



ukraine
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sitting in deep stillness...unmoving
just one pulse...settle
another pulse...settle
not drawing it up to the heart
not drawing it up to the mind
not moving

just one pulse entering you...settling
not drawing it upwards into dream...desire...thought...action...
simply sitting at the very source !
this the whole knack of the meditator
just sitting at the source...
allowing it to settle...
no ripples...just a pool of stillness
a vast lake of life force
settling like a lake

now is the time to celebrate this pool of stillness
slowly slowly raising it up
higher and higher and higher and higher
this whole pool of power
taking it higher and higher and higher and higher
focused vertically...the highest possible
and you peak to that orgasmic stop
everything becomes to a stop