STEP TO ECSTASY
AND BACK

A Prayer by
Paramhansa Yogananda
Steps to Ecstasy and Back

O Spirit,
release my life and consciousness
from possessions, from attachments.
Release, Thou, my life and mind
from the tensed body,
dimming consciousness and life-force,
from the body muscles.
Release my consciousness
from the senses,
then from the breath;
then unlock the energy and unconsciousness
from the heart.

Then, O Spirit,
lodge life and consciousness in the spine.
And then release them unto the Spirit
into Infinite Spaces.
Oh, make me behold Milky Way Spiral Nebulae
floating and glimmering in me.

Then, O Spirit, bring the bright Bird of Omnipresence
back through its cage door of medulla
into the passage of the spine;
and then let it fly into the heart
and sing vitality there.
And then let it flutter its wings of breaths
into the two lungs.
And then, O Spirit, let it flutter at last
over the walls of flesh.

OM...vibrate in the hands, in the feet,
in the body, in the muscles!
OM...vibrate in the spirit!
OM...come back to the spine, back to the heart,
and back to the muscles again!