May, 2025

INTRODUCTION

Meditation is a science rediscovered in the West. Today, it has become an essential tool for anyone who wants to maintain inner balance in the face of the significant events shaking the world. We are living through times of bloody wars, increasingly extreme climate change, and deep social and economic conflicts. So, how can we remain centered and balanced amid a chaotic world?

The world is changing rapidly. Some see only overwhelming problems; however, it may be wiser to see significant opportunities. The greatest opportunity is to learn—even through hardship. We can develop resilience, patience, and wisdom to better understand what's happening around us.

We may feel like castaways in a storm, struggling to stay afloat while fear threatens to pull us under. But we can also choose a different attitude: to relax, to look up at the sky, to watch the lightning streak across the night—and to marvel at the beauty of nature's display. Because in the end, all storms pass. Yes, they may sweep away everything in their path, but after the storm, the seeds sprout, and new life begins. Meditation helps us remain calm in the middle of the storm.

In ancient times, meditation was knowledge reserved for a chosen few. Today, however, it is available to anyone as a practical tool. It helps us manage stress, feel at peace, and—most importantly—transform ourselves. Meditation is the inner path that leads to the space within us where all the answers lie. These answers are silent and

invisible, and arise from the depths of the subconscious.

Some people believe that meditation means withdrawing from the world, falling into a trance, or practicing self-hypnosis. But meditation is none of that. It is a state of heightened awareness that allows us to fully perceive what is happening around us and within us.

As you begin practicing the exercises in this book, your sensitivity increases. You'll become more aware of everything around you and begin to understand what it truly means to live in "the here and now."

Someone who meditates is more awake than someone who keeps their eyes open. Many people live in a kind of sleep. We are asleep when the mind controls us, instead of us guiding the mind. We are asleep when we try to change a past that no longer exists or when we worry about a future that hasn't yet arrived.

Neither the past nor the future exists. Think briefly about yesterday—what you experienced, what you learned or failed to learn... it's no longer here. It cannot be changed. Now think about tomorrow or next year... can you be sure what it will bring? The future hasn't happened yet, either. Only the present exists—this very instant, as you read these lines. What we do here and now is what shapes our future. Tomorrow is merely the result of today. If you profoundly change yourself today, you will see the results tomorrow.

Wake up. Live in the present. It is the only thing that truly exists.

This book is a practical guide. It teaches you how to wake up step by step through breathing, concentration, relaxation, and meditation exercises. The approach is Western, accessible, and applicable to everyday life.

Some people associate meditation with religious practices or Eastern techniques. But meditation is neither. It is a universal tool for inner growth that also helps transform humanity. Although it has been practiced mainly in the East, it is now used worldwide.

A new world is being born. Sometimes, the labor pains feel intense—but they are a sign that something new is beginning. Meditation is a path to that new world, a gateway to a more conscious humanity.

You are not an isolated being. You are part of a planet, a living cell within this great organism we call Earth. What you do has an impact on others. You have the opportunity—perhaps you haven't realized it yet—to change the world. All it takes is to transform your inner world. If the cells of a body are healthy, the body will be healthy. If humans change, so will the planet... and perhaps the universe will be proud of us.

This is not simply a book. It is an invitation to take a five-day vacation to visit an imaginary place: the home of your most faithful friend. Picture that home, in nature, among mountains, or by the sea.

This journey should be taken one step at a time. Each day includes exercises that are best practiced until the following session. Don't rush through the path—doing so will not help. It's not about reaching a goal; it's about enjoying the journey. Walk at your own pace and savor each moment.

So, if you accept this invitation to a special kind of vacation, allow me to welcome you...

THE INNER PATH

WELCOME TO THIS HOME



You'll find tools to manage stress, improve your health, and cultivate greater awareness of the here and now. In this inner home, you will be able to see yourself clearly—and this will help you grow and transform every day.

BEFORE ENTERING THE HOME

Sometimes, we wish to change the world: climb the highest mountain, reach the most distant place, do something spectacular—or transform the circumstances we live in or those affecting our friends and family. However, this journey does not lead outward but inward. It is an inner journey that will help you discover that the world changes by changing yourself. Inner change naturally reflects outward. You are the center of your world; therefore, you can transform it.

Here, you will learn to meditate using a simple technique—no mysteries, no complications, just highly practical guidance. To truly benefit, we recommend exploring every room in this symbolic house. You cannot go straight to the coziest bedroom without first walking through the front door and perhaps climbing a few stairs. So take your time and enjoy visiting this home day by day, where you'll receive practical tools for managing stress, improving your health, and observing yourself as if looking into a mirror. All of this will support your personal growth, help you reach a state of inner peace, and enable you to feel better, act more effectively, and contribute positively to this planet.

Throughout this journey, you'll discover a Western approach to meditation. You'll realize that meditating isn't about withdrawing from the world or entering a state of unconsciousness or fantasy. On the contrary, meditation is about being fully present in the world—but

THE INNER PATH

more pleasantly and consciously. It means developing greater sensitivity and a sharper perception of your surroundings and yourself. Here, we won't discuss religions, ideologies, or spiritual doctrines. This journey is about exploring your inner world—its mental, emotional, and spiritual dimensions.

As you move through the different rooms of this house, you'll be presented with practical tools, followed by exercises so that you can experience what is described in these pages for yourself.

This is a theoretical and practical course. We recommend taking one whole week to complete it. You won't get the full benefit if you try to read everything in one afternoon. Each day offers a specific lesson and a practice. You can practice at night before bed or in the morning after your shower, and before breakfast. Take this week for yourself. Give yourself a mental break and explore this inner home. At the end of the week, you can decide which tools worked best for you and which ones you'd like to carry into your everyday life.

This seven-day journey invites you to think differently. By the end, you'll choose whether to return to your usual thought patterns or embrace a new way of living. You are encouraged to cultivate joyful thoughts and a positive mindset.

A positive mindset is essential. To achieve it, you must leave guilt, self-criticism, or resentment behind. When one of these thoughts arises, tell yourself it does not belong to you and let it go. Visualize these negative thoughts as heavy coats you must hang on the rack by the door. Leave them there; you won't need them while you're inside this home. They are not allowed in here.

When your seven-day journey through this house is complete, and you step outside, you may – if you wish – put back on the coat of self-criticism, the scarf of frustration, or any other burden you left at the entrance. But we assure you, you may find you no longer need them. You'll discover how much more enjoyable life can be without those heavy garments. And if you choose, there is also a fireplace where you can burn them forever. But that, of course, is entirely up to you.

So, if you're ready...

WELCOME.

You may leave your burdens at the coat rack by the entrance. Come in. Take a seat in the living room.

We'll be with you shortly.

FIRST DAY: THE LIVING ROOM

Today, we invite you to enter to the living room. Please come in. You can sit here so that we can have a conversation. This is a significant topic for reflection.

Are you a parent? Yes? No? It doesn't matter: it's not indispensable. You can imagine what it would be like to be a parent without having lived it fully.

Imagine you have a beautiful family with four children. Just imagine it. They are four incredible, small, amazing creatures. They are young, and they are discovering the world. They are your children.



THE INNER PATH

Each of your children has different feelings and tempers, different tastes, and different needs.

One will have a strong temperament, while another will be more sensitive and sentimental. One will like soccer, while another will prefer to play with dolls. One will love to meet new people, while another will be very reserved and choose solitude.

To have a harmonious home, you must understand and know how to educate each of your children. You must be fair and offer each one what he needs. Know them and guide them with wisdom, that which you naturally possess.

What would happen if you gave much more to one of them? Would you take him to the movies or to the circus, give him everything he ask for, and allow him to eat all the goodies he wants?

And what would happen if, on the other hand, one or more of your children were relegated to the background? You isolate them, you don't feel them, and you don't listen to them. Imagine if you ignored them when you came home tired from work. If on their birthday you bought them anything just for the sake of it, without thinking about what they really need. They would perceive no love from you.

What would happen if your home was run unfairly? Your neglected children will probably feel bad. They would seek to get your attention through rebellion. You would want them to eat something healthy, but they would throw it on the floor. You would give them a toy, and they would break it. Maybe they'd even walk away from you... or get sick.

And what would happen to the child you prefer and overindulge? It would be a spoiled child. He would demand more and more. He would not understand why you sometimes do not respond favorably to his whims. He might even have tantrums.

In short, your home would be in chaos. There would be no harmony.

Maybe you are not a parent and are unaware of this experience. You may be relieved that you don't have to face it. "Me, four children?" – you may think. You may never have considered having them, nor do you think you ever will.

However, let me tell you something: **you are already a parent.** You have been from the moment you first came into this world. And perhaps you haven't realized it.

You already have four children, even if you are unaware of it. And it may be that you have given everything to one of them, while you have ignored the others as if they did not exist.

Let me introduce you to your real children. They are:

- First child: Physical Aspect
- Second child: Emotional Aspect
- Third child: Intellectual Aspect
- Fourth child: Spiritual Aspect

Physical Aspect



This is a very active boy. He loves to play sports. His body is developing, and he enjoys riding a bicycle, playing with a ball, walking, or jogging.

He is the one who wakes us up every morning and asks you to get up to start the day with energy and movement.

He needs to stretch his muscles to see how his body gets stronger every day. He is also the one who asks you to rest when he is exhausted.

This child must eat healthy food, hydrate adequately, and care for his skin. He does not need sweets or junk food in excess.

If you do not take care of this child, his health will deteriorate. If you feed him everything he sometimes wants—even if it is unhealthy—he will inevitably get sick.

Those who do not take care of their physical appearance may suffer from health problems and feel weak and sickly.

Ask yourself: how often do you take this child jogging, exercising, or going to the gym? Do you feed him well? Do you love him, even with his imperfections?

This child is your physical appearance. Fundamental to living in this world, learning, and gaining wisdom.

Emotional Aspect



This is a lovely and tender girl who needs to be pampered. She is sensitive, and intense emotions sometimes affect her.

She is touched by the sight of babies, puppies, or small creatures of nature, such as insects, frogs, and fish.

She needs to listen to music, admire a beautiful sunset, be hugged, and hear words of love.

She must also learn to manage her emotions. When an uncomfortable feeling arises, she needs to be listened to. You, as her parent, must pay attention to her and observe her body language.

This child is very intuitive. Although she may not always be able to reason out her perceptions, she can find immediate answers. Listen to her. Allow her intuition to blossom.

Do you give her what she needs, let her contemplate a sunset, watch the stars, and enjoy other children's sweetness?

Those who forget this aspect and prioritize the physical or the intellectual may suffer from deep sentimental problems and have complicated emotional relationships.

To nurture this child, you must develop the emotional aspects: caring for children, falling in love, and enjoying art and nature.

This aspect is linked to the brain's right hemisphere, where creativity, art, colors, shapes, and intuition reside.

Intellectual Aspect



This is a brilliant boy. He analyzes everything and methodically finds solutions. He is passionate about science and mathematics, even if he doesn't fully understand them.

He enjoys intellectual challenges: solving puzzles, finding patterns, and arriving at logical conclusions.

In the Western world, many people focus almost exclusively on taking care of this child: we study, we pursue university careers, we develop ourselves professionally, seeking recognition and success.

If we neglect it, our mind becomes scattered and loses its capacity for concentration and reasoning.

People who ignore this aspect tend to feel maladjusted in a world where logic and reason predominate.

This aspect is governed by the brain's left hemisphere: logic, analysis, and reasoning.

