

Let the Breath Breathe Itself

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Make yourself comfortable

Move around as much as you want until you feel settled

Becoming aware of the main points of contact with the surface which supports your body

Feel the earth below

Bring awareness to the soles of your feet.

Aware of the toes

Sometimes it's not easy to be aware of all the toes

You may find that there are points where you don't feel very much at all.

...continue

up beyond your feet.

Standing up if appropriate.

Pelvic girdle

to the sacrum

to the upper back

the shoulder blades

Ever expanding West

Find a point on the horizon.

Relax your eyes; Let your periphery come into focus.

Not straining to see with the mind's eye, maintain or repeat

Space doesn't, because it isn't.

Notice the repetition of your ribs

expanding and contracting

wave-like motion

Notice any thoughts

any judgements

any reaction in your body

A shrub of spreading habit
Seeds of spreading habits
Decorating the mind.

Bring awareness to the face, the whole face
Allow the tongue to be soft in the mouth,
checking that you are not clenching the teeth.

If we feel any tension, tightness, holding,
we can form an intention of letting go
Flowing in and the flowing out

Turn your attention to your navel.
Gaaaazzze.

You may feel a sensation
of light
of sound
of temperature
Perhaps a slight sense of pressure spreading

(I Feel)
Uncertain borderland
(I see, I hear)
We are hallucinating all the time.
(I think)
Delusions

Pause at the heart

Thousands of little witnesses
Test Sites.
Visions from the personal growth laboratory.
Detach
Softening as best we can.