

The CHIOS Meditation

The Chios Meditation (also called the Orange-Red Ball Meditation) is a powerful, effective, and complete meditation that will serve for a lifetime of practice. The orange-red ball is an ancient symbol that corresponds to our life-nourishing and energy-activating Sun. Our Sun is not inert. It is an active source of energy and like all things, has its own consciousness. It is the ultimate source of life. This meditation serves many of the similar benefits of sun-gazing without the constraints of timing and the physical Sun's position in the sky.

How to Practice CHIOS Visualization:

In your Chios Meditation practice, you “visualize” not by “thinking about” it or “trying to see” it in your mind's eye, but by *becoming one with the orange-red ball*. You visualize, sense and become it with your whole being. Proper visualization establishes a unity with and an identity merging with the orange-red ball. In doing so, you will be sensing it and experiencing it with your *whole being*, not just in the mind.

How to practice the Orange Red Ball Meditation:

18 min/ day for the first 30 days -24 min/day thereafter.

Sit upright, with your spine relatively straight. Close your eyes and relax, slow your breath to calm your body and mind. Allow the orange-red ball to come into your awareness. *Expand the Orange Red Ball until you sense that you have BECOME the Orange Red Ball. This is “visualization” with your entire awareness.* It will be as if the orange Red Ball were surrounding you and in you. You are the orange red ball and the orange red ball is you. This is true Oneness. There is no separation.

Ask yourself: how does it feel to be the Orange Red Ball. See what you notice.

If you visualize, sense, and become in this way, you will begin to achieve a perfect oneness with the orange-red ball. Do not force it, simply allow yourself to become the orange-red ball. Effortlessly maintain your awareness upon this experience.

Thoughts of other things may arise in your mind, simply notice these thoughts and gently bring your attention back to your oneness with the Orange Red Ball. Allow these extraneous thoughts to drop away, and allow your sense of the round orange-red ball to re-emerge.

Practice this meditation for 18 minutes for the first 30 days, and then for 24 minutes thereafter. When your timer goes off, remain at rest with your eyes closed for three or four minutes before rising into activity. It is important to have this transition time to integrate the subtle shifts created by this powerful meditation. It also can be a “shock” to your awareness to return to daily activity too suddenly after meditating, without an integration period.