

# Softening Exercise

Read this with the intention to do it as you read. Let your attention go to the area of the body named and intend to soften there. This exercise uses the power of attention and intention. The intention to soften is enough. You don't have to try to make it happen. 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 point and then softening the boundaries of that point. The attention is on the specific place while you soften there.

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, softening 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 abdomen.

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

Soften again in the heart.

Repeat this sequence above four 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 Using the Softening Exercise

### **What does the Softening Exercise do for me?**

The Softening Exercise is a very subtle process that heals you on very deep levels. You are using the attention to focus awareness on a point in the body and you are intending to soften that point. When you soften that point or place on the body, you automatically relax the boundaries of that point. By consistently doing this, you expand the awareness through that point into the Infinite level of

life. The Infinite can then create within that point. If the body is in need of healing, healing will take place. Softening connects you with your Infinite Source.

## **How does it work?**

Energy is always flowing through your body in various patterns. When those patterns are disrupted, blocked, or confused, illness results. The consistent repetition of the Softening Exercise allows these patterns to realign with the flow of the Infinite life force which created your physical system and knows how to maintain its health.

## **Why do we start and end with the heart?**

Beginning with the heart is important. The heart center is the middle 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 highly sensitive and is always connected to the Source of the flow. Also, we begin with the heart center because it helps the other centers easily embrace the flow of this infinite life energy. We end at the heart center because it leaves us in the Source.

## **Are these the same as the chakra centers?**

Yes, these energy centers are also called chakra centers.

## **Experiences of using the Softening Exercise:**

When I soften through my energy centers, I become very relaxed, settled and deep. I feel sensations in my body and I know that I am being healed and aligned with Divine Mother.

If I'm having trouble settling into my meditation, I start with the Softening Exercise, and it helps me slip into a very quiet and deep meditation.