

Solving problems

By Yoginâm

When you are having a problem
Or you are faced with a number of questions
It is beneficial to sit down in a comfortable manner And to pay attention to our
breathing
When you have a mantra or a Breath you can use these

Each time when you breathe out
You feel yourself expanding ever wider
Each breath you expand more
In that expansion your field becomes wider
And in that field you are also embracing your problem Or the questions with which
you are faced
You should not pay attention to that however
You should just pay attention to the breathing out
And to feeling yourself growing wider and wider
In all directions in body, in feeling, in conscious mind

You will always come back
And when you do you will notice that there is a shift In the problem or in the question
You may discover things about things or situations That you never thought of before
You may suddenly get an answer or an indication This happens because you have
embraced the issue In a wider field in your attention
An you have witnessed unconsciously
Movements of wider energy than that
Which constitutes the daily universe of experience

This process is only hampered
When you hold on to your problem
Of keep in an emotional sense the same attitude
For instance to a problem, an enemy or an opponent In the breathing you should let
go of all attachment To the way of thinking that you have
You should concentrate entirely on
Breathing out, with or without mantra of Breath This is called Breathing through the
problem

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