

## **Collected State practice transcript**

This practice is designed to support you in achieving what's called a collected state. This is a state where all three centers of intelligence, the body, the heart, and the mind, are doing their proper work or they are quiet, present, and aligned with each other.

We begin by sitting. Ideally, sitting in a comfortable place with your feet flat on the ground, your hands resting on your lap or at your sides, and your body using just enough tension to keep yourself upright. Then we begin the relaxation portion of this exercise. And we start with the face.

We start with the eyes and the muscles around the eyes. Relax your eyes. Relax the muscles around your eyes. Relax behind your eyes. Allow that relaxation to extend to your temples. Relax your temples. Relax your forehead and your eyebrows. Eyes, temples, and forehead are relaxed. Relax your cheek bones. Relax the bridge of your nose, the tip of your nose, the entire nose. Relax your sinuses. Relax the sides of your face, your cheeks. Relax your lips. Relax your jaws. The upper jaw, the lower jaw. The jaws are known accumulators of tension. Allow them to relax. Relax your chin. Relax inside your mouth. Allow your tongue from the tip to the root to relax. See that to the best of your abilities, your entire face is relaxed.

Relax your neck. Relax the back of your neck at the base of your skull. Relax down the sides of your neck. Relax the front of your neck and your throat. Relax the tops of your shoulders. Relax your upper back. Relax your collar bonds. Relax the tops of the arms. The upper arms. Relax your elbows. Relax the lower arms. The wrists, the hands, the palms of the hands, and each finger and your thumbs. See to it that the face, the shoulders, the arms, are as relaxed as possible in this moment.

Relax your upper back and your chest. Move that relaxation down your torso. Down your back, down your front. Down your sides. Through the mid-back and the abdomen. Relax down, through the lower back and the belly. Relax your hips. Relax your upper legs. The thighs and the backs of the legs. Relax your knees. Relax your shins and your calves. Relax your ankles. Relax your feet. See to it that to the best of your abilities, your entire body is relaxed.

Take a moment to scan from the toes to the crown for any remaining tension. And do your best to relax it.

We now begin with sensation. since the bottoms of your feet. Make this sensation strong. Sense the arches of your feet. Sense your heels, sense the balls of your feet. Sense the entire bottom of your feet. Sense the toes, the big toe, second toe, third toe, fourth toe, and pinky toe. Sense the sides of your feet, and the tops of your feet. Sense your ankles, sense your shins and your calves.

As much as possible, retain the sensation from your feet, your toes, your ankles, and your lower legs. Sense your knees. Sense the backs of your knees. Sense your upper legs. Sense your hips and your pelvic region. As much as possible sense from your hips to your toes. Sense your low back and your low belly. Move the sensation up your torso. Up your back, up your sides, sensing the entire circumference and surface of your body.

Sense the upper back, the shoulders, and the collar bones. Sense your hands, bring your attention to the sensation in your hands. Sense the palms of the hands. Sense the thumbs, the pointer fingers, tall fingers, ring fingers and pinky fingers. Sense the backs of your hands. Sense the wrists, move that sensation up the forearms, sensing the forearms, the elbows, and the upper arms. Sensing your entire body below the neck, allowing your body to be a field of sensation.

Sense your neck and your throat. Sense the back of your head, sense the sides of your head. Sense the face, from chin to nose to eyes to forehead all the way up to the crown of the head.

We pause for a moment here to sense the entire body from crown to toes. We access any sensation that is available to us today.

We now divide our attention, maintaining some attention on the sensation, we turn a portion of our attention to the mind. We attempt to not attach ourselves to thoughts. We know that our minds were designed for thinking. And what we're trying to access here is the mind around the thoughts. Perhaps thinking of thoughts as the content and the mind as the container. When a thought enters the mind, we can label it thinking, and let it go. Knowing it is natural that these thoughts enter our mind, and they always will. And with practice, we can be choiceful around which thoughts we invite to linger in our minds.

Taking a few moments here, with the attention on the clear, quiet mind, allowing the content of thoughts to come and go.

Maintaining sensation in the body and with some of our attention in the quiet mind, we divide our attention once again. And we bring a portion of our attention to our emotional center. The emotional center is located in our upper torso, roughly between our throats and our solar plexuses. Bring some of your attention to this portion of your body now. Notice whatever is present for you in your emotional center. You may notice a finer quality of emotion compared to sensation. You may not notice anything at all. That is okay. Just noticing whatever is present in your emotional center right now.

With our attention divided between sensation, the mind, and the emotional center, we can start to experience presence in all three. And when we do this, we are able to access what is called the collected state. A state when each of these three centers is doing their proper work, when



they can communicate freely and openly with each other, and move through the world in alignment. Take a few moments here in this collected state.

Now let that attention go and we'll just sit here quietly for a moment, as we allow that energy to settle. Thank you for practicing with me today. May you take some of this collected state energy, presence in your body, mind, and heart, into whatever comes next for you.