

# The Blooming of a Lotus

## #23 *Being in Touch, Looking Deeply*

1. Looking at myself as a five-year-old child, I breathe in.  
Smiling with compassion to the five-year-old child, I breathe out.  
Myself five years old, Smiling
2. Looking at myself as a seventy-five-year-old person, I breathe in.  
Smiling to the seventy-five-year-old person, I breathe out.  
Myself seventy-five years old, Smiling
3. Looking at my physical body now, I breathe in.  
Smiling to my physical body now, I breathe out.  
My body now Smiling
4. Aware of the look on my face now, I breathe in.  
Smiling to the look on my face, I breathe out.  
Look on my face now, Smiling
5. Aware of the state of my skin, I breathe in.  
Smiling to the state of my skin, I breathe out.  
State of skin Smiling
6. Aware of the state of my hair, I breathe in.  
Smiling to the state of my hair, I breathe out.  
State of hair, Smiling
7. Aware of the state of my heart, I breathe in.  
Smiling to the state of my heart, I breathe out.  
State of heart , Smiling
8. Aware of the state of my lungs, I breathe in.  
Smiling to the state of my lungs, I breathe out.  
State of lungs, Smiling
9. Aware of the state of my liver,I breathe in.  
Smiling to the state of my liver, I breathe out.  
State of liver, Smiling
10. Aware of the state of my bowels, I breathe in.  
Smiling to the state of my bowels, I breathe out.  
State of bowels , Smiling
11. Aware of the state of my kidneys, I breathe in.  
Smiling to the state of my kidneys, I breathe out.  
State of kidneys, Smiling

12. Caring for my heart, I breathe in.  
Smiling to my heart, I breathe out  
Caring for heart, Smiling to heart

13. Caring for my lungs, I breathe in.  
Smiling my lungs, I breathe out.  
Caring for lungs, Smiling to lungs

14. Caring for my liver, I breathe in.  
Smiling to my liver, I breathe out.  
Caring for liver, Smiling to liver

15. Caring for my bowels, I breathe in.  
Smiling to my bowels, I breathe out.  
Caring for bowels ,Smiling to bowels

16. Caring for my kidneys, I breathe in.  
Smiling to my kidneys, I breathe out.  
Caring for kidneys, Smiling to kidneys

17. Caring for my brain, I breathe in.  
Smiling to my brain, I breathe out.  
Caring for brain Smiling to brain

This exercise puts us in touch with our bodies and helps us be aware of the condition of each part. It helps us express our concern and our compassion for those parts. This is a form of compassion meditation whose object is the body. It teaches us to live mindfully in order to protect our health and the peace and joy of our bodies. It shows us how to eat, drink, sleep, rest, and work mindfully each day so as not to bring poisons into our bodies. We learn not to work the parts of the body (heart, intestines, kidneys, etc.) to exhaustion, and how to rest, refresh, and restore to each part the capacity to function normally.