

LA833 950327 Fight Brain Fatigue

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"Is doesn't matter if you know everything. The question is: do you practice?" YB



Sit in Easy Pose with your elbows bent and your upper arms near your rib cage. Your forearms point straight out in front of your body, parallel to the floor. The right palm faces downward and the left palm faces upward. Breathing through your nose, inhale in eight strokes and exhale in eight strokes. On each stroke of the breath, alternately move your 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 and then change the hand position so that the left palm faces downward and the right palm faces upward. Continue for another 3 Minutes and then change the hand position again so that the right palm faces downward and the left palm faces upward. Continue for a final 3 Minutes. (Total time for this first part of the meditation is 9 Minutes.)

2. Begin long, slow, deep breathing, stopping the movement and holding the position. Close your eyes and focus at the center of your chin. Keep your body perfectly still so it can heal itself. Keep your mind quiet, stilling your thoughts. 5 1/2 Minutes.

To finish: Inhale deeply, hold your breath, make your hands into fists and press them strongly against your chest. 15 Seconds. Exhale. Inhale deeply, hold your breath, and press your fists against your navel point. 15 Seconds. Exhale. Inhale deeply, hold your breath, bend your elbows bringing your fists near your shoulders and press your arms strongly against your rib cage. 15 Seconds. Exhale and relax.

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, point, spleen and lymphatic system.