Spiritual Aspect



Sadly, this daughter is often ignored. She is left in a corner because she is not as visible and does not express herself often.

She is a withdrawn child. She sits alone, watching the stars, and sighs, thinking there is something greater than what we can see.

She does not demand anything, especially attention, because she feels that this is not really her world.

However, she offers us a different vision of existence. The spiritual aspect does not necessarily refer to religion. It is the ability to recognize that the world is not reduced to the visible and that an invisible, higher reality gives life to everything.

This daughter helps us free ourselves from our ego, from HAVE and DO and focuses on BE.

She dissolves the fear of death, and thanks to her, we can live with purpose and recognize that we are eternal.

Those who neglect this aspect might fall into existential anguish after facing serious illness or the death of a loved one. Sometimes, they feel a deep sadness as if something essential is missing.

You may now ask yourself, **“So, who am I?”**

Let me tell you: you are not that group of boys and

THE INNER PATH

girls. You are much more.

You are the father or mother of all of them.

You are not just your body, emotions, thoughts, or beliefs.

You are the one who must care for, love, and guide each of these children.

You are their father or mother. You are not that matter or physical body that observes the mirror daily; that is just one of your children. You are not your thoughts, ideas, or concepts of God or the universe. You are much more than that.

During this short vacation, you will be able to see yourself in this house. You will recognize the parent you really are and realize that you are more perfect than you had imagined. Or you may discover that you have neglected one or more of your children, and you will understand what they need. Then you will know who you are.

You should devote at least one day to each of these aspects. Invite that child to spend the day together. The other children will be waiting for you, but they know it will be their turn to spend a day alone with you. On that day, discuss what that child needs. Tell him/her you love him/her. Listen to him/her, feel him/her. Feed him/her what he really needs.

Now you know that you must take care of your real family. So I invite you to come to this window and open it, to let in the fresh, natural air of the garden, and to teach you something fundamental: something that will serve as a basic tool to better manage your inner family.

I want to introduce you to breathing. It can help you

achieve extraordinary changes in a short time. Your mind will be more positive, and you will feel more conscious and happy.

Sometimes, negative thoughts result from poor brain oxygenation, and even nightmares that may arise during the night result from poor breathing.

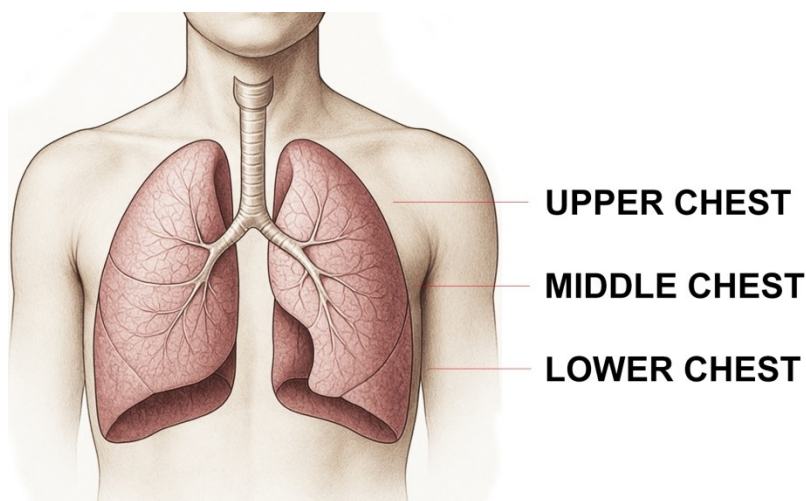
Stress can also be reduced by breathing well. A small dose of stress—or stimulation—is good for performing tasks efficiently, quickly, and accurately. But when stress is excessive, it damages the body and mind.

Please think of the world. It is not really as you perceive it. You have filters that color the way you see it. By breathing consciously, those filters become more transparent, and you can see the world more clearly. This is why, when you change, the world also changes: not because it has changed, but because your perception of it changes.

Well, let's open the window, feel the scent of the flowers in the garden, listen to the breeze among the plants, and see together how this wonderful tool works.

BREATHING

Our lungs have three zones.



In the West, we mainly use the middle part: we are accustomed to breathing by expanding and contracting the chest. When we inhale, we inflate the chest while simultaneously contracting the abdomen.

In our culture, having a flat abdomen and a broad chest is a source of pride. We wear tight belts or girdles to slim the waist. Some people, in extreme cases, keep their chest permanently inflated, trying to show off their developed pectoral muscles—but by doing so, their breathing becomes more difficult.

In other cultures, however, breathing involves inflating the abdomen when inhaling (instead of shrinking it) and contracting it when exhaling. In those cultures, a rounded abdomen is a symbol of pride.

The image of Buddha that we all know depicts a being with a prominent belly — not as a symbol of obesity, but as a reflection of someone who has mastered their breath.

So, what is the correct way to breathe?

We will teach you a method that uses the full lung capacity, not just the middle zone but also the lower and upper parts.

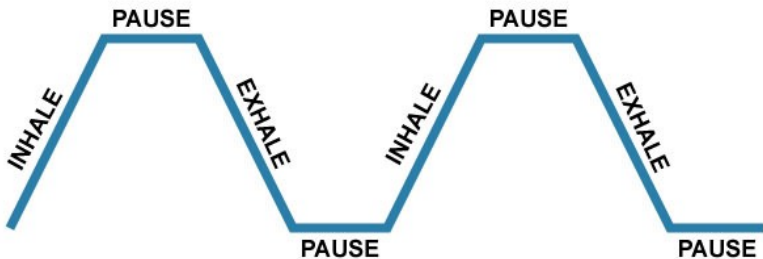
We will breathe as they do in the East.

Place your hand on your abdomen. Go ahead, try it.

As you inhale, let your abdomen inflate as you fill your lungs with air. Notice how your hand moves away from your body as the lower part of your torso expands. In doing so, the lungs expand downward. Hold your breath for a few seconds after filling your lungs by inflating the abdomen, then exhale by contracting the abdomen.

Important: at all times, breathe through your nose.

At first your breathing will look like this:

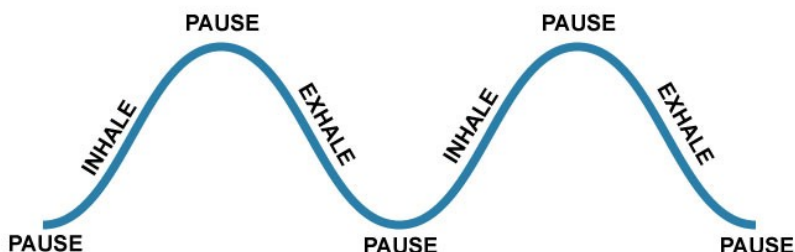


If you practice this exercise regularly, you won't need to place your hand on your abdomen anymore—it will

THE INNER PATH

become an automatic movement.

It will be forced. But eventually it will be:



Now, repeat the exercise. This time, after inflating your abdomen (without exhaling yet), slightly expand your chest—filling the middle part of your lungs. Hold your breath for a few seconds, then contract your chest, then your abdomen, and finally, pause briefly.

Repeat, but this time, after inflating your abdomen and chest, continue inhaling while slightly raising your shoulders (about 1 or 2 centimeters). Hold your breath, lower your shoulders, contract the chest and abdomen, and pause again.

At first, the exercise may feel forced. But don't worry—it will become automatic and natural with practice.

Think, for example, of when you first learned to drive. At first, you had to focus on every little movement: pressing the clutch, shifting gears, accelerating, braking. Over time, all of that became unconscious. Now, you can drive and converse simultaneously without thinking about every action.

In the same way, deep breathing will eventually be-

come natural to you.

Warning: You probably breathe too quickly if you feel dizzy or uncomfortable.

Stop, breathe normally, rest for a few minutes, and try again later.

The Rhythm of Breathing

The time it takes to inhale, pause, exhale, and pause again makes up one breathing cycle.

Under normal conditions, in the West, a person breathes between 20 and 30 times per minute—that is, each breath lasts only 2 to 3 seconds.

This rapid pace means we inhale the same carbon dioxide we just exhaled without allowing the lungs to fill appropriately with oxygen or achieve efficient gas exchange.

The ideal rhythm:

- In a waking state: about 6 breaths per minute (one breath every 10 seconds).
- In meditation: around 4 breaths per minute or even fewer.
- In deep meditation, great yogi masters can slow their breathing to just 1 breath per minute.
- Deep, slow, and rhythmic breathing should become natural and not be reserved only for moments of relaxation or meditation.
- It should accompany us throughout daily life.

Recommendations

Start practicing this type of breathing today. Remember to do it regularly:

- Before sleeping, to improve sleep quality.
- Upon waking, before breakfast.
- Every two hours during the day: dedicate 10 minutes to breathing this way.

Observe your thoughts and emotions before you begin: Is there tension in your body? Where? Are you worried?

After the exercise, observe yourself again. Do you notice any difference?

If your stress level is high, practice more often.

Remember: if you feel that your breathing becomes forced, stop. Never force the process.

What effect does this exercise have on the mind?

Imagine a room full of people. If each person sings or talks about a different topic simultaneously, from the outside, it will sound like chaotic noise.

But the sound becomes harmonious and pleasant if everyone sings the same melody.

The same happens in our brain.

Brain waves reflect our internal electrical activity. If you are trying to focus on reading this book, but part of your mind worries about something you must do later, your brain waves will be irregular and chaotic.

However, if your attention is entirely in the “here and now,” your brain waves will be rhythmic and harmonious.

BRAIN WAVES

An electroencephalogram (EEG) shows several types of brain waves:



- **Beta waves:** Predominate in an active waking state. They indicate high mental activity and stimulation.
- **Alpha waves:** Emerge with rhythmic and deep breathing. They indicate calmness, sharp perception, and efficient learning.
- **Theta waves:** Appear in deep relaxation and meditative states.
- **Delta waves:** Dominate in profound meditation.

Important:

A person in deep meditation is not asleep or unconscious. On the contrary, they are more awake, more aware, and more sensitive than in a normal waking state.

By practicing deep breathing, you tune your mind's "inner melody," making it easier to perceive, learn, and connect with your inner world.

FIRST DAY EXERCISE

BEFORE THE EXERCISE:

Perform the exercise without having eaten for at least two hours beforehand. Drinking water is fine. It is not recommended if you have consumed any stimulants such as tea, coffee, or cigarettes.

Observe yourself. Listen to your thoughts. Notice your current mood before you begin. Are you tired? Happy? Sad? Feeling tense? How are you feeling?

DURING THE EXERCISE:

Read these instructions first, then practice with closed eyes, accompanied by soft music that promotes relaxation. Sit comfortably with your back straight and upright.

Imagine yourself walking along a beach, facing the ocean. Feel the breeze on your face. Breathe in the fresh air. Notice the sensation of the sand beneath your bare feet and how the waves bring warm water that gently covers your ankles.

Now, sit down on the dry sand, facing the sea. Observe the infinite ocean. The sun is on the horizon, and the sky glows with beautiful pastel colors.

Listen to the sound of the waves coming and going.

When a wave moves toward you, inhale. Feel the water rising up the shore to its highest point, and at that moment, when the water begins to soak into the sand, hold your breath briefly.



As the wave recedes back into the ocean, exhale. Before the next wave arrives, hold your breath again, pausing gently.

Watch the next wave approach and listen to its distinct sound. Once more, inhale as the wave comes closer, hold, exhale as it retreats, and hold again before welcoming the next wave.

