

*STEPS TO ECSTASY*  
*AND BACK*



*A Prayer by*  
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## 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!*

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