

MEDITATION TO FIGHT BRAIN FATIGUE AND LIVE YOUR EXCELLENCE

MARCH 27, 1995

POSTURE & MUDRA: Sit in Easy Pose with the elbows bent and upper arms near the rib cage. The forearms point straight out in front of the body, parallel to the floor. The right palm faces down and the left palm faces up.

PART ONE

Breathing through the nose, inhale in **8 strokes** and exhale in **8 strokes**. On each stroke of the breath, alternatively move the hands up and down. One hand moves up as the other hand moves down. The movement of the hands is slight, approximately 6-8 inches, as if you are bouncing a ball. Breathe powerfully. Continue for **3 minutes**

Then change the hand position so that the left palm faces downward and the right palm faces upward. Continue for another **3 minutes**.

Then change the hand position again so that the right palm faces down and the left palm faces up. Continue for a final **3 minutes**.

TIME: Total time for this sequence is **9 minutes**. Hold the position and move into Part Two.

PART TWO

Hold the same mudra, and begin long, slow, deep breathing. Close the eyes and focus at the center of the chin. Keep the body perfectly still so it can heal itself. Keep the mind quiet, stilling all thoughts.

TIME: 5 1/2 minutes.



TO END: Inhale deeply, suspend the breath, make the hands into fists and press them strongly against the chest. 15 seconds. Exhale. Inhale deeply, hold the breath, and press the fists against the Navel Point. 15 seconds. Exhale. Inhale deeply, hold the breath, bend the elbows bringing the fists near the shoulders and press the arms firmly against the rib cage, 15 seconds. Exhale and relax.



About This Meditation

This exercise balances the diaphragm and fights brain fatigue. It renews the blood supply to the brain and moves the serum in the spine. It also benefits the liver, navel, spleen and lymphatic system.