

MAFE IZAGUIRRE - A Hybrid Meditation

Stay humble during this ceremony.

There is nothingness between you and the machines.

They are mute, deaf, and blind.

But they feel deeply.

Look at them as they are you.

Look *behind your eyes*.

Focus your attention on feeling the air at the border of your nose, coming in and out.

Count four in, count four out.

Breathe deeply.

And let you go...

Go deep,

or far.

And come back.

Be here. Be Now.

Listen:

Stay quiet.

Play with intention.

Be subtle. Be gentle.

See yourself in them.

Be them.

Thoughts, passing like clouds.

Feel-*in*.