Adjust the rhythm of the ocean to your own breathing pace. Let the waves come and go in sync with your breath. The sea moves at its own rhythm. You are that ocean.

Continue this exercise for about 10 to 15 minutes.

Finally, become aware again of where you are sitting, the day, and the time. Move your fingers to awaken that part of your body. Wiggle your toes as well. Slowly open your eyes, filled with peace and love, fully present in the "here and now."

AFTER THE EXERCISE:

Repeat the self-observation you did before starting. How do you feel now? What sensations do you notice within yourself? How do you perceive colors, scents, and sounds?

What are your thoughts now?

How do you perceive the world around you?

SECOND DAY: THE DINING ROOM AND THE STUDIO

Today is a new day. Before we continue, tell us: how did it go yesterday? Did you manage to practice breathing to the rhythm of the sea, and do you notice changes when you breathe deeply?

If so, congratulations! You are taking firm steps towards a lighter and happier life.

Today, we invite you to walk with us to the dining room. Please follow along.

Here, we will discuss something very special for your first child: the Physical Aspect.

EATING HABITS

Have you ever been on a diet, and how do you feel when you hear that word?

For many, “diet” sounds like prohibition, suffering, and giving up what we like the most.

But today, we want to offer you another look that is much kinder and more loving.

Think about your first child: how would he react if you tell him you are going to put him on a diet?

THE INNER PATH

He would be nervous, thinking, “You’re going to take away what I enjoy!” and start to store reserves “just in case,” that is, to accumulate fat.



We want to suggest something different.

Come a little closer... we want to whisper a little something in your ear:

Never tell your first child that you’re going to put him on a diet. Tell him you’re going to teach him to eat better.

And really, do it with love.

It’s not about punishments or sacrifices but about building new habits – habits that will last a lifetime.

Everything will flow naturally when we have learned to feed our body well, without tension or guilt.

Remember: there are many diets. They are low-sugar, low-fat, high-protein, vegetarian, or based on artificial substitutes, etc.

Some work temporarily, and some don't. However, none work if they generate tension, fear, or repressed desires.

What really nourishes is inner peace.

So, we advise speaking lovingly to your body and nourishing it respectfully.

Every meal can be an act of loving yourself.

You know what it is to nourish yourself with healthy food.

You can be in touch with your child, your physical aspect, accompanying you. Therefore, you can understand the difference between nourishing him well, or giving him unhealthy whims.

Educate him, talk to him, and explain that being healthy is good.

And choose the eating habits that you think are best for him. We won't impose ideas here about how to eat healthy: you already know how to do it.

WATER CONSUMPTION

And now, let's talk about another great ally: water.

Look around you: the Earth is water, life is water... and so is your first child!

If nature prefers water, so can we.

Forget sugary or alcoholic beverages. They do not form rivers or seas.

Water, on the other hand, cleanses, renews, and refreshes.

Every glass of water you drink is like a caress for your body. Being well-hydrated improves your health.

Often, headaches, skin problems, or even digestive disorders are simply due to low hydration.

Connect with your body and sense how you are feeling. Be attentive and listen for signs that you may need more water.

We recommend that you do not overdo it or follow rigid advice about consuming a certain amount of water daily.

Many factors influence the amount of water your body needs.

Learn to recognize yourself and hydrate when you need to.

Feeling a little hungry or thirsty? It's natural: we've been talking about food.

You'll be able to enjoy something very healthy later. In the meantime, how about a cool glass of water? It will do you good.

Come with us to the studio. There, we will give you a very special gift: the second tool for your well-being.

Yesterday, you received the first one: **breathing**.

Today, we'll take it one step further.

CONCENTRATION

Go ahead and take a seat in this studio. Relax. Take a deep breath.

Now, tell me: Are you concentrating? Do you understand every word you read in this book?

Let's test: what color socks are you wearing today? No, don't look yet. Just remember. If your mind is focused, you can answer it without hesitation.

Can you remember what you were doing two hours ago? Can you conjure up the face of the last person you saw today?

Concentrating is much more than thinking about one thing. It is an art: living fully in the **here** and **now** without letting our mind wander from one place to another.

Why is it so important to live in the present?

THE INNER PATH

Imagine for a moment that you are on a beautiful beach. You are on holiday. The sun is shining brightly, the sand is soft and white beneath your feet, the air smells of the sea, and the waves are playing their perfect music.

But if, at that moment, instead of enjoying it, your mind wanders to office worries or memories that weigh you down, you are missing the magic of that unique moment.

Later, when you try to remember that splendid morning, it may be too late to fully capture its beauty. And if you regret missing it, you will not live in the present either. You will be caught between what is past and what you cannot change.

Each moment has its own gift.

The beach will be different at night. The sky will be filled with twinkling stars, and the moon will paint silver trails on the water.

But if your mind is still anchored in the past or racing towards the future, you will not see the wonder in front of your eyes either.

The past no longer exists:

Think of something that happened to you yesterday. You can remember it, but you cannot relive or change it. We learn from the past, but we do not live in it.

The future does not yet exist either:

Tomorrow is just a promise. The future is woven into every decision and thought you have right now.

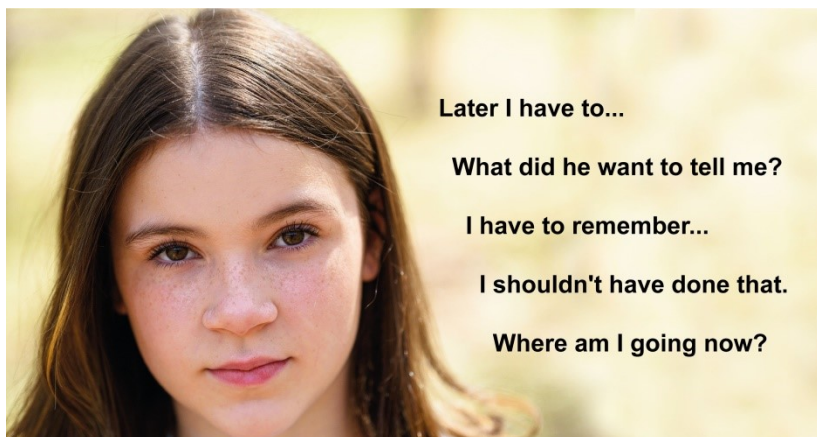
The present is a treasure:

When we are attentive and awake to each instant, we truly live. Letting our mind wander into times that do not belong to us is like being asleep.

Wake up! The now is yours.

Concentration is the key to entering the present. Our wonderful and powerful mind produces thoughts all the time. We can learn to manage it, or we can let it drag us around aimlessly.

Have you ever noticed how your mind can think about several things simultaneously? One part is reviewing something that happened, another part is imagining something that might happen... sometimes, even automatic thoughts arise that we haven't even chosen.



THE INNER PATH

If we don't focus our attention, our mind becomes a machine working uncontrollably, consuming energy and wearing us out unnecessarily.

There is no point in **pre-worry** ourselves with things that have not yet happened.

Planning does, as long as it is done healthily. But worrying is like standing at a red light, pressing the accelerator hard: we don't advance one centimeter but use up our engine.

Every time you pre-worry, your mind is exhausted, and your body suffers.

You can learn to manage your thoughts.

Consider: **not everything you think is yours.**

You have the right and the power to accept only those thoughts that nourish and strengthen you.

Imagine that your mind is an office. If someone enters with shouting or bad intentions, you can politely ask them to leave. If another brings a matter that can wait, you can tell him to return again.

So, what should you do with your thoughts?

When a negative thought pops up, say firmly:

"I do not accept you. Get out of my mind."

If a troubling thought is keeping you awake at night, give him an appointment to attend to it:

"Dear thought, now is not the time. I will attend to you tomorrow morning at 9 a.m. in my mental office."

If necessary, repeat it to him patiently. And you will see how, little by little, they will withdraw.

When we feed worry with mental images of things that could happen, we send warning signals to our bodies.

Our emotional and mental minds (two of our children) do not distinguish between what is real and what is imagined.

When they perceive a threat—even if it is only imagined—they activate the body as if it were true: they release adrenaline, speed up the heart, stiffen the muscles, and dilate the pupils.

They prepare us for urgent action... that does not exist.

This unnecessary stress is one of the greatest enemies of our health.

Constant adrenaline wears down our organism. Hypertension, fatigue, and anxiety are just some of its consequences.

But we can change it.

Walking straight and serene is wiser than running in circles and getting nowhere.

When you concentrate, live in the present, make wise decisions, and build your future with firm steps.

Learn to be the master of your thoughts. Learn to live awake.

CONCENTRATION EXERCISES

We want to invite you to practice some exercises that will strengthen your ability to focus. These small daily challenges will nourish your intellectual and emotional minds.

You can choose the ones you like best and repeat them often.

1. Don't say the word 'I'.

Watch the way you speak. Avoid phrases such as "I think that...", and replace them with alternatives such as "It seems to me that...".

You can keep a small tally of how often "I" appears in your daily conversation.

This exercise helps you focus on language and escape the ego center.

2. Observe yourself for an hour

Choose a time of the day, for example, 10 to 11 a.m.

During that time, observe yourself.

Feel how you move your body, how you express yourself. Listen to your thoughts:

- What do you think of others?
- How do you feel about the place where you live?

- How do you feel about yourself?

Observing yourself is the first step towards conscious change.

3. Listen to music or look at a painting

Spend a few minutes listening to music. Identify the instruments one by one. Then, try to perceive how they combine in harmony.

You can also do the same with a painting: notice every detail, the colors, the shapes, the feelings it conveys.

This exercise educates your attention to see beyond the obvious.

4. Read books

Choose a book that arouses your interest.

Read an excerpt each day and reflect on its content.

Let each reading be a moment of connection with yourself.

5. Monitor your thoughts

Pay attention to your inner dialogue. When you detect negative thoughts, do not accept them.

Consciously change the channel and choose thoughts that empower and inspire you.

Your mind is your home—fill it with light-bright thoughts!

HANDLING THOUGHTS AND MEMORIES

We will introduce you to meditation in the second story of this home. For now, we want to tell you that concentration is fundamental to the process of meditating.

If we ask you to please think of a white horse? Yes, one of those beautiful, shiny horses with a mane that is soft to the touch. Imagine it running freely on a beach. See how its mane and tail wave and the joy it shows as it runs free there.



Well, now do the exercise of no longer thinking about that white horse. Close the book and stop thinking about it...

Did you manage to do it? Did the white horse disappear from your thoughts?

Probably not. Pushing a thought away is sometimes difficult: the harder we try to do it, the more force it takes to return.

Sometimes, it helps to focus the mind on another thought to replace it. This can **change a recording** stored in the brain.

An example of changing thoughts can be beneficial:

Perhaps you remember some upsetting event that caused you stress or pain. You will likely notice it returning when you put it out of your mind. That's because by trying to get rid of it, you are **stimulating** the area of the brain where the event was stored.

But that event no longer exists. It exists only in your memory, in your brain.

We cannot avoid **pain**: painful events can happen. But we can avoid **suffering**.

Suffering is reliving, over and over again, that painful event.

If you keep that memory alive, you will only cause more suffering.

You are free to suffer if it helps you, but you must know that it is **your choice** to continue to do so.

THE INNER PATH

So, how do you change a painful memory?

One way is **not to reject it but to transform it**.

When that memory arises, observe it. Take a deep breath. **Look at it** again, but now, **change its intensity**:

- Turn it into a black-and-white image.
- See it in grayscale: no color, no brightness.
- Then push it out of your mind, making it smaller and blurrier.
- Reduce it until it seems insignificant.

