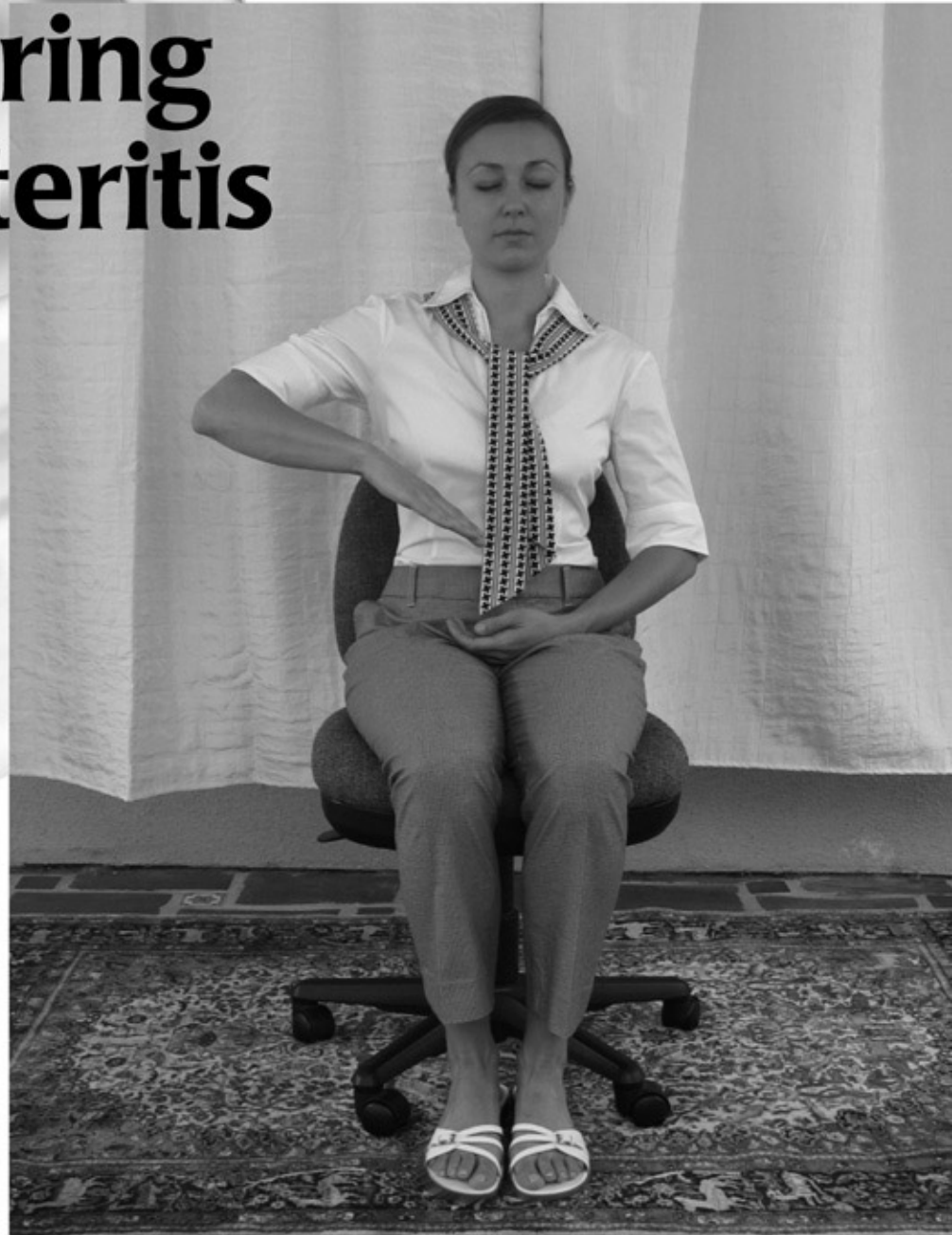


Photography by Ron Hamad
Model: Allison Krizner, actress
Clothing: GAP

Conquering Computeritis

By Sada Sat Singh Khalsa



With the advancement of technology, we have the potential of far greater efficiency in work and in our personal lives, but the question of ill effects from long-term computer radiation and emission is of concern to many people. Even with glare-and-radiation guards, a day spent in front of a computer screen can be exhausting. Still, there are ways and means to keep ourselves healthy and in balance despite prolonged sitting and long exposure.

For many of us, prolonged sitting is just a fact of life. From a meditative point of view, sitting still can be great; but when our sitting is done hunched over a computer keyboard and screen for hours at a time, it can be just plain unhealthy. Thankfully, though, there are things to help balance our body during the day, which will help maintain our health and flexibility.

The human body is designed to move. Each of our joints has opposing sets

of muscles that allow us to straighten, bend, twist, and turn. When we have good muscular balance, we feel good because we have the full use of our joints, which allows us to experience our full range of motion, leading to good posture and excellent health.

One of the best solutions for “computeritis” is to incorporate a regular balancing program into your work or computer-time routine. It is important to take regular breaks to refresh, rehydrate, and move your body. Even a

nine minute program can help relieve muscular tension, improve circulation, stimulate lymphatic flow and refresh you—as well as prevent your body from taking on a chair-bound shape.

The following Nine Minute Meditation can help you recover from the unhealthy effects of computeritis. All of these exercises can be done right at your desk. (You can also do these exercises sitting in Easy Pose (Sukhasan) on the floor.) 