





Through meditation on the breath it is as though we can draw our awareness more and more into the body, bringing body and mind together in a new way. As the body becomes more part of our world we come to feel at one with nature.



Then calmly seeing and accepting the body as it really is can become a source of liberating wisdom and compassion, like the Buddha appearing in the heart.



This leads to the gradual process of letting go of attachment and the end of all stress. What is this like? If we see the body in a completely new light in this way an inner knowing grows and penetrates the body – images of the body will arise spontaneously that are suffused with the light of awareness and the heart becomes blissful and bright. Although the shapes of the organs and so on are still there it is as though they have become something else.

*The heart is still yet forever rides  
On the sublime space we may find  
Letting go of our insides  
With our peaceful mind*

*Until the lung is sung while the heart is the sun  
Full of warmth and fun*



*Until the lung  
As formless as form is sung  
Sung as a sail  
In a gale*



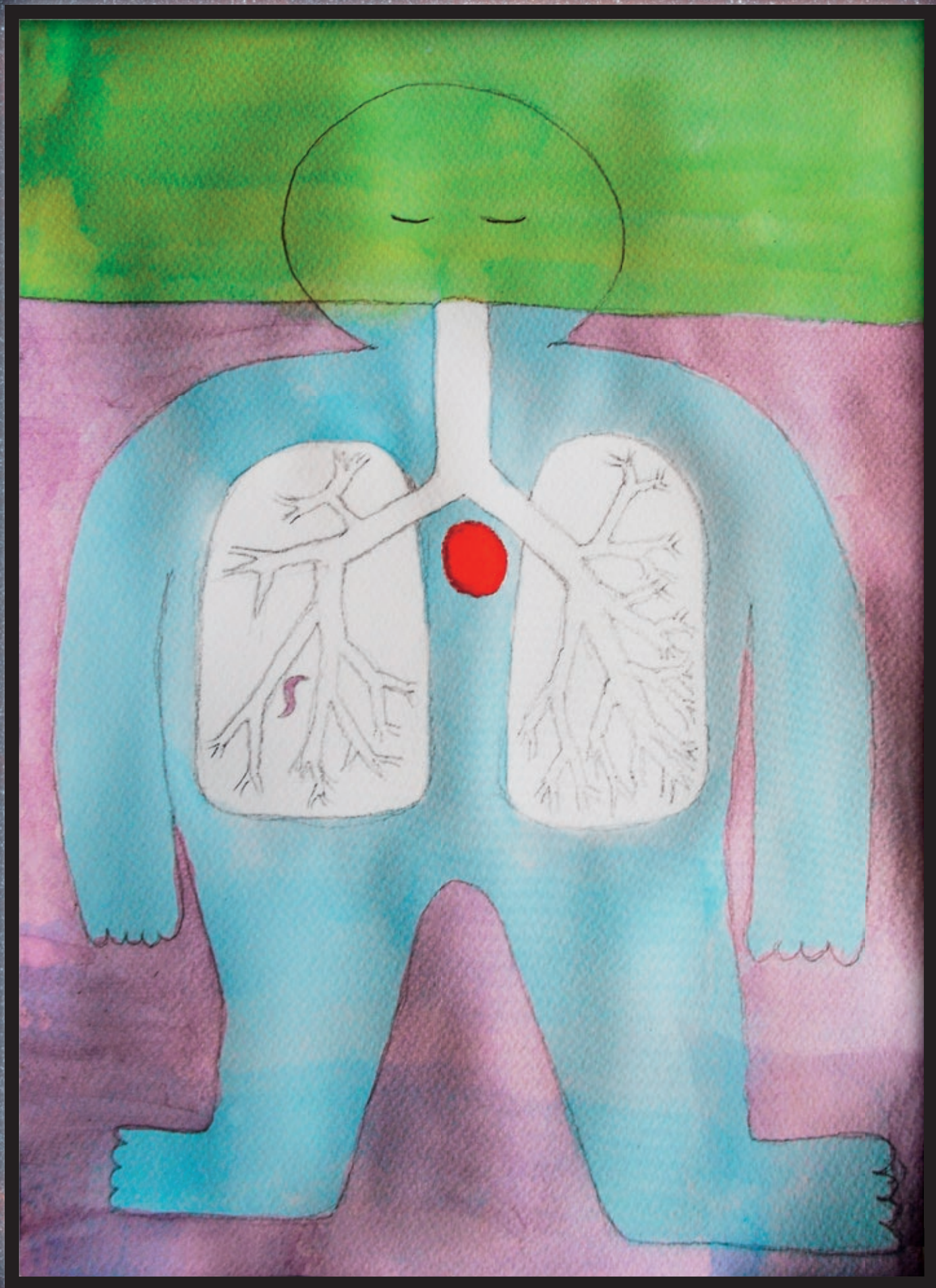
*Until the lung is sung over a still pond  
Sung as a pond where the lotus grows  
That may float us, beyond*



*Maybe we will meet a deva  
Yet ultimately this won't be our saviour*



*The heart on a cool inner fountain raised  
Will be the inner Lord praised*



It can seem as though our world has been turned upside-down by this practice yet we realize that it had been upside-down all along and we have set it upright again.



*Until the lung is sung as the clean sheet  
Of the heart replete*



*Until the heart is worn like a clown's red nose  
And sung like a Sage that knows  
That knows that the grisly insides  
Are a path besides  
Through the valleys green  
Of a freedom seen*



*Of a freedom that turns the tides*





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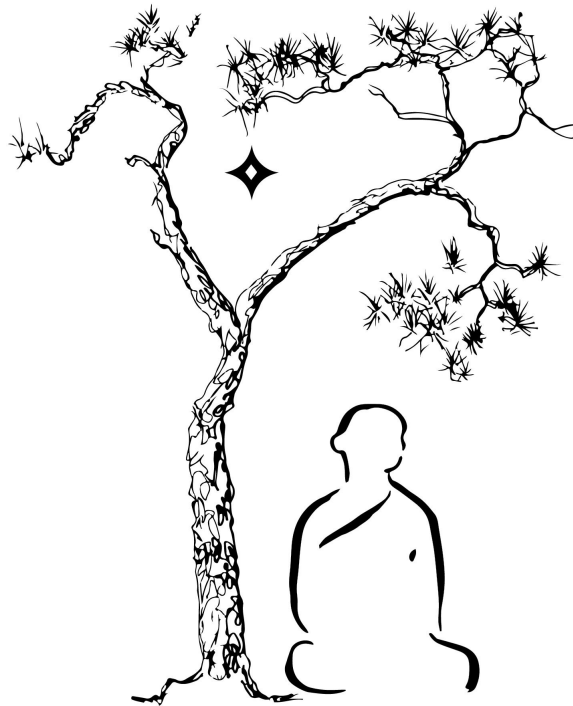
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