

*Days 1-7:*  
**AIR – Mental**

The first seven days of this program are dedicated to Mental Clearing. During this week you will embrace the Spirit of Air, which is the energy of change and transformation, inspiration, aspiration, mental clarity, freedom, perception, communion, and communication. The mental component of you is also the part that has the capacity to discern, analyze, evaluate, and judge. The element of Air also allows you to see situations from a higher perspective. Every exercise in this week is aimed at clearing mental cobwebs and also inviting the Spirit of Air into your life even more.

Air is a potent, integrating force that unites us all, so this is also the week to begin to connect even more deeply with the world around you and the inner world within you. Though seemingly subtle and unseen, Air is composed of the most rarified energy fields, and we are in constant communion with the vast universe through our breath. With every breath you take, you are inhaling air that has been in every nook and cranny of our world, from the dry region of the Sahara, to the heights of the Himalayas, to the lush and humid Amazon rain forests. The breath that you just took contained at least four hundred thousand of the same argon atoms that Gandhi breathed throughout his life. The air that you are breathing now has been in me, and the breath that I am taking now has been in you.

Thus, aligning to the Spirit of Air is a powerful way to deeply connect with the inner and outer world. It is also a way to purify and balance the mental aspects of yourself. Mental challenges may come your way this week. Do not be concerned; this is all a part of the program. This first week focuses on mental cleansing so that you may fly high!

### **Connecting with the Spirit of Air**

One of the most direct and powerful ways to connect with the Spirit of Air is through the winds, which are continually blowing across our planet. When you go out of doors, notice the movement of air across your skin. Whether it is the subtlest breeze or the powerful wind of a storm, winds always bring freshness and a sense of vitality with them. The Cherokee people and many other Native American tribes believed that the winds were messengers sent by the powers of the four directions, and that they carried information from the sacred realms. Listen to the wind when you leave your house in the morning. See what messages it might have for you. Smell the air and sense where it has been. During the first seven days of this 28-day program, open your windows and let the wind blow through your home. It will quickly clear any stagnant energy and leave the air cleansed and full of the energy of nature.

Imagine how it would feel to *be* a slight summer breeze, a canyon wind, a gale, rising currents, and even still air. As you do this, notice any images from the past of memories that float into your consciousness. Just watch these memories, the way you would watch clouds floating on a warm summer afternoon.

Pick a time every day for the first seven days to relax and focus on the air that enters your body through breath. Be aware of your breathing. Observe your breath. Is it shallow or deep? Do you periodically hold your breath? Where is your breath concentrated—in the abdomen or chest area? Focus on your breath and the air as it enters and leaves your body. Concentrate on the air as it enters your lungs when you inhale and exhale.

Let your breath go easily in and out, in and out, without effort, without thought. Your chest slowly rises and falls, naturally, at one with the air going in and out of your body. Feel how the air around you gently caresses and envelops every pore of your skin. Know that you are walking in a great expanse of air. Whatever thoughts you have come and go as easily as the air travels in and out of your lungs. They have no hold on you; they are only part of the wonderful sea of air that surrounds you.

Throughout each day of this week focus your awareness and attention on Air and continue to do this periodically. By doing this, you are activating the Spirit of Air that dwells within you and around you and this will help you with the deep internal mental clearing process that will be occurring in the days ahead.