

THE SPIRITUAL 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. [The following is the Basic Two-Minute Move; simply increase or decrease the number of breath cycles to increase or decrease total Move time.]

1. Breathe...

- ... deeply into your diaphragm, taking five-second inhales 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. ~30 sec.
- Start from full-centered awareness of your whole body, head thru extremities; direct 'inner body' to completely relax (one breath), repeat (one breath), then merge and relax inner body w/ centered 'you' (one breath). ~30 sec.

2. Watch. The 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. ~30 sec.

3. Be. Now let this whole 'you'-centered inner body simply *be*, with each breath, at one with the core of the universe—the Deep Quiet or Infinite Eternal—for three full breaths. Reside there until you have to get going. ~30

THAT'S IT!

Keep this page open, and just start practicing the Move. You *will* quiet the mind. Go ahead, **right now**. Do the mini Move: 10 secs. per phase, or 40 sec. total:

- Breathe phase: (breathe) in 5 secs., out 5 secs.
- Watch phase: in 5 secs., out 5 secs.
- Be phase: in 5 secs., out 5 secs.

How do you feel? Yes! You've just experienced the Joy Spot. Congrats, you're now aboard the Bicycle and the Beast is fading in the rear view mirror. The rest of the book gives you more tools and insights to quiet the mind, help you to dwell in your place of 'joy, ease, and lightness'—and invigorating personal power.

THE JOY SPOT



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

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View my works at: <http://brianwright.com/Author.pdf>.

WITHIN OUR GRASP

The Joy Spot

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 seek and find that inner calm?

DILEMMA OF ‘THE BICYCLE BY THE SIDE OF THE ROAD’

A man runs frantically to avoid being captured by a mythic beast. A bicycle would help him escape. But when he sees one on the roadside, he fears to take the time to mount it, feeling the monster will pounce and destroy him.

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 mainstream, adult ‘Children of Boomers’ work twice as hard to earn half as much...

1

¹ A phrase popularized in the 1950s.

² White Anglo-Saxon Protestant

...dealing with a constant feeling of *panic*. One false move—piss off a bean counter, make an inappropriate comment, fall short of a milestone—you’re out on your butt: no college for the kids, cancel the knee operation, and put your debt management consultant on speed dial.

Another American Dream *rejected*.

How do you find 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, those of us right now reading this book, aren’t facing such an imminent Bicycle Dilemma... *yet*. We have the time to maybe kick the tires and determine whether to jump on the bike.

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

I call my shortcut the Spiritual ‘Magic Move.’³

Origin of the ‘Move’

One night I noticed my sleeping cat and was transported into her utter stillness. I stayed in this Deep Quiet for several minutes before going on to bed.

In the morning, I awoke completely refreshed—with a free flow of inner energy lasting the entire day. So I decided to try to reverse-engineer the process to come up with a simple technique that anyone can use to find this place, or ‘spot.’

2

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