



## **Darkness Practice: Learning to Rest in Space**

*Three in-depth guided meditations for discovering the cosmic body in total darkness*

### **Table of Contents: Talks & MP3 Tracks**

#### **Talk 1: Darkness Practice and the Great Space** (Dathün 2005-06)

1. Night Sitting – Mahamudra
2. GM: Prana Breathing – Toes
3. GM: Prana Breathing – Feet
4. GM: Prana Breathing – Legs
5. GM: Prana Breathing – Torso and Head
6. GM: Prana Breathing – Whole Body
7. GM: Prana Breathing – Sitting Up
8. GM: Prana Breathing – Exploring Space
9. GM: 12-Fold Breathing – Posture
10. GM: 12-Fold Breathing
11. GM: 12-Fold Breathing – Sitting Up
12. GM: Exploring Space in the Throat
13. Boundless Universe
14. GM: Resting in Space

#### **Talk 2: Guided Darkness Practice 1** (Dathün 2009-10)

15. GM: Darkness Makes the Earth Accessible
16. GM: Inner Purification
17. GM: Being Within the Body
18. GM: Expanding Boundaries Into Space
19. GM: Body as Cosmos

#### **Talk 3: Guided Darkness Practice 2** (Dathün 2009-10)

20. Letting the Darkness Seep In
21. GM: Ocean of Darkness
22. GM: Skull Breathing Transcendence
23. GM: Discovering the Gap
24. GM: River of Lava

#### **Key**

GM = Guided Meditation