

Softening Exercise

This exercise uses the power of attention and intention. The process is to move the attention to a specific place with the intention to soften there.

Softening is a relaxing or letting go of rigid boundaries. You are putting your attention on a specific place and then softening the boundaries of that place, letting your awareness flow beyond the boundaries.

Read the steps of the exercise, practicing it while you read it. Let your attention go to the area of the body named and soften there. The intent to soften is enough; don't try to make it happen.

Go slowly and pause each time you soften.

Here is the process:

Soften in the heart ...

Soften in the heart center, not just the heart organ, but the whole chest area.

Move your attention to the throat, soften in the throat ...

Soften the boundaries of the throat.

Move your attention to the brow, which includes the brow area and the place between the eyebrows, often called the third eye. The attention is on the brow area.

Soften in the brow/third eye ...

Soften at the top of the head, the crown ...

Soften at the base of the spine in the same way as you have been doing in the other energy centers.

Soften in the pelvic area, the area below the navel, letting go in the pelvic area.

Soften in the navel ...

Soften in the solar plexus, the diaphragm area above the navel.

Soften again in the heart ...

Repeat the above sequence at least three more times, ending by softening in the heart. Then continue with the following sequence:

Soften in the cells.

Soften in the brain, letting the brain melt like butter on a hot day.

Soften in the whole body.

Soften in the space around the body, the auric field.

Soften in the navel.

Soften in the heart.

Finish by inwardly saying:

**I am Whole and One with All That Is.
Thank you Divine Mother, and so it is.**

About the Softening Exercise

What Does the Softening Exercise Do?

The Softening Exercise quiets and balances your system. By softening in each energy center of your body in the order given, you begin to move the flow of life force from center to center creating a stream of life energy that flows up and down your body in a very integrated pattern through these chakra centers. This empowers the chakras and smooths out confused or discordant energies within them, creating health and vitality in your system.

By consistently doing this, you expand the awareness through each point into the Infinite level of life. The Infinite can then create within that chakra.

The combination of focusing your attention and then softening opens the deeper levels of each chakra center to healing. Softening connects you with your Infinite Source. If the body is in need of healing, healing will take place by virtue of the connection to the Infinite Source.

Why Start and End with the Heart?

Beginning with the heart is important. The heart center is the central energy center of the body. The infinite flow of life force in the universe is easy to access through the heart, because the heart is always connected to the Source of the flow. Also, beginning with the heart center helps the other centers easily embrace the flow of this infinite life energy. Beginning at the heart center places you in the home of Divine Mother. Ending at the heart center leaves you in the home of Divine Mother.

A Suggestion for Using the Softening Exercise

Many people who have trouble settling into meditation start with the Softening Exercise and find it helps them easily slip into a very quiet, deep meditation.