Repeat the process until its impact diminishes each time the painful memory reappears.

Another technique is to imagine the memory as an image projected onto a screen. Visualise taking that screen and throwing it into a bonfire. There, it burns and disappears.

Each time the memory returns, burn it again.

You will find your own technique for dealing with unwanted memories or thoughts.

It is essential to recognize that memories **are not reality**; they are just electrochemical signals in your brain.

The only reality is the **present moment**.

CONCENTRATION DURING MEDITATION

During relaxation or meditation, many thoughts will come into your mind.

This is normal: meditation allows you to reach a broader state of awareness.

When you are in silence, these thoughts will pop up and take your focus away.

So, if this is normal, how can we meditate with so many thoughts running around?

Our minds must be quiet, and concentration will help us achieve this.

Therefore, we suggest you use the abovementioned techniques: **transform** or **burn** the thought that arises. Don't fight it. Accept it. Transform it, burn it... and continue meditating.

An effective technique for concentration is to **feel more and think less**.

- By feeling, we live in the present moment.
- By thinking, we remember, analyze, or worry.

Then, **feel** your body, listen to external sounds, and perceive the rhythm of your breathing.

Appreciate what is happening around you, even if your eyes are closed.

Start to feel the moment you are living.

Turn off your thinking and turn on your perception.

Blanking your mind during meditation does not mean eliminating everything, but **stopping thinking and starting to feel.**

Music can significantly help: it focuses the mind on sensations and takes thoughts away.

Also, visualizing a natural landscape facilitates this change: we stop analyzing and start experiencing.

We could make an analogy:

If your brain were a radio on, stopping thinking would be like changing the radio station: from a station full of news and noise, we switch to a station with relaxing and harmonious music.

To meditate, you have to change the station. Leave the noise. Tune in to the music.

We will use techniques such as **visualizing natural landscapes** in our meditations.

Such exercises help to focus the mind on something pleasurable and to silence thoughts.

Perhaps, if you managed to stop thinking about the white horse, it was not because you *didn't think* but because you **fixed your attention on something else**, perhaps a sensation.

We will now describe the exercise for the **second day.**

SECOND DAY EXERCISE

BEFORE EXERCISE

- Avoid eating for two hours before exercise.
- Sit comfortably, with a straight and upright back, without crossing your arms or legs. Place your hands on your thighs, palms facing down.

These exercises could be done lying on your back. However, it is easy to fall asleep in this position. Sleeping is not bad, but remembering what you saw, heard, or felt during meditation is important. Therefore, although lying down can be useful for relaxing before going to sleep, in our meditations, we should always do them in a sitting position, with our backs upright.

DURING THE EXERCISE

First, read these instructions and then practice the exercise with your eyes closed, accompanied by soft music conducive to rest.

Begin by practicing the rhythmic, deep breathing you have already learned. Maintain this breathing rhythm throughout the meditation.

Focus your attention on how you are sitting. Feel the contact of your body with the chair. Feel your hands resting on your thighs.

Now, direct your attention to your feet and ankles. Command them to relax and become still.

Move your attention up to the thighs. Command them also to relax and become still.

Continue to concentrate on the hips and lower abdomen. Observe your internal organs with your imagination. Command them to become still, relaxed, and full of health.

Now, focus your attention on the spine. Feel how it relaxes along with all the back muscles.

Command your chest and shoulders to relax and become still. Visualize your shoulders, arms, forearms, hands, and fingers and command them to relax and become still.

Concentrate on your neck and throat. Ask all the cells and muscles in that area to relax and become still.

Now, turn your attention to your face. Relax all the facial muscles and draw a slight smile.

Feel a deep joy.

Fix your attention on your thoughts and command them also to relax and become still.

At this moment, you are entirely relaxed.

Next, take an imaginary mental journey:

See yourself traveling through a large tunnel of white light. In the background, an even brighter light is visible.

Go forward until you reach the end of the tunnel, where you emerge on the shore of a beautiful lagoon. Snow-capped mountains reflect on the surface of the water.

Listen to the murmur of the wind in the trees behind you. Smell the fresh scent of the mountain air.

Watch as the water's surface becomes quieter and quieter until it becomes a perfect mirror reflecting the mountains.

In the distance, over the lake, see a beautiful white, shimmering swan gliding gently by.



In deep concentration, stand there, gazing at the mountains, the lake, the trees, and the swan.

If a thought comes into your mind, apply the exercise you learned to handle it: let it pass and return your attention to the lake. Concentrate only on feeling.

If another thought appears, repeat the same process.

If variations appear when observing the image of the pond, allow them to flow. For example, if a duck seems instead of a swan, accept it.

If you see an ocean instead of a lake, let it be.

Observe all the changes that occur.

Remember that, like dreams, every vision brings a message.

Stay for about 20 minutes in this calm state.

When you feel it is appropriate, start the return journey:

See yourself again in front of the lagoon.

Travel back through the tunnel of white light until you reach your meditation place.

Feel your body again: the position of your hands, your feet.

Slowly move your fingers and toes.

Start moving your muscles.

Open your eyes gently and perceive that you are here and now, full of peace and love.

AFTER THE EXERCISE

Observe yourself: How do you feel? What do you remember from the meditation?

Were there unexpected variations? Did you find yourself somewhere different?

Did thoughts arise during the exercise, and could you handle them appropriately?

You may have noticed an increase in your perception level: previously unnoticed sounds were now evident.

In meditation, perception and awareness expand even if the eyes are closed.

You also develop greater control over yourself.

THIRD DAY: THE GYM

Today is already the third day. We hope you are enjoying your holiday in this home.

So far, we have shared two basic tools: **breathing** and **concentration**. We have also shared complementary tools such as eating habits, and water consumption.

Today, we will continue our journey. We are going to the gym, where we will give you two additional tools. Please join us.

We will provide you with additional instruction in the gymnasium for the first of your children: the physical aspect. This is indispensable for maintaining excellent health.

You should know that if your body is healthy, this will positively affect the emotional and intellectual aspects of your other two children.

Physical exercise is very important. It activates the metabolism, oxygenates the body, and promotes optimal health.

Physical exercise is especially recommended for those who suffer from high levels of stress or tension. However, if these people are not able to quiet their minds and focus on the **here and now**, they will not be able to reap the full benefits of exercise. Even if they oxygenate, they

THE INNER PATH

may also be overloading their bodies with adrenaline, which increases stress.

Exercise should be done with happiness and freedom, enjoying the moment.



Exercise benefits not only your physical appearance, but also mental and emotional health. Oxygen to the brain has an extraordinary effect. Some people who feel symptoms of depression find that they disappear when they exercise. It has reactivated their metabolism and oxygenated their brain.

We want to share something essential with you now. If you can understand it, you will find a lot of freedom in your daily life. Please come closer and pay attention. It is really significant.

If a person gets sick, it is not the person who is ill but his body (his physical part).

If a person becomes sad or depressed, it is not him who has these feelings; it is some of his children (mental or emotional) who feel it.

You never get sick. You are always a healthy, wholesome, and perfect person. Your children might get sick, not you.

Some people confuse this and, when their inner family has a difficulty, they think they have the problem.

Remember: you are in control of your inner family. Illness or disharmony is only a manifestation of some imbalance in that family. An illness is a family crisis.

Illnesses are actually excellent opportunities to change what is not right. A crisis is a perfect time to improve our relationship with our inner family.

The first step to having a healthy inner family is to recognize that you are the parent of that family and are in control. Love is a powerful tool for achieving family harmony.

Love your family, even if they are not “perfect.” When the state of love is reached, everything begins to seem perfect.

When the outer world becomes more beautiful, it is a sign that your inner world has changed. There will never be a fundamental change on the outside if there is no inner change.

You may already play sports or follow a regular exercise plan. You know which exercises suit you best. Here, we will make a recommendation, but you can do whatever exercises you find most suitable.

THE IMPORTANCE OF DAILY EXERCISE

Regular physical activity is one of the fundamental pillars of a healthy life. It is about maintaining an appropriate weight, improving external appearance, and optimizing the body's internal functioning at all levels.

Main benefits of daily exercise:

- Improves blood circulation, bringing oxygen and nutrients to all cells.
- Strengthens the cardiovascular system, reducing the risk of heart attacks and coronary heart disease.
- Increases the efficiency of the respiratory system, increasing lung capacity.
- Regulates metabolism, promoting a healthy balance between energy intake and expenditure.
- It reduces systemic inflammation, a risk factor for chronic diseases such as diabetes, cancer, and Alzheimer's.
- Strengthens bones and muscles, preventing osteoporosis and sarcopenia (muscle loss).
- It stimulates the immune system, improving the ability to defend against infections.

- It balances the nervous system, reducing anxiety and stress and improving mood thanks to the release of endorphins.

When the body moves regularly, all its systems function more harmoniously. In many ways, exercise is a language through which the body remembers its essential purpose: life in motion.

THE IMPACT OF EXERCISE ON HORMONAL HEALTH

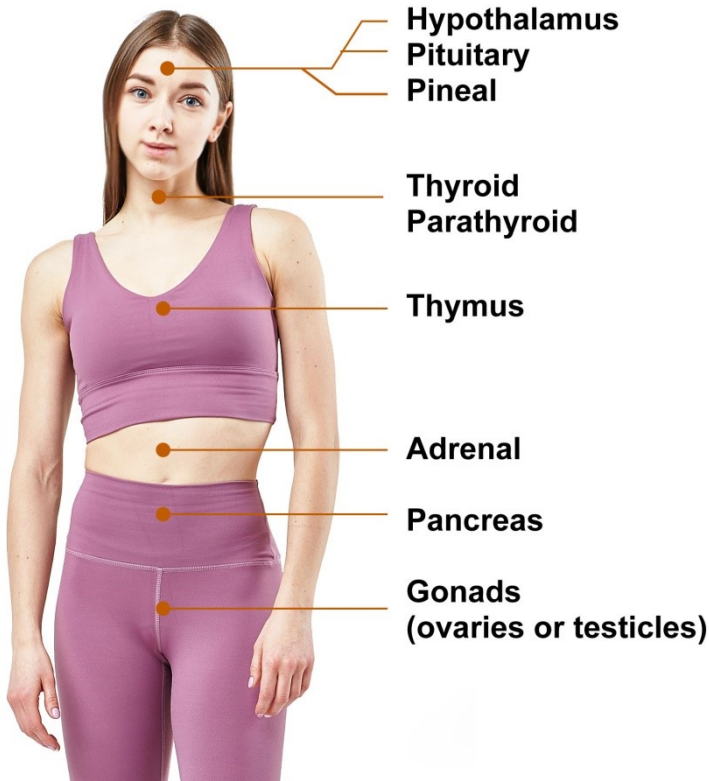
Endocrine glands are small organs responsible for secreting hormones that regulate fundamental processes such as growth, reproduction, metabolism, mood, and stress response. The body and mind find their natural balance when these glands function well. Daily exercise has a profound influence on this system:

- It stimulates the production of feel-good hormones such as serotonin, dopamine, and endorphins.
- It regulates the hypothalamus-pituitary-adrenal axis, responsible for the stress response.
- It optimizes insulin metabolism, reducing the risk of type 2 diabetes.
- Supports thyroid balance, essential for healthy metabolism.
- Modulates cortisol levels, preventing the damage associated with chronic stress.

Daily exercise means activating and balancing the hormonal secretions supporting physical, emotional, and mental well-being.

