

Going With The Gut



A Course in Natural Coherency

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Bonus Material

A Meditation on the Coherent Breath

Sit quietly, still, and breathe into the area in your lower abdomen, in the center of your body. Breathe until you slowdown in your thoughts and physical frequency. Allow your stomach to rise and fall naturally. Keep your attention focused on your breath to keep you present in the moment. Breathe.

Let your shoulders drop. Relax your tongue. Relax your eyelids. Let them droop. Focus on your breath. Feel any tightness anywhere in your body. Let that tightness go. Breathe. No resistance. No holding. No tightness. Just breathe.

Feel the feelings that arise as you do this. Let them all be. None of them are important.

If your mind interrupts, let your mind know you will have time later to contemplate any issues it is thinking about at this time. Its time is not now. *This is your time, your sacred time.*

As you feel the rise and fall of your stomach, consider any person or situation that you would like to be coherent with, anyone or anything that might cause disturbance. Feel into your gut. Why is that disturbance there? What are the words? What are the pictures? Why are you incoherent?

Let the inner chatter quiet down. Take your time. Your gut will wait for you. As your mind begins talking with you again, simply bring its focus back to this moment, this breath. Breathe. Breathe, again.

Allow yourself to feel an opening within the center of your torso, down by your belly button. Simply allow your breath to open space in that physical area. Breathe into it. Let your breath be your guiding focus. It is always there and is always with you. Use it to bring your attention back around to its focus on the breath . . . opening, opening, relaxing and opening.

Now that you are relaxed, picture that person or that situation and breathe easily through your stomach. Feel compassion, absolution, ease with this person or situation. Don't push it. Let it come naturally. And it will. Because it's the most natural state to be in. Yet, you want to practice until it becomes second nature to you.

Your gut is your root. You don't have to like the person or the situation. You don't have to agree with it. What you want to do is not be attached to it in any way. To do this, you must remain coherent within that set of circumstances, which makes you free because it is no longer something to avoid.

Remember. You are already all that you could ever Be. There is never a moment that you are not all that you are and can be. In each experience, in each moment, dwells the potential for you to experience All. In each moment is the possibility for your energy wave to be coherent. Feel the evenness of it. Breathe into it.

Concentrate on your gut space. Breathe into it and breathe out. It is simple – simply breathe. Breath gives you life; you give life your breath, as well. Feel the resonance, the peace, the ease that comes from experiencing a sense of ease.

And that is how you will know you are coherent. You will be at ease – walking into a crowded room filled with strangers, sitting at the table with family members you disagree with, disgruntled employers, unhappy relationship partners; on and on it goes. It will make no difference because you will have practiced remaining calm and coherent. Your gut will not let you down. Follow it.