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Dropping the Weight

Start from the Lying without Form practice.

Now slowly lift one arm off the ground, just a few inches. Do a 'weighing' motion of the arm to get a vivid sense of how heavy it is. Then, like a puppet with its strings cut, let go!
Feel the arm fall completely limp onto the support of the ground. Then feel it sinking, sinking, sinking, like a stone dropped into the ocean. Feel and imagine it sinking down into the space beneath you, as deep as you can. Feel that the arm is not falling, but sinking into SUPPORT; the more you let go, the more supported and secure you feel.

Then do the other arm.

Then the same thing with one leg. Pull your stomach in before you lift the leg to protect the back. Don't lift too high, you don't want to bruise your heel when you let go! Let the leg sink deep below the floor.

Then the other leg.

Now the head: tuck your chin and take just a bit of the weight off the towel, clench your jaw, frown, purse your lips. The face should express no no no! Then let go completely, let the head sink, let the forehead, cheeks, jaw, eyes, release and melt completely...and let go of all effort in relation to thinking.

Then the chest: press back with your head, elbows and butt so your chest and upper back come right off the floor. Feel the effort in your back muscles. "Weigh" the rib cage; then let this whole weight drop onto the floor. Feel it sink deep, deep down into the ground; and let go of all effort in relation to breathing.

Finally, arch between your shoulders and heels, lifting your pelvis in the air. Again, weigh it, then drop completely; feel that you let your whole being sink deep into the ground. Feel how completely supported you are, how safe and secure. No need to DO anything, the Ground completely supports you. The more you let go, the more supported you feel.

Dissolve completely, let go of all distinctions and polarities, release!