

## Experience Meditation: The First Course

The experience course is our basic introductory course, which is supported by mp3 audio compilations for following the topics in your home meditations during the week. There are seven lesson compilations in all:

Compilation 1: **Learning to Balance Channels, Directing Attention**

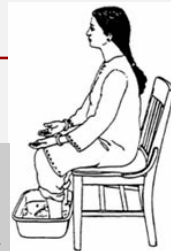
<http://meditatewith.us/first/i/>

### FOOTSOAKING

#### Cleansing the lower energy centers

Items Needed:

A tub to hold ankle-deep water, sea salt or kitchen salt, hand-towel & small jar



Compilation 2: **The Power in Your Hands**

<http://meditatewith.us/first/ii/>

Sit comfortably in a chair with your hands out on your lap. Place your feet in a basin or bucket of lukewarm water containing a handful of salt.

Compilation 3: **The Basis of Inner Peace: Our Spiritual Centers 1 and 2**

<http://meditatewith.us/first/iii/>

Listen to a music track online or the companion disc: 5 to 10 minutes

Rinse feet with the jar of water; dry feet and flush the foot-soak water down the toilet. Rinse the tub with clean water before putting it away for the day.

Compilation 4: **Centers of Self Mastery & Spiritual Evolution**

<http://meditatewith.us/first/iv/>

Compilation 5: **The Heart Spiritual Center: Love, Compassion and Spirit**

<http://meditatewith.us/first/v/>

Compilation 6: **Fifth Center: Sweetness, Diplomacy and Guiltless Living**

<http://meditatewith.us/first/vi/>

Compilation 7: **Sixth Center: Heartfelt Forgiveness**

<http://meditatewith.us/first/vii/>