

## Using a Meditation Tool Meditation

This week our meditation is going to focus on using a meditation tool to enhance your meditation experience. TAO Totem is a meditation tool that can be used to create an association in the meditative experience that allows you to return to a deeper state of meditation quicker simply by the physical association with the tool.

When preparing for this weeks exercise use a physical object that you feel comfortable holding in your hand and carrying in your pocket or purse on a daily basis. Of course, we would like you to use your TAO Totem. For this exercise, we will refer to the TAO Totem although you can use any object that feels good in your hand. Simply translate the references to the object you have chosen if it is not a TAO Totem.

Your meditation tool should be held in your left hand to begin. We are going to infuse this meditation tool with the same relaxing energy that you bring into your body when you are doing your deep breathing. It will become the object that you associate with deep relaxation, a deep meditative state of mind and a calmness that you can call upon anytime you touch your meditation tool.

Go ahead get comfortable you may lie down or be in a seated position. Make sure you take the 5 to 10 minutes you require to reach a good state of relaxation. Rushing the relaxation portion of your exercise defeats the purpose of meditation, doesn't it? Please set aside 30 to 45 minutes at a minimum for your meditation exercise. Once you are relaxed and your breathing is steady, deep and slow, you are ready to begin this exercise.

You are going to focus on drawing in your deep breath to your left hand holding your meditation tool. As your fingers wrap around the smooth wood of the TAO Totem, you may have the desire to slide your thumb along the slide. Notice that as you hold the Totem, your hand is not tense. You are not gripping the Totem, but letting your fingers gently curl around it where your fingers fit naturally, very lightly in the palm of your hand. You are gently aware of the Totem; it is not intrusive.

As you continue to bring your breathe to your left, receiving hand, you can see the color of that energy that envelopes the object as soft gold. Not quite yellow, not quite orange, not peach, but a soft, transparent gold. Now feel the breath drawing the soft gold color up your arm to your heart and surrounding your heart. Let the coolness of the color calm your heartbeat and create a connection between your Totem and your heart. Continue this breathing, color awareness and movement of energy to the heart for several minutes. The expansion of energy from a cluster of golden light around your heart to enveloping your entire body. It will happen slowly, not in a flash.

Taking the color inward, to depths that have nothing to do with your body, your mind. The depths of awareness you are seeking are without boundaries. Let yourself float into that area of consciousness that is so deep, you feel larger than your body awareness, greater than your mind. Floating with that awareness, put your attention gently, quietly back to your Totem and see it vibrating with the golden light you have been breathing into your body. Making the connection of acceptance that your Totem and this golden light carry a deep, calmness that can be touched by you at any time, drawn upon when you wish to feel relaxed and in control.

Hold your awareness for as long as you like and when you are ready, bring your awareness back to the room, back to your body and open your eyes. When you first look at your Totem, it will seem to have an aura of golden light around it and it will become the constant reminder of how and where you find your peace and quiet.

Carry the Totem with you and be confident that when you are experiencing stress or discomfort, it will bring you back to your center, filling you with the calm relaxation you need to handle any given situation that causes you stress. Practice often and until this becomes easy and the association is solid.

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Chesa Keane has taught meditation and self-help for more than 30 years. To learn more about Meditation tools and techniques and an introduction to a unique meditation tool, the TAO Totem, visit:

[www.taototem.com](http://www.taototem.com).