



Latifa - meditation

(This exercise comes from Sufism and is called Latifa. Latifa means delicate, subtle. A subtle exercise for a subtle human being.)

Come to this place, in this space, focus your attention on yourself, feel how you sit, feel your Ischia bones, make contact with the ground. Feel where your breathing in and out is situated. Only observe your breath, don't change a thing about the breathing in and out. Slowly close your eyes, leave behind what is behind you to set you free for the moment. Meditation is just to take charge and to take the rest to proceed as movement inwards.

[A rest]

See if you can bring attention to your hands, let them rest loosely on your thighs or in your lap. Realize that your hands are the instruments with which you can start doing this exercise. You can feel whether they are hot or cold, you can feel the contour of your hands. I want to ask you to recall your breathing in and out throughout the exercise, when your mind wanders always focus your attention on your breathing in and out or give attention to the 'Filtrum' (The place between nose and upper lip. The breathing in and out brings you back in the here and now.

I'd like to ask you to put your left hand on your right so your left hand will guide your right hand. Take your right hand gently with attention and bring it slowly to your left side to arrive at the point of your existence.

[Possibly soft piano, church, or harp music]

Here you can say "I exist!"
I exist, right now.
Can you just accept life as it is now in this moment?

I exist in the age that I have.
I exist with the history that lies behind me and in me.
I exist in the space before me, unknown and unfamiliar.
I exist in my luxury and my lack.
I exist with my motives and my talents.
I exist in my pain and joy.
I exist now ... and now ... and now

[moment of silence]

Now move your attention to your hands and carefully guide your hand from your left side to your right side to come to the place of desire. Here lives, in very many forms, your desire. It is the place where you could have your wishes being a child.
How much space do you give your desires?
Are your desires covered or narrowed by disappointments or wishes not come true?

Again, you currently can say: "I desire!"
I desire space.
I desire closeness.
I desire affection.
I desire freedom.
I desire, I want to connect.



See what it is for you. Can you allow yourself to desire, to wish for? And what are your aspirations/desires now at this moment?

[Moment of silence]

And from the fire of desire, big or small, gently cross over to the left side of your chest and arrive at the place of hope. The place where you can hope that your desires are fulfilled. This is also the place of despair in circumstances you just do not know. This is the place where something from the outside can come as a light breeze of wind on your shoulder.

I hope! You can hope for another.
 You can hope for something in you.
 You can hope for anything in the world around you.
 See if you can open the hope, the hope of something new. The hope that something can come to you from an unexpected angle.
 What are you hoping for?

[Moment of silence]

And from this quiet place you travel to the right side of your breast. This is the place of trust. Of loyalty to your individuality. This is the place where you can have faith in who YOU are. True to your singularity.
 Look where you want to be faithful to.
 Not something outside you, but something inside you.

This is where your individuality can be faithful. Every time again, to what always has been.

[Moment of silence]

From here you gently can go up to your throat area. Can you lay your hands on your throat and bend your head slightly forward.
 This is the place of letting go, of surrender, of something you can set free or let go of control. This is also the place where you can say, "Here am I, here am I to surrender to the flow that is called life."
 And see if your hands can relax a little and maybe you can tell yourself what is already released.
 And also see what still is restraining, what feels cramped.

Letting go because of something you want to be faithful to. It is a step that actually naturally follows.

[Moment of silence]

And then, very slowly, take the last step and move your hand to the place of your heart in the middle of your chest.

This is the place where a very own language lives, where you can come home to yourself, where your love can allow a heart that is open and where you can give love unconditionally, to show that you can love and can be loved.
 Once more, maybe you can feel how your heart is NOW.
 Or you can love for the sake of life itself.

[Moment of silence]



Slowly bring your right hand back to where it came from and put your left hand back again.

Stay seated or stay lying down with your eyes closed

[Possibly another music track, soft piano, church, or harp music]

To complete this exercise with, form a shell with your hands and put them in your lap or open your hands upwards. An open attitude in connection with yourself and your environment, an attitude of willing. A complete, self-confident, mature gesture.

[Possibly add: Say to yourself: "I am willing (thy will be done.)"]

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