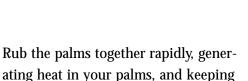
When We Look with Conscious Energy, We Take a New Impression



1 Bring the hands palm-to-palm in front of the body at heart level.



This exercise may be done standing, sitting on the floor, or sitting in a chair. Once you know how to do it, keep your eyes closed throughout the exercise.







3

2 Close your eyes and place the slightly cupped palms over the eyes so that they snugly contact the cheekbones, eye sockets, and bridge of the nose, shutting out all light. The hands are relaxed, and the fingers mold to the contours of the forehead.

your shoulders and arms relaxed.

Hold like this for three full breaths.



3-5 Brush the hands up the forehead, over the crown of the head, down the back of the neck, and off below the chin.

Repeat the rubbing, palming, and brushing two more times.



6 The third and final time, continue brushing down the front of the body until the hands come to rest on the thighs (if sitting) or at your sides (if standing).

Slowly open the eyes, allowing them to remain unfocused for several seconds.

6

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