

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

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.



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

Rub the palms together rapidly, generating heat in your palms, and keeping your shoulders and arms relaxed.



- 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.

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.

Guidance Comes from Your Silence



1 Stand comfortably.

2 As you inhale, slowly shrug your shoulders toward your ears.



3-4 As you begin to exhale, slowly raise your arms in front of you as if they are floating upward (your wrists lead, your hands are totally relaxed), until they are overhead.



5-7 Then in the same continuous motion (as you complete the exhalation), lower them out and down to your sides.

Repeat the above movements three to seven times.



8-10 Brush each arm three times.



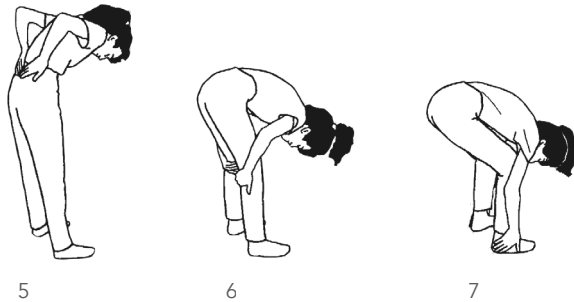
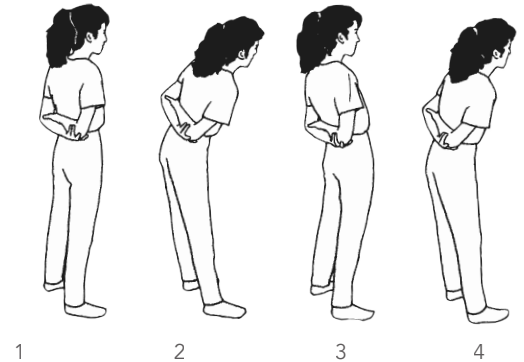
11 Stand comfortably.

You and Existence—No Difference

- 1–4 Stand comfortably with your feet shoulder-width apart and clasp the forearms behind your back.

Circle the hips clockwise in as large a circle as is comfortable. The upper body moves only slightly compared to the hips.

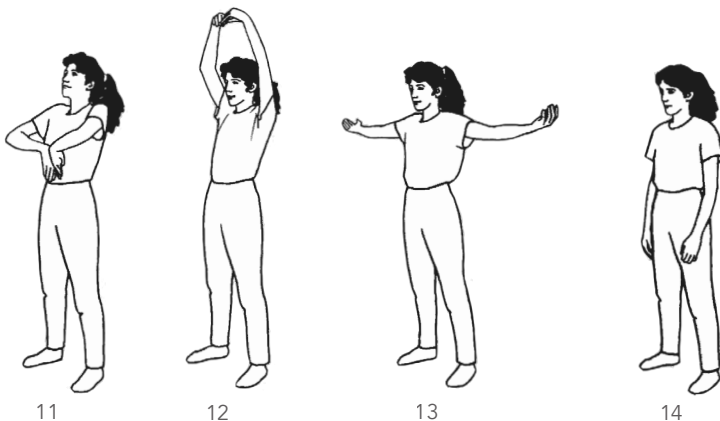
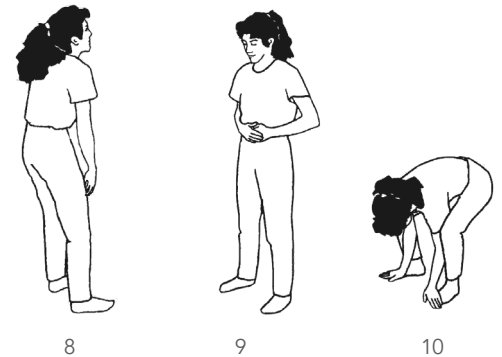
Continue circling for at least three breaths, then circle counter-clockwise for at least three breaths.



- 5–7 Stop circling, and brush from the kidneys down the back of the legs and to the toes.

- 8 As you straighten up, the hands stay in light contact with the front of the legs and abdomen and then they return to the kidneys. Brush twice more in this way.

- 9–10 Brush from the abdomen down the front of the legs to the toes. As you straighten up, again keep the hands in light contact with the legs.



- 11–13 Brush twice more. The third time you reach the toes, brush up the front of the legs to the abdomen. At the abdomen, bring the hands back-to-back (fingers pointing down), brush up the midline of the body to overhead, then slowly open the arms out and down to your sides.

- 14 Stand comfortably.