



CLEANSING AND ENERGY REGENERATION EXERCISE

EXERCISE OF PRESENCE: THE MENTAL VOID

Let's begin by moving away from the mind, not identifying with thoughts. Bring attention to the body, to where you are sitting, the points of contact with the ground and the chair or cushion you are on.

Feel if you are comfortable.

Now try to just be here, without thinking.

When a thought comes, leave it and return to just being here.

PRANIC BREATHING

Pranic breathing allows us to relax and regenerate the body and mind, it provides our tissues with a healthy amount of oxygen and our subtle structure with vital energy, Prana.

HOW TO DO IT:

- Lie down (or sit comfortably) in a quiet place
- You can use gentle, pleasant music
- Let your arms with palms facing down, at the side of your body a little apart from it, your legs are also a little apart from each other
- Empty your lungs completely of air by exhaling through your mouth, counting to 6
- Hold your breath, counting to 3
- Completely fill your lungs by starting to inflate your abdomen by inhaling through your nose, counting to 6
- Hold the air inside you by counting to 3
- Do 10 minutes every day

BLUE WAVE RELAXATION

Relaxation allows vital energy, blood and all the fluids of the body to circulate freeing it from the obstructions that are normally caused by physical tension. A relaxed person produces substances beneficial to his physical health (the hormones of happiness) and activates a mental state (alpha waves) of greater clarity and creativity from which one can more easily receive inspiration. We can say that: A relaxed person lives happier and longer!

HOW TO:

- Lie down (or sit comfortably) in a quiet place

- You can use gentle, pleasant music
- Leave your arms with palms facing down, at the side of your body a little apart
- Legs also slightly apart
- Take a few deep breaths
- Imagine a blue wave that brings relaxation and pleasant lightness in every cell of your body
- It enters inside you starting from one of your feet and goes up inside the leg, then in the other, to the pelvis, in the back, in the belly, in the chest and then in an arm and then in the other, starting from the fingers of the hand.
- Imagine it then going up into your shoulders, neck and up to the top of your head.
- At the end, imagine yourself entirely colored blue and stay for a while in this state of pleasant relaxation that regenerates you.

VOWEL EXERCISE

Let's use the vowels starting from the one connected to the first adonaj ba, repeating them three times each

The connections are:

- A (index thumb) base and second adonaj ba, genitals and base of the spine
- E (middle thumb) third adonaj ba, solar plexus
- O (ring finger thumb) fourth adonaj ba, heart
- U (pinky thumb) fifth adonaj ba, throat
- I (closed fist thumb inside) sixth adonaj ba, third eye
- I high pitched (closed fist thumb outside) seventh adonaj ba, crown
- MOAE, eighth adonaj ba, mobile

Between each vowel we breathe deeply and change the connection of the fingers.