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July 7th 2016: Encore: The value of Visualization, meditation and breathing exercise

In this episode we will experience together two exercises that I have learned from my Kolaimni teacher, Mechi Garza. The first one is a visualization technique that allows us to perceive the deeper reality of an object, (an orange in this case). The value of this exercise is to broaden and develop a different kind of perception, to train our senses differently so they may grow to give us a truer "vision" of the world around us. The second one is a breathing exercise that is extremely calming and which can be of great use whenever we might be challenged and are in a situation that does n

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