



## **Ego Relaxation – Melting into Being Meditation Practice**

*“As snow in water melts,  
Let me melt as love  
in You who are all Love”  
Ramana Maharshi*

Authentic surrender occurs when we relax out of the tension, stress and conflict of our familiar ego identity and its activity, which is always trying to DO something to change, fix, or re-arrange our state (or our self). Paradoxically, what keeps us separate from the natural peace, clarity and joy of our inherent true nature is our ego activity. Ego relaxation invites us to just BE HERE, where we are, learning to relax out of our ego doing. Like progressive muscle relaxation, bringing loving awareness to our fear and contraction, supports natural letting go. Without trying or forcing, we melt back into a more fluid, easeful state of being. Although the goal is to practice ego relaxation in every moment, we can also let these guidelines usher us into a simple practice of meditation either for longer periods of silent, or for 5 minutes as a re-set.

**Sit somewhere quiet and comfortable** where you will not be disturbed, with your spine as upright as possible (or lying down if doing this as a 5 minute re-set):

- **Turn inward and focus on the natural rise and fall of your breath.**
- **Consider each INHALE a “WELCOME”** – *to this moment, to your immediate direct experience (sensations, felt sense rather than commentary about what is).*
- **Receive the molecules of the oxygen themselves as an unconditional gift from all plant life.** *Feel it welcoming you unconditionally to just be here however you are, in this moment.*
- **Consider each EXHALE as an invitation to let something MELT,** *like ice melts in contact with the warmth of the sun.*
- **Without forcing anything away, see what can melt.**  
See if tension in the muscles of your face, shoulders, neck or belly can melt with the out breath.  
See if the conversations you have had today can melt into the past.  
Perhaps the tasks, shopping list, and unread emails can melt.  
See if the following of thoughts can melt.



- **In this moment, what if you could just:**

*Be nothing*

*Do nothing*

*Get nothing*

*Become nothing*

*Seek for nothing*

*Relinquish nothing*

*Be as you are - Rest in God.*

- Let this transmission reverberate... **Let go...just rest. Just Be.**

- **If the grip of “I have to” arises, see who this “self” is?**

Greet everything unconditionally, with the welcoming in breath and the melting out breath.  
No need to reject anything that arises.

- **Just see what else is here.**

- **See what can melt naturally with the compassionate allowing of your own breath.**

- As you sit, just keep softening, opening and allowing your experience exactly as it is.

#### **ON THE SPOT VERSIONS:**

When you notice yourself contracting into fear, anger, “I have to”, ego efforting, however that is for you, take 5 minutes work with one of these two options:

1) If possible, lie on the floor or somewhere you can just let everything go...and listen to the audio transmission:

- be nothing, do nothing, get nothing, become nothing, seek for nothing, relinquish nothing, be as you are – rest in God.

2) If you cannot lie down, just take yourself somewhere where you can stop for a few minutes (even the bathroom will do) and turn into this inquiry:

***“What’s it like, in body-heart-mind, if I open, soften and allow my experience exactly as it is?”***



It is not a matter of trying to “answer” the question, but rather let the question nudge you into the state of ego relaxation.

Then, let your eyes open as you move back into your regular tasks, but staying present and soft inside. It’s totally fine if you need to re-set often. I would recommend doing this at least twice during the day.