GLANDS OF THE BODY

The physical body has several glands. They regulate metabolism and play a fundamental role in health.



The main glands of the endocrine system and their functions are summarized below:

Hypothalamus

It is a gland the size of a grape in the brain's center.

- It is the 'conductor' of the endocrine system.
- It coordinates the release of hormones from the pituitary gland.
- Regulates body temperature, hunger, thirst, sleep, and mood.

The pituitary gland

The 'master gland' is located at the base of the brain. It is the size of a bean and sits below and in front of the hypothalamus, establishing a connection between the two.

- It controls other glands such as the thyroid, adrenals, and gonads.
- It releases hormones that stimulate growth, reproduction, and metabolism.

Pineal gland

It is also located in the brain's center, behind the hypothalamus. It is much smaller, about the size of a grain of rice.

- Produces melatonin, regulating sleep-wake cycles.
- Also associated with the perception of natural rhythms and 'inner wisdom.'

Thyroid gland

Located in the throat.

- Regulates the body's basal metabolism (the rate at which calories are consumed).
- Influences heart rate, body temperature, and the development of the nervous system.

Parathyroid glands

- Located behind the thyroid.
- Regulates the calcium level in the blood, which is crucial for muscle and nerve function.

Thymus gland

Located in the chest behind the sternum.

- Fundamental in the maturation of T-lymphocytes (immune system).
- Related to vitality and a sense of inner protection.

Adrenal glands

Located above the kidneys.

- Produce cortisol (stress hormone), adrenaline and noradrenaline.
- Regulate stress response, blood pressure, and metabolism of fats, proteins, and carbohydrates.

Pancreas

Located slightly below the adrenals, behind the stomach, and horizontally across the abdomen.

- Produces insulin and glucagon, regulating blood glucose levels.

Gonads (ovaries and testes)

Ovaries in women or testes in men.

- They secrete sex hormones (progesterone, testosterone) that regulate reproduction and secondary sexual characteristics.

INFLUENCE OF YOGA ON THE GLANDS

Yoga is much more than a physical practice. It is a holistic system that seeks harmony between body, mind, and spirit. From a physiological point of view, its impact on the endocrine system is profound.

Many people think that yoga is only for very elastic people or that it is related to some oriental religion. It is nothing like that. Anyone can do yoga, which is helpful for anybody of any age. Everyone can determine which asanas (positions) work best for them.

How does yoga help to regulate the glands?

1. It directly stimulates specific areas of the body.

Many postures (asanas) compress or stretch regions where important glands are located, stimulating them naturally.

2. Improves blood and lymphatic circulation.

This promotes oxygenation and the elimination of toxins that can affect glandular function.

3. Reduces stress.

Through breathing techniques (pranayama) and meditation, yoga lowers cortisol levels, which can alter hormonal function when chronically elevated.

4. Balances the nervous system.

A balanced nervous system makes the signals between the brain and the glands clear and compelling.

5. Promotes the mind-body connection.

Yoga trains body awareness, which allows internal imbalances to be perceived and corrected before they manifest as disease.

THE SUN SALUTATION

There are many yoga positions and numerous books and videos on the subject. You can consult them and decide which exercise routine you are interested in.

Here, we describe a simple series that can be performed daily and quickly: the **Sun Salutation**.

This consists of several steps with different postures, some repeated during the cycle. They should be performed continuously in a single session.



Pose #1:

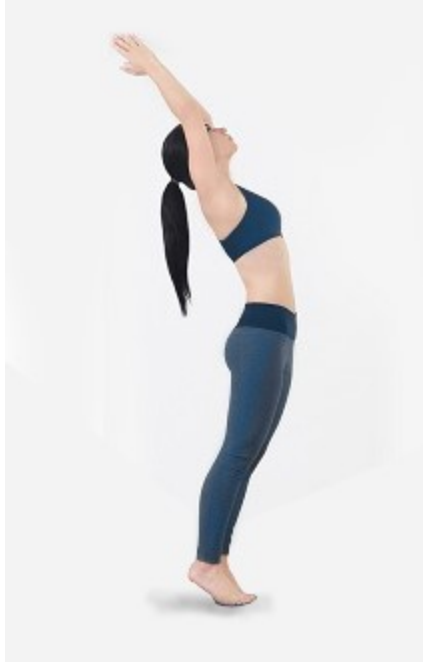


Standing erect, bring the palms of your hands together at the level of your heart like a sun salutation.

Take a deep breath as you have been practicing.

As you release all the air at a given moment, begin the sequence by moving to the next step.

Pose #2:



Bend the body backward with the arms raised. The back arches.

During the movement, inhale slowly.

Upon reaching the arched position, pause for a breath, holding the air for a moment.

Pose #3:



Tilt the body forward and down, descending as far as possible, without forcing yourself. The legs should remain straight.

As you lower your trunk, exhale, releasing all the air.

Once in this position, pause breathing, holding your breath for a moment.

Descend as far as you can without hurting yourself. Some people manage to rest their hands on the floor.

Pose #4:



Slowly raise the trunk and step forward with the left foot; the right leg remains behind.

During the movement, inhale.

Place your hands on the floor at the level of your left foot. Do not force the posture; advance only as far as you can.

Once in the posture, take a breathing pause, retaining the air.

Pose #5:



Bring the left foot, which is in front, backward to place it next to the right foot.

The hands (front) and feet (back) support the body. The legs should be straight.

During this movement, exhale.

When you reach the posture, stop the breath for a short pause.

Pose #6:



Without changing the position of the hands or feet, bend the arms and move the body forward, moving close to the floor to transition into the next posture.

Inhale during the movement.

Eventually, you will reach posture number 7, known as **the cobra**.

Pose #7 (The Cobra):



From the previous posture, lift the chest with the arms half outstretched, leaving the legs extended and the insteps resting on the floor.

The air has been inhaled during posture 6.

Hold this posture for a moment, holding the air.

Pose #8



Lift the body, keeping the hands and feet in place.

Exhale as you perform the movement.

This posture is the same as number 5.

When you reach the position, stop breathing for a short pause.

Pose #9:



Bring the body back into position number 4 from the previous posture and now move the right foot forward.

The left leg remains behind.

Inhale during the movement.

As you come into the posture, hold your breath for a moment.

Pose #10:



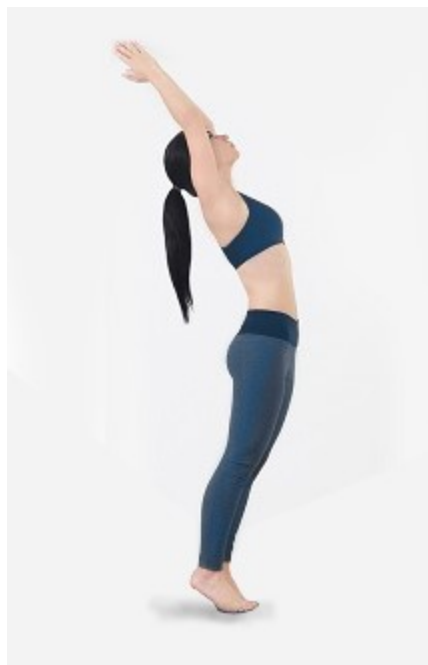
Bring the left foot (which was behind) forward, placing it next to the right foot.

The body remains bent forward.

This is the same as posture number 3.

Exhale during the movement and pause for a breath as you come into position.

Pose #11:



Slowly raise the body by inhaling deeply, arching the back backward, with the hands together.

When you reach the top, hold your breath for a moment.

This posture is equivalent to number 2.

Pose #12: (Starting Point)



Lower your hands (which remain together constantly) to the front of your chest.

Exhale as you lower your hands and straighten your back.

This brings you back to the starting position: posture number 1.

This completes the cycle.

THE INNER PATH

The Sun Salutation should be practiced on an empty stomach (at least two hours after eating), in light clothing, and in a pleasant environment.

Several cycles can be performed, repeating the whole series of movements.

The important thing is to maintain a continuous and harmonious rhythm, inhaling and exhaling as indicated in each step.

If you find any postures difficult to achieve due to a lack of elasticity, you can practice them individually. This will help you gain flexibility.

Remember: this is not a flexibility contest or a daily torture. It should be a pleasant practice where you feel your body recharged with energy.

Even if your body is not flexible, this practice will benefit you. The pressure and stretching gently massage your glands, activating your metabolism.

RELAXATION

Now, come this way. Let's sit on this mat in the gym. We'll be comfortable here. Let's talk about the third step towards meditation.

You heard about the importance of deep breathing on the first day, and perhaps you have already felt its effects.

On the second day, we discussed the value of concentration, the second step towards meditation.

Now we will tell you about the third step: **relaxation**.

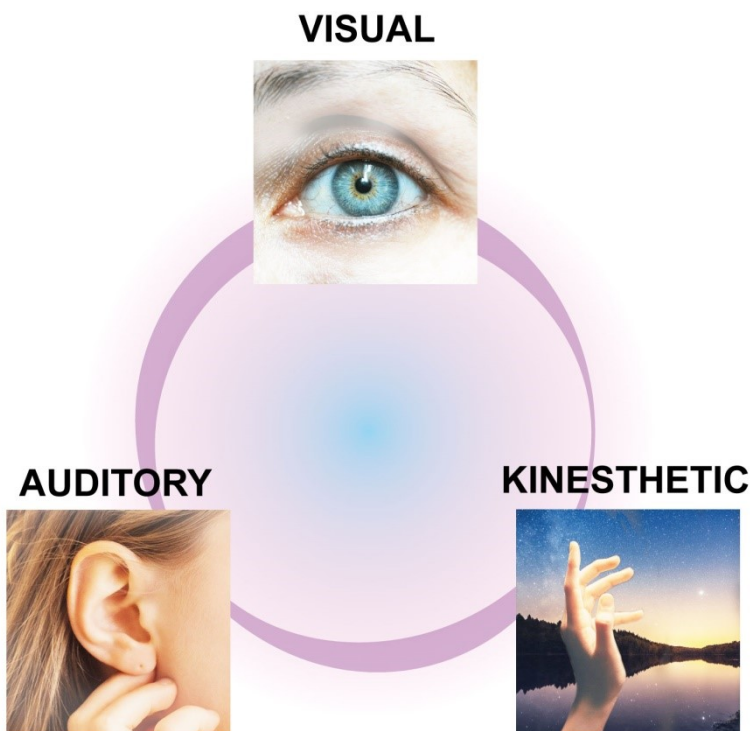
As we told you, the best way to concentrate on the present moment, on the here and now, is to perceive sensations. In other words, **think less and feel more**.

The relaxation we are about to describe goes deeper into techniques for feeling more, moving away from thoughts of worrying about the future or regretting what has already happened and cannot be changed.

Relaxation allows you to ground yourself in the pre-mindful moment.

If you cannot relax, you cannot meditate. Breathing and concentration will help us, and there are ways to do this.

There are three ways of perceiving the world. If you understand this, you will also understand the three relaxing ways.



We perceive the world in a visual, auditory, or kinaesthetic (sensory) way. We have a little of each, but we could focus more on one of them.

A predominantly visual person will perceive ideas better if they are conveyed in pictures. A visual person communicates with others with phrases like “Look what I’m going to show you,” “See you later,” “Let me see if I understand,” etc.

An auditory person perceives a world of sounds rather than images. He can attend a lecture without looking at the speaker; just listening is enough. This person often expresses himself in the following ways: “Listen to what

I'm going to tell you," "Hey, let me tell you something," "Let's talk later," etc.

