



## Nine Minute Meditation: Release From Stress

Sit in your chair with your spine straight. Arch your lower back slightly forward and let your shoulders relax back and down so that the chest can rise and open. Let your head be level to the ground, with your chin slightly pulled back (light Neck Lock). Bring both feet flat on the floor. Rest your palms on your thighs.

Keep your eyes closed throughout the exercises. Focus within, allowing the eyes to gently relax and relieve any eyestrain.



Sitting with the spine straight, let the left hand relax in your lap. Bend your right elbow so your forearm is in front of your body with the palm facing down. Without bending your wrist, move your right hand up and down from the tip of your nose to your navel. Keep the elbow in place and just move the forearm and hand down (see 1A) and up (see 1B). Move fast and forcefully. Put your life force into the movement. Imagine that you are looking at the center of your chin through your closed eyes. After 1 minute, bring your left hand into a tight fist, keeping it in your lap. Continue moving the right arm and hand up and down for 2 more minutes. This action affects the psyche of the heart. [Editor's Note: This exercise also increases circulation, respiration, and the flow of lymph through the body.]

2 Sitting straight in your chair, place your arms by your sides. Bend your elbows so that your forearms are parallel to the ground. The left palm faces downward towards the Earth and the right palm faces upward towards the heavens. Alternately, move each forearm up and down as if you were bouncing balls with your hands. Move powerfully for 3 minutes. You are activating the earthly and heavenly elements within you at your own command and balancing them. This gives you the element of self-control. The arms move up and down at a pace of 1 to 3 movements per second, so it is fast.

