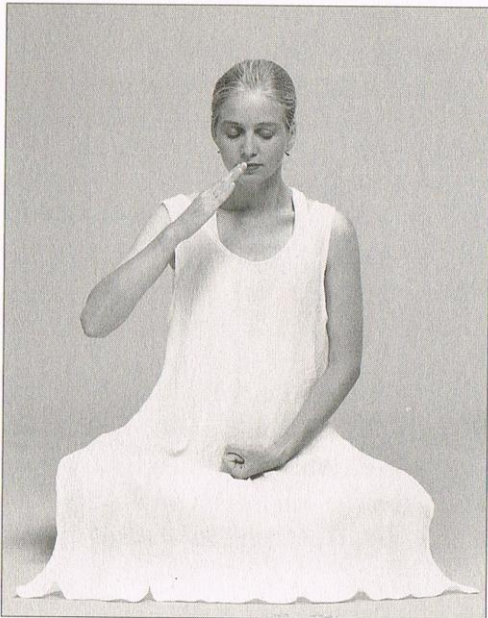


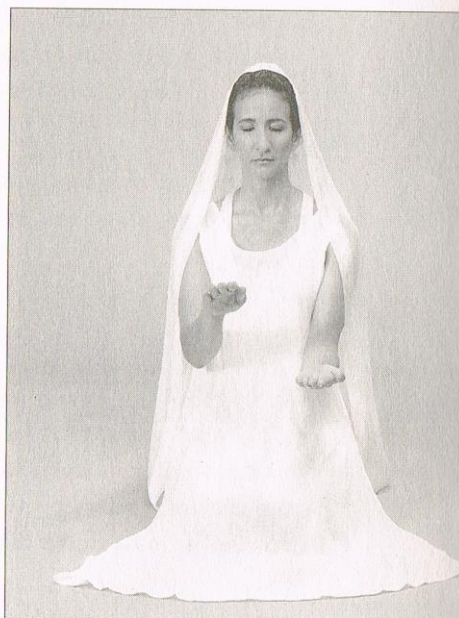
Nine-Minute Meditation to Alleviate Stress

Stress is detrimental to your health and causes hyperactivity of your adrenal glands. These spikes of adrenaline are designed to quickly supply oxygen and energy in an emergency situation, but over a longer period of time, excess adrenaline can lead to problems such as ulcers, high blood pressure, and loss of appetite. Constant stress can also lead to headaches, depression, chronic fatigue syndrome, adult-onset diabetes, and digestive ailments. Stress can upset your immune system, lower your resistance to disease, and reduce your memory.

Meditation and relaxation have a powerful effect on reducing the intensity and impact of stress on your body and mind. Practicing meditations like the one that follows can help you to conquer the daily stresses of modern life. Although this meditation takes only 9 minutes, *it can make a huge difference*



