

The 'J' Spot

In the morning, I awoke astonishingly refreshed—with an effortless inner flow of energy lasting the entire day. So I decided to try to reverse-engineer the process to come up with an everyday procedure that anyone can do to reach and abide in this place of peace.

After a few iterations, here's what I developed:

SPIRITUAL (NONDENOMINATIONAL) MAGIC MOVE (THE MOVE)

The Breathe-Watch-Be cultivation practice takes anywhere from 1-5 minutes in the midst of one's day, 5-15 minutes before your night's sleep or before rising for the day.

1. Breathe-Center—deeply into your diaphragm, taking five-second in-hales and exhales, three times. Feel each breath filling your center, and your center of awareness, your 'you,' shifting into your body's center at the same time.

2. Watch-Dispel—For the next three breaths, let 'Mind' go where it will in a rapid sequence of 'thoughts,' discharge its nervous energy. Unlike normal narrative, do not let Mind dwell on any one thought more than an instant.

3. Watch-Relax— Start from full-centered awareness of your whole body, head thru extremities; direct your 'inner body' to completely relax (one breath), repeat (one breath), then merge and relax inner body w/ centered 'you' (one breath).

4. Be (Still)— Now let this whole 'you'-centered inner body simply *be*, with each breath, at one with the core of the universe—the Deep Quiet/ Infinite Eternal—for three full breaths. Reside there until you have to go.

BENEFITS

I've found regular performance of the above results in a great flow of energy without resistance. You live from your inner body, connected to Being. What Buddha called the "10,000 things" cease to chatter or matter. Awareness becomes Zen. In your still state you may even 'touch souls' with dear, departed loved ones.

People and other living beings, likewise, feel your peace presence and are drawn to 'you.' [A corollary benefit is that society fills with 'Independent,' nonaggressive, happy persons. More on this prospect, and all core matters, is elaborated in the book.]

THE 'J' SPOT



*Finding joy, ease, and lightness
through your spiritual 'Magic Move'*

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WITHIN OUR GRASP

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Eckhart Tolle, author of *The Power of Now*, recounts that in the weeks after his intense cathartic 'awakening' experience, others would note the amazing tranquility and bliss he constantly radiated:

"They would come up to me and say, 'I want what you have. Can you give it to me, or show me how to get it?' And I would say, 'You have it already. You just can't feel it because your mind is making too much noise.'"

That observation led to Mr. Tolle's successful struggle to become, perhaps, one of the most esteemed spiritual teachers of our time.

It also leads me, indirectly, to write this book.

Joy, Ease, and Lightness...

... so who wants these? Many desperately seek inner peace in a world that seems to tumble daily into ever more chaos. Why don't more of us take the time to find this joy, ease, lightness... and peace?

The 'Dilemma of the Bicycle' comes to mind:

A man runs frantically to keep from being captured by some mythic beast. A bicycle would give him a chance of reaching safety. But when a bike shows up by the side of the road, he feels he cannot take the time to mount it for fear the monster will pounce.

The analogy to the modern Rat Race¹ is clear. People have no *time*. Certainly, they perceive they have no time. In what's left of the American WASP² middle class that I was born into, adult 'Children of Boomers' work twice as hard to earn half as much...

...dealing with a constant feeling of *panic*. One false move—piss off a bean counter, ogle some cutie, fall short of a milestone—you're out on your butt: no college for the kids, cancel the knee operation, put your foreclosure /bankruptcy attorneys on speed dial.

Another American Dreamer *rejected*.

How do you realize joy, ease, and lightness (climb on the bicycle) when the bill collectors are a half step behind you or when the Rockos and Guidos of the political Mob are breathing down your neck?

Jump!

Smartly.

Most of us, at least those of us reading this book, aren't facing such an immediate threat to our persons or property as conveyed by the Bicycle Parable... *yet*. We have the space-time to check out the bike option, and if legit, make the dramatic, propelling change. But only if we do so *deftly*.

Now is the time.

The aim of this booklet is to persuade people to take the time to understand and then practice a shortcut for quieting the mind—analogous to quickly, easily boarding a vehicle freeing you from the Rat Race.

I call my shortcut the Spiritual 'Magic Move.'^[3]

The 'Move'

It emerged during the writing of *The Truman Prophecy*. One night, I happened to notice my sleeping cat, Tabby, and was transported into her utter stillness. I dwelt there in this restorative Deep Quiet for several minutes before going on to bed.

[3] The term 'Magic Move' comes from golf. It is a readily repeatable body movement sequence that legendary teacher Harvey Penick proposed for recreational golfers to produce a successful—or at least decent—full swing.

¹ A phrase popularized in the 1950s.

² White Anglo-Saxon Protestant