Dr. Ballentine's (Very Simple) Energy Awareness Exercise for Tuning into Subtle Energy
From *Radical Healing*, p. 397, fig. 119

ENERGY AWARENESS

You need to be in a place where you're not distracted by outside noises and disruptions.

Find a position where you can relax your muscles—lying on your back on a firm surface, with your head cushioned, is ideal.

After going through a brief inventory of your body, releasing tension in those areas that are tight, begin to focus on the breath.

Extend your exhalation, tapering it so that it becomes finer and finer but doesn't quite stop until your body spontaneously initiates an inhalation.

Allow this inhalation to be as full and complete as it ewants to be. Notice any sensation of filling and the increase in alertness, and well-being that accompanies it in the breath.

Allow yourself to enjoy it,

This is an example of what is called *prana* or *ch'i (qi).*

Dr. Ballentine's (Very Simple) Amplifying the Cleansing Current
From *Radical Healing*, p. 405, fig. 120

Lying on your back in a relaxed position, inhale from the toes up to the top of the head. Then follow with your attention from the crown to the feet as you exhale. Don't force the breath, it should be relaxed and gentle—it's the energy flow that you want to allow to maximize—not the muscular exertion of the chest. Imagine that as you exhale you are throwing out all your troubling thoughts, and feelings. As you inhale you are taking in light, clarity and serenity.