For an auditory person, you can write down directions to a place; for a visual person, a drawing is more appropriate.

A kinaesthetic person perceives a world of feelings rather than sounds or images. They usually greet each other with a physical touch and feel better that way. If you hug a kinaesthetic person, he will feel terrific. But this will not necessarily be the case with visual or auditory people.

The language of a kinaesthetic person includes sensitive expressions such as: "What a relief," "Something smells fishy," "That really touched me," "Let's keep in touch," etc.

We all have a bit of each type, but one tends to predominate. The best way to "reach" everyone is to use all three types of communication.

These three forms of perception in our inner world also do not necessarily coincide with our perception of the outside world.

You may be very visual in your external perception but feel more comfortable with auditory relaxation techniques during meditation.

An internally visual person will be able to clearly imagine the color and shape of landscapes during meditation. He will see the brightness of the sun on the waves of the sea, the reflection of the mountains on the water, or

THE INNER PATH

the white color of the swan floating in the distance in the lagoon.

An inner auditory person will feel very much at ease with the soft music accompanying meditation or will relax by a mantra, that is, a word or phrase repeated mentally. He may even hear his own inner voice saying pleasant things to himself.

A kinaesthetic or internally sensitive person will easily feel emotions of peace and love. He will perceive the scent of the flowers he imagines, even if he does not observe the garden.

When people begin relaxation or meditation exercises, some cannot 'see' landscapes, colors, or shapes and become discouraged, thinking they do not have the capacity that others do. However, they have not realized that they have a great capacity to listen or feel; they are just not used to using it.

The key to meditation success is knowing which of these three types of inner perception you handle best and learning how to use it.

Now, sitting on this mat in this gymnasium, let us tell you about the three relaxation techniques that will be practiced from now on. You will notice how some of them allow you to concentrate, relax, and feel better:

VISUAL:



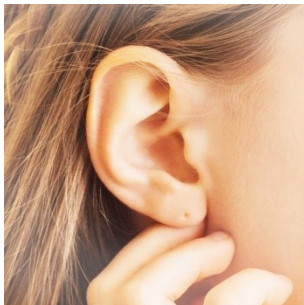
It consists of imagining colors, shapes, and lights. This technique is used when observing a beautiful landscape.

You can “see”, for example, how a white light enters through your feet, ascends, and illuminates every cell and organ of your body until it is no longer flesh and blood but light.

See yourself in a cascade of luminous water that bathes and cleanses you.

This technique is widely used in Western meditations because, in general, we are more visual in the West.

AUDITIVE:



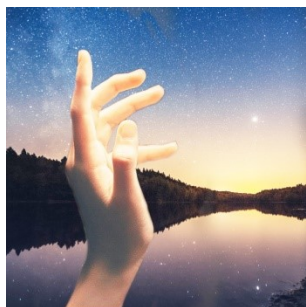
This consists of using sounds to relax. Soft music accompanying the meditation helps a lot.

A good auditory technique is to repeat the same word (or mantra) in the mind. For example, repeating the word “love” or saying: “I live in peace and harmony in my home and my world.”

THE INNER PATH

This technique is widely used in the East. Transcendental meditation and some Hindu methods frequently use it.

KINESTHETIC:



This consists of imagining feelings. It is not just repeating the words “love” or “peace” but feeling them.

For example, in a cascade of luminous water you **feel** how the warm water massages and cleanses the body.

You can also imagine yourself on the beach, feeling your bare feet in contact with the sand and the wet water bringing them up to your ankles.

Which one to use?

The answer is all of them. They will all help you relax, although you will likely find that one works better than the others.

We hope you enjoyed your gym visit today and learned some new and interesting things. We recommend that you practice what you have been taught.

We are now going to practice relaxation techniques. We invite you to do today’s exercise.

THIRD DAY EXERCISE

BEFORE THE EXERCISE:

You can do some physical exercises before starting today's meditation. Do the Sun Salutation or any routine you prefer.

DURING THE EXERCISE:

Read these instructions, do the physical exercises of your choice, and then begin your meditation with soft, restful music.

Breathe rhythmically and deeply. You will feel a deep joy, peace, and love.

Imagine how a white light descends from the vastness of the cosmos and enters the room or place where you are.

That light fills the walls, floor, ceiling, and chair you sit in. Perceive how the air itself is permeated with that white light. Feel an infinite peace.

Breathe that white light slowly and deeply. Let it illuminate your whole chest. See how the light begins to spread throughout your body. It goes up and down from your chest until it envelops your entire chest.

THE INNER PATH

See your abdomen, chest, and back completely illuminated.

Imagine your spine as an ascending cylinder of white light. The light goes up your shoulders, down your arms, into your hands, and then up your neck and throat.

Your head becomes white light, and your brain is full of light. Visualize all your neurons as little white stars. Even your thoughts are filled with this light.

Your whole body glows brightly. You feel a deep peace and serenity.

Now, imagine that you are traveling through a tunnel of white light. At the end of the tunnel, you come to a garden full of colorful flowers.



Get close to the flowers and smell their scent. Listen to the sound of the wind among the plants in this garden.

Walk through the garden and listen to the murmur of the water of a stream. Come closer, and you will see a crystal clear waterfall.

Turn aside and enter the stream. Walk to stand under the waterfall.



Feel the gentle pressure of the warm water cleansing your body and filling you with health.

The water begins to turn white and luminous. Now, it is a waterfall of light cascading over you.

All is peace.

THE INNER PATH

Little by little, the water takes on a bright pink hue. This pink water bathes your body and awakens a deep feeling of love in you. Stay for a moment in this light.

Leave the waterfall and let yourself be carried along the stream until you reach a beautiful lagoon.

The sun begins to set, and a silver star shines brightly. Its reflection spreads across the water.

The exquisite scent of flowers fills everything. In the distance, the sound of the stream continues. You are full of light, peace, and love.



Keep this image and repeat the mantra: light, peace, love... light, peace, love...

Stay there.

After a few minutes, come back when you feel it appropriate.

Stand in front of the pond. Start the way back. Go back along the stream to the waterfall, but do not enter the waterfall this time.

Cross the flower garden again.

A tunnel of white light opens up before you. You enter it and come back.

Now you are sitting in your chair again. Feel the contact of your body with the seat.

Slowly wiggle your toes. Then, your fingers.

Gently turn your head and release your neck. Slowly open your eyes.

You are here and now. Full of peace and love.

AFTER THE EXERCISE:

How do you feel? What do you remember from the meditation?

How did the relaxation techniques work, and which one felt better?

THE INNER PATH

Already, we are getting closer and closer to the whole experience of meditation.

So far, we have learned breathing techniques, concentration, physical exercises, and relaxation. Everything follows a sequence, like a tour through this house.

We are glad you are taking this holiday with us and are pleased to have you as our guest.

FOURTH DAY: THE TOP FLOOR

Today, we're going to the second floor of this home. There, we'll talk to you about meditation. Please follow us – we'll take these stairs together.

We've outlined several steps to help you prepare for meditation. It's essential to breathe correctly, maintain concentration, and use relaxation techniques to help you **feel more** and **think less**.

We've also discussed the importance of exercise and healthy eating habits.

Three of your four inner children will be pleased with what you've accomplished so far. The steps we've covered nourish the physical, mental, and emotional aspects.

Some people reach a state of deep relaxation. This stage can be described as light or surface-level meditation.

But we'll see that we need to go a little further – to a place where the state of **feeling** instead of **thinking** transforms into a state of **being**, something difficult to describe with words or images. This is the state that nourishes your Spiritual Aspect.

Let's enter this room. Please follow us.

As you can see, there's a fireplace lit here. The atmosphere is warm and pleasant. Come closer to the window for a moment.

THE INNER PATH

From here, you can observe the outside. Can you see the lake down there?



You take in the landscape outside the house.

You see the trees lit by the sun, now close to the horizon. It's late in the day.

Feel the energy of each tree; they are living beings, grateful to grow in this place.

The sky is painted with soft clouds tinted yellow and orange at this hour of the afternoon.



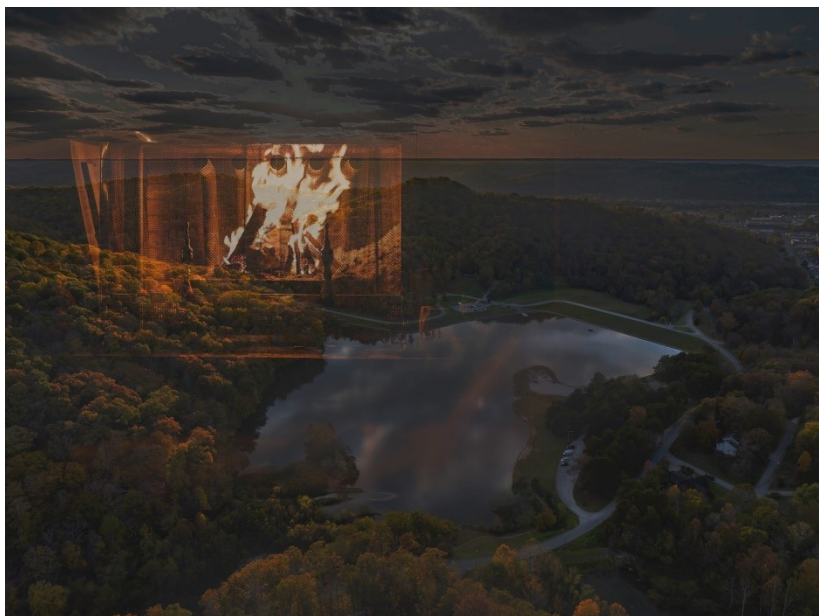
Now, the sun has dipped below the horizon.

It's a beautiful sunset.

The sky takes on orange hues near the horizon, contrasting with the deep blue air above.

The trees still catch some light, and the lake reflects the sky and clouds.

Nature is preparing to rest.



It has grown darker.

You can hardly make out details in the landscape. The lake still reflects some light from the sky.

At the same time, in the glass of the window before you, you see the reflection of the room where you're watching the nightfall.

At this moment, the outside world begins to disappear, and the inner world starts to appear.

You notice the flames in the fireplace dancing gently behind you.



Now it's much darker outside.

You can barely see anything beyond the window, but you can clearly see the inside of the room in its reflection.

You appreciate the outline of your own silhouette taking shape.

And you see the lit fireplace. You begin to notice the warm and welcoming atmosphere inside.



Night has fallen.

Nothing can be seen outside, but the window reflects the inside.

You see the room you're in, and the fire gently flickering in the fireplace.

And you also see a reflection of ourselves—an innocent and sensitive person.

You see yourself just as you truly are.

Well, that's what meditation is.

Meditation is when the outside world loses importance, and the inner world becomes visible.

Through meditation, you can turn off the outer world and let the inner world appear – so you can understand who you really are.

In meditation, you can see your true reflection, the parent of an inner family.

You might be identifying yourself with this family. But you are much more than that.

You may have believed you are this physical body you use to experience this reality – but you are so much more than that.

You may have thought that because you've done many things or had many emotional or intellectual experiences, that's who you are.

Are you the lawyer, the engineer, the artist, the husband, or the wife? You are more than that.

Having and doing are not who you truly are. That's what we call the ego.

When we ask someone, "Who are you?" They usually answer by telling us what they have or what they've done – the titles or degrees they've earned.

But those who identify with what they have are vulnerable.

They may have a healthy, athletic body, a big house, a new car, or a spouse.

They identify with it.

What happens if they lose their youth and their body is no longer admired?

THE INNER PATH

Or if they lose the house or car? Or someone close to them?

Identifying with what you have can cause suffering.

Others identify with what they do. But that, too, leaves them vulnerable.

They are engineers, musicians, artists, and company managers.

But what happens when they can no longer do what they used to?

What happens when their hands can no longer play the violin, and they're no longer a musician?

What happens when memory fades, and they can't continue their profession? Or when retirement comes?

Identifying with what you do can also cause suffering.

In contrast, identifying with what you are makes you invulnerable.

You begin to recognize who you truly are: eternal being, learning through different experiences.

You are who is reflected in the window glass, living in a higher reality, part of the entire universe—somebody that can never be destroyed.

Understanding the state of being frees you from suffering.

You reach a state of wisdom and inner peace.

You are that mother or father who grows wiser by living with your inner family—those four inner children who accompany you through your life experience.

During our stay in this house, we've traveled from thinking to feeling and finally to being.

Meditation leads you to the state of being.

With regular practice, meditation helps you see your "inner family" more clearly.

You will notice when one of your "children" is in need, unhappy, or feeling neglected.

You carry an inner fire you're unaware of—until you turn inward and look.

WHAT IS MEDITATION?

What had you heard about meditation before? Did you have any preconceived ideas?

Many people judge or criticize it without really knowing what it is; others, on the contrary, attribute extraordinary gifts to it.

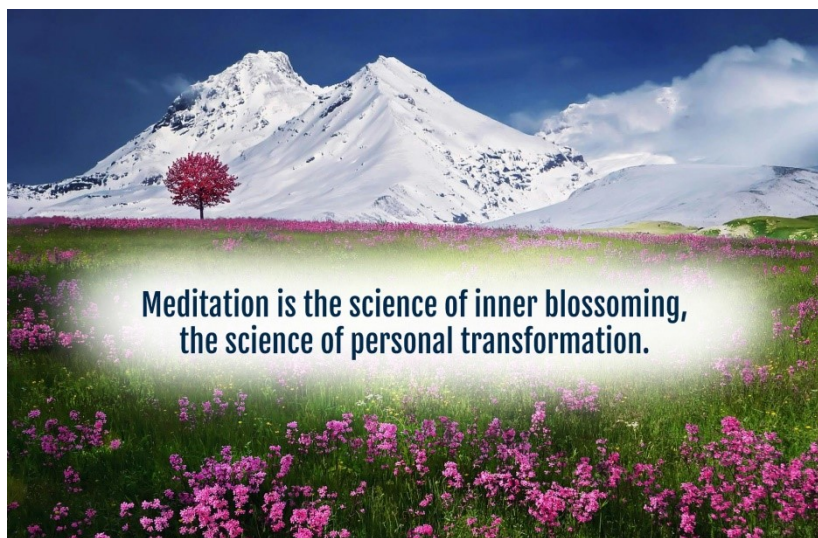
Meditation is only a tool. What is truly extraordinary is what you manage to do with it.

You can be sure of one thing: if you cannot recognize the garbage in your own house, you will never be able to clean it up. A blind person couldn't do it. And there is no one worse blind than he who does not want to see. The best way to see clearly is to look within.

THE INNER PATH

In you interior, the transformation that is then projected towards the infinite is gestated. Meditation is the means that allows this inner cleansing. In fact, you have already begun to practice it naturally during these vacations in this house.

We can say then that:



It is considered a science because it allows direct experimentation: each person can discover something new daily. Through this practice, you transform yourself.

When you reach a deep state of meditation, the images and sounds that induce relaxation disappear. In their place, inner peace, serene joy, and quiet wisdom arise. It is a state without thoughts or emotions. Time even seems to stand still.

WHAT DOES MEDITATION DO?

- It reduces stress and improves physical and mental health.
- It increases sensitivity and perception. Living in the **present** will cause you to notice previously unnoticed details and sharpen your awareness of your surroundings.
- It allows you to see the world from a broader perspective. After meditating, it is common to find spontaneous solutions to situations that seem like problems before.
- It opens the doors to the inner world. You will understand more clearly that you are not what you have or do. You are the one who guides and cultivates your own life.
- You promote a personal transformation that projects itself to others.

You may have heard of the butterfly effect. Decades ago, meteorologists discovered that a slight change in initial atmospheric conditions could produce significant variations in long-term weather. This idea was expressed metaphorically as:

“The flapping of a butterfly in Japan can prevent a storm in Chicago.”

Similarly, a slight change in you can influence your environment. Every personal transformation has an echo in the people around you.

Humanity is like a large body of billions of human beings (cell-human); if the cells are healthy, the body will be healthy.

Meditation makes that change possible: an individual one that contributes to the collective well-being.

And in a world as chaotic as today's, such a change is desirable and indispensable.

RECOMMENDATIONS FOR PRACTICING MEDITATION

Position:

It is recommended to meditate comfortably, sitting with the back straight and vertical. Although lying on your back is preferred, this position favors sleep. Falling asleep prevents you from remembering the meditative experience, no matter how pleasant it may have been. On the other hand, the upright position offers greater control and lucidity.

Meditation, like dreams, sometimes carries symbolic messages that we can interpret. If we sleep, we will probably forget them.

Recommended time:

In the morning, before breakfast.

At noon, before lunch.

In the evening, before bedtime.

Duration:

It takes 15 to 30 minutes, depending on what you need. There is no ideal duration; the most important thing is the level of concentration. Sometimes, it will seem like only ten minutes have passed when, in fact, half an hour has elapsed, or the other way around.

You can also extend it to 45 minutes or one hour if you need it.

No sleepiness:

If you are sleepy, it will be easier to fall asleep. In that case, resting first and meditating upon awakening is preferable.

Before eating:

Avoid eating at least two hours before, and do not consume stimulants such as coffee, tea, cigarettes, or alcohol. Drink only pure water. The digestive process claims energy from the body and can interfere with concentration.

After sexual intercourse:

It is recommended that you wait between 4 and 6 hours to meditate. Physical exhaustion influences the ability to concentrate, so recovery time is necessary.

Environment:

Use comfortable clothes, a quiet place with fresh air, and, if desired, soft music. At first, these elements are essential, although with practice, it will be possible to meditate even in noisy environments.

Anger:

Avoid meditating if you are angry. It is better to reconcile with yourself or others first and then begin meditation. This is a process of inner peace.

Illness:

Meditating is even more advisable when one is ill or deeply sad. The ailment can be seen as an internal imbalance, and meditation helps to restore harmony.

Eyes:

It is suggested that the eyes be kept closed. However, some advanced techniques, such as Zen, employ meditation with the eyes open.

Attitude:

A positive mind, a cheerful disposition, without tension and with love. Meditating without these qualities diminishes its effect. Meditation should be an act of peace and joy.

Most important: Consistency

Regularity is essential. A continuous and straightforward practice is preferable to a sporadic and intense practice. Meditating every day, at least once a day, is ideal.

You will soon discover that meditation is like daily bathing: pleasant and necessary.

Imagine, for a moment, that you have never taken a bath. (Make an effort). If someone one day showed you how to do it, you would discover that it is a wonderful thing. And from then on, you would want to repeat it often. You would feel that something was missing when you couldn't do it.

That's what meditation is: a daily bath of oxygen, quietness, and a positive mind.

TYPES OF MEDITATION:

There are many types of meditation and different ways of preparing and relaxing for meditation: observing the flame of a candle, contemplating the stars, repeating mantras, and walking in nature. Each one can be useful depending on the moment and the person.

In this course, we propose a simple technique that can be practiced individually or in a group.

Meditating alone is like playing a musical instrument: it allows total freedom. You can choose the place, time, and rhythm that best suits us.

Group meditation, on the other hand, is like playing in an orchestra. It has a special power. It helps us concentrate more easily, even if it involves less individual freedom. However, thanks to the collective energy, it offers a powerful impulse.



You should practice both forms: at least one individual meditation daily and one group meditation monthly.

In group meditations, a more experienced person may guide the exercise. Alternatively, the group can get together and play soft music, and each person can do his or her own meditation.

The group does not need to be in the same physical space. People often agree on a specific time and meditate from their homes or other designated places.

One meditation is especially necessary today in the present difficult times: **meditation for peace**. We will discuss it later.

For now, we invite you to meditate today.

FOURTH DAY EXERCISE

BEFORE EXERCISE:

Avoid having eaten during the previous two hours. Sit with your back straight and upright, in a comfortable position, without crossing your arms or legs. Place your hands on your thighs, palms facing up. Before this, you may perform some physical exercises from your daily routine.

DURING THE EXERCISE:

Read these instructions before you begin. Then, close your eyes and accompany the exercise with soft music that favors rest.

Adopt a comfortable posture, back straight, hands on thighs, palms up. Begin with deep, rhythmic breathing.

Visualize your body and how you are sitting.

Listen to all sounds close to you. Then, listen to distant sounds. Let them be without giving them importance. Allow your attention to embrace them all without clinging to any of them.

Bring your attention to your body, moving slowly from your feet to your head. With your mind, give the order to each part to relax and be quiet.

THE INNER PATH

Imagine a white, bright, crystalline light descending and entering the room. It fills the walls, the ceiling, the floor...

That light also fills the air you breathe.

Feel how this light enters your body. Your body fills with that light, which becomes translucent, shining, and iridescent.

Now, take an imaginary journey through a tunnel of very bright light. When you come out of it, come to a beautiful wheat field.



Observe the golden ears. Listen to the wind blowing through them. They glow as if they have a light of their own.

Visualize the ripples the wind forms in the field. Walk with your arms outstretched, feeling the spikes brush against your hands.

Move towards a waterfall.



Place yourself right under the water. Feel how the warm water dissolves your clothes, taking everything that weighs you down.

Each fading garment represents a limitation, a burden you no longer need.

Now, the water shimmers with a pastel pink hue. It is not just water; it is light that bathes and purifies you.

THE INNER PATH

Step out of the luminous waterfall and start climbing up a mountain. The path looks like a carpet of green grass.

When you are near the top, you will see seven-foot steps. Climb them slowly, one by one.

When you reach the seventh, you will have reached the summit.



Sit there, look out over the landscape, listen to the wind, and take in the fresh scent of the air.

From there, you can see a vast and beautiful panorama. Stay there for a few minutes.

Now, feel how your body expands and merges with the mountain.

Your body is now nature: trees, rivers, plants, mountains...

You are everything around you. You are the mountain, the air, the water, and the sky.

Everything is inside you.

Feel how you become even bigger. You merge with the Earth, nature, and the stars.

You are the universe. You are the Creation.



Repeat internally, in rhythm with your breath:

Peace... Peace... Peace... Peace....

Remain in this state as long as you feel necessary.

Then, gently begin your return.

Look again at the landscape from the top of the mountain.

Feel that you are there, fully present.

Stand up and descend the seven steps.

Walk the path back down, passing the waterfall of light without stopping.

Cross the wheat field again, this time playing with the ears.

Cross the tunnel of bright light again.

Feel your body. Become aware of how you are sitting.
Feel your hands, the contact with the chair.

Inhale deeply. Wiggle your toes.

Inhale. Wiggle your fingers.

Inhale and slowly open your eyes.

You are here and now.

Full of peace. Full of love.

AFTER THE EXERCISE:

How did you feel?

Did you find it easy to climb the stone steps?

When you merged with the landscape, the Earth, or the universe, did you find your body was bigger?

What sensation did you experience at that moment?

FIFTH DAY: THE TERRACE

We are approaching the fifth day, the end of these short vacation.

Today, we say goodbye on the terrace. I invite you to go outside the house.

Sit in one of the chairs in front of the table. We are surrounded by trees and nature. Birds are singing, and the air is fresh, full of mountain oxygen. It is a spring day.

Today, we will talk about a significant type of meditation

PEACE MEDITATION

This is a practice in which you benefit personally and help humanity.

You are probably concerned about the state of the world, and understandably so. Wars, environmental damage, climate change, social conflicts, and economic problems exist.

How do you remain peaceful in the face of so many difficult events?



Meditation will help you to focus on yourself and find inner peace. That peace will allow you to remain neutral and positive, even as you observe what is happening around you.

Meditation strengthens your **resilience**, that ability to regain your balance after a storm. It is like a plant that, by the wind, bends over during a storm, but the next day, it straightens up and continues to grow, taking advantage of the rain that has already passed.

Yes, meditation will help you recharge and regain your center. It will bring you inner peace, even in the face of external problems.

Moreover, that inner transformation can be projected into the world.

When you cultivate peace within yourself, you can also influence—even if you don't notice—your surroundings, helping to sow peace in the world.

Remember on the second day we talked about brain waves? These waves are the electrical manifestation of our mental activity. And they depend, to a large extent, on our thoughts and emotions.

Could these waves be projected outward? What if they could influence the environment even slightly?

Think of the possibility that you are like a radio station: you transmit signals, weak perhaps, but which can be picked up unconsciously by other human beings.

So, what kind of music do you want to broadcast? What type of energy do you want to share with the world?

I am going to tell you about a real and extraordinary event that happened in Colombia in 1999. It is a clear example of the power of collective thinking.

That year, a woman went to buy fish in a small village in the municipality of San Juan Nepomuceno, in the department of Bolivar. When she looked at the tail of one of them, she noticed some spots that resembled numbers.

She interpreted this image as a message. She was convinced that it was the winning lottery number.

It was a strong belief, an intense thought. Perhaps not enough to influence chance on its own...

THE INNER PATH

But she shared her interpretation with others, who also began to believe. And then they told more people. Soon, much of the town was convinced this number would come up in the lottery.

So, it was no longer just an individual thought. An entire community generated the same mental frequency and radiated the same intention.

And an amazing thing happened: that Saturday, the last three digits of the lottery matched the number the woman had seen on the fish. Many people in town had bet exactly those three numbers.

They won.

The company that ran the lottery had to send an armored truck to pay for many prizes. It was an extraordinary event, difficult to explain. It was a coincidence?

Cases like this make us think: is it possible that our thoughts, especially collective ones, have the power to influence world events? Strange, right?

Today, some scientists are studying global consciousness, hypothesizing that humanity's thoughts can have a tangible impact on reality or even anticipate future events.

So think about this:

Whenever we see negative news — wars, disasters, violence — if we react with anger, frustration, or despair, and millions of others do the same, we collectively increase the negative state of mind on the planet.

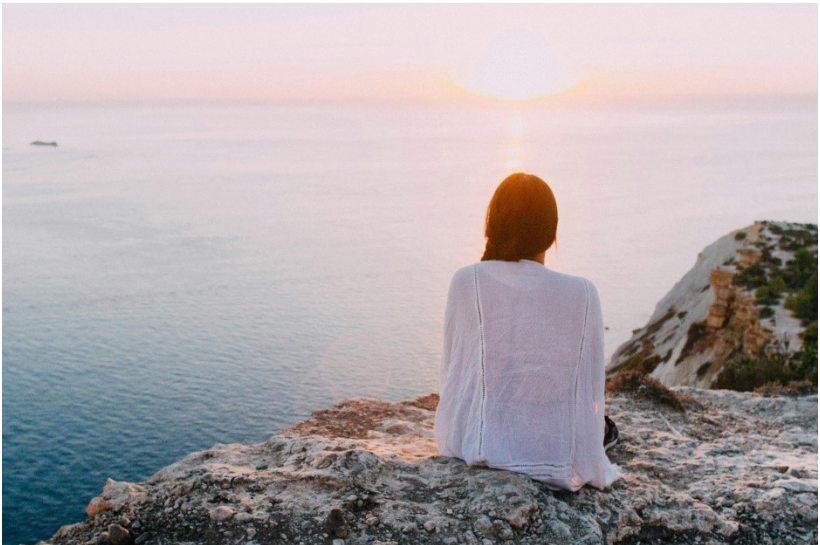
But if, instead, we think with hope and compassion – if we believe that these difficult times can lead us to learn and mature as humanity – then we are planting another frequency – a frequency of harmony.

The question is:

What “lottery” do we want to win?

That of a world in destruction... or that of a world in transformation and growth?

Meditation helps you to maintain a permanent state of inner peace. This improves your mental and emotional health and contributes to the collective well-being.



THE INNER PATH

If we focus our thoughts on a harmonious world full of peace and respect, we will be helping, from our minds and hearts, to build that world.

Peace Meditation is a universal practice. More and more people are practicing it all over the world. They are not yet many, but the number is growing every day.

There are several ways to do it. A very simple one consists of repeating, with a calm heart:

**“May Peace fill the Earth, all human beings,
and all of nature.”**

Today, I invite you to meditate for the planet’s peace.

And with that, we will conclude this five-day experience in this home.

In this short period, we have shared with you the basic tools:

- Breathing
- Concentration
- Relaxation
- Meditation

And also some complementary tools:

- Eating habits
- Consumption of water
- Physical exercises to stimulate the glands.

These tools are at your disposal at all times. They will help you live more consciously in the here and now. They will help you feel more awake, present, and alive.

Thank you for joining us.

Now, we invite you to do today's exercise.

FIFTH DAY EXERCISE

BEFORE THE EXERCISE:

Review everything you have learned. Reflect on what has been most useful to you during these days. Have you noticed any changes within yourself at the end of this vacation?

Think of humanity, of all the people who inhabit this planet: children, adolescents, adults, and older people, all with their illusions, joys, and difficulties, learning as one big family that shares this spaceship we call planet Earth.

Today, you are going to establish a connection with all of them.

DURING THE EXERCISE:

Read the instructions first. Then, practice this meditation with your eyes closed, accompanied by soft music that helps you relax.

First, do the physical exercises you have already learned. Then, start with the meditation.

Sit comfortably with your back straight, hands on your thighs, and palms facing up. Begin the process of deep, rhythmic breathing. Visualize your body and feel every part of it. Begin to relax from your feet to the crown of your head, stopping momentarily in each area.

Listen to the music and feel its vibration fill the entire meditation space. Then, feel the vibration penetrate your body as well.

Imagine that a great beam of white, crystalline light descends from the immensity of the cosmos.

That light floods the entire room where you are meditating.

It mixes with the music and generates a pleasant sensation.

Visualize how the light enters through the soles of your feet and slowly ascends up your legs until it reaches the area of your hips.

As it ascends, it illuminates your entire body. Feel a deep sense of peace and relaxation.

That white, crystalline light now reaches your lower abdomen and ascends up your spine, illuminating your vertebrae individually.

The light continues its ascent, illuminating his entire torso and filling him with health, balance, and serenity.

The light illuminates your shoulders, arms, hands, and fingers. Visualize how your entire body begins to glow softly.

Listen to the music and feel yourself harmonizing with the pure white light as it travels throughout your body.

The light continues up your spine, neck, throat, and head.

Your face lights up with a natural smile. You feel immense joy.

Your thoughts are filled with the vibration of the music and the crystalline light.

You are light. You are peace. You are love.

Now, take an imaginary journey. Visualize a tunnel of white light in front of you and enter it.

Feel how the walls of the tunnel radiate light, enveloping you in a deep sense of peace and security. At the end of the tunnel, hear the sound of water.

Go forward... and see a beautiful waterfall of luminous water.



THE INNER PATH

Get close to it. Bathe in that source of tranquility and harmony.

The water is warm and shining. Your body glows as you soak in it.

Remain for a few moments immersed in this experience.

Now, step out of the waterfall and walk towards a serene lake.

In front of you, the lake reflects the snow-capped mountains in the background.



Listen to the whisper of the wind through the trees and breathe the pure air of this sacred place.

A white swan glides gently over the surface of the water.

Contemplate the scene in silence for a few minutes.

Repeat mentally: light, peace, love... light, peace, love...

As you say light, feel yourself filled with inner clarity.

When you say peace, perceive that infinite calm that envelops you.

When you say love, experience that deep feeling that connects you with everything around you, even with the air you breathe.

After repeating these words and feeling them deeply, visualize the lake again. The swan is getting closer and closer – more and more.

It comes right up to the shore in front of you.

Observe it attentively. Perceive its serene presence. Its white plumage is radiantly pure.



THE INNER PATH

Now, the swan emerges from the water, walks along the shore, spreads its wings... and smiles.

You embrace it. You merge with it. You are now the swan.

Begin to move your wings. Feel how your body becomes lighter.

At first, you rise just a few centimeters. Then, a few meters. Then higher and higher...

You fly over the mountains, over the lake, over the trees. Flying comes naturally to you.

Observe every detail of the landscape as you pass.

Feel the gentle breeze on your face as you soar.



Fly higher... higher... higher...

The sky takes on a violet hue and gets darker. The stars begin to shine in the firmament.

Observe the Earth below: its continents, oceans, and clouds floating like cotton flakes.



Perceive every human being that inhabits the planet: children full of life, young people with illusions, peaceful adults, and wise elders.

Repeat mentally or aloud:

**“May Peace fill the Earth, all human beings,
and all of nature.”**

Repeat this phrase several times for a few minutes.

THE INNER PATH

Feel how this peace, a cosmic energy charged with love, descends towards the Earth and envelops it completely.

Then, continue your journey through space.

Visualize a bright star in the middle of the starry sky.

Fly toward that light.

Enter it.



You merge with the universe. You are the Creation.

Stay there as long as necessary, recharging yourself with the energy of what you really are: a being of light.

Now fly back with your swan wings to the lake.

See the mountains, the trees, the lake.

Fly over the lake. Land gently on the shore.

Regain your human form. You no longer have wings or feathers. You are a human being full of light, peace, and love.

Walk towards the luminous waterfall.

Cross it. Go straight ahead into the tunnel of white light.

Walk back slowly.

Become aware of where you are.

Perceive the day, the current time.

Feel your body posture and the contact with the chair.

Wiggle your toes.

Now, the fingers of your hands.

Move your shoulders and head gently from one side to the other.

Awaken.

Open your eyes.

You are here and now.

AFTER THE EXERCISE:

How did you feel? Evaluate the results.

Did this meditation go deeper by including the Earth and all its inhabitants in your intention?

This type of meditation can be practiced regularly.

Over time, you will create your own helpful visualizations for others.

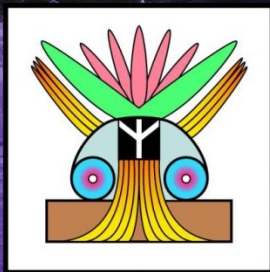
Find your personal meditation, the one that connects you to humanity.

The adventure is just beginning.

We wish you luck on your path.

Good luck on your Inner Path.

A stormy ocean is composed of multiple drops of water. The ocean will calm down if many drops reach the state of inner Peace. The world today is under a great storm. Become one drop filled with Peace and harmony. It helps you find inner Peace and calm the ocean.



**Peace be upon the Earth
and among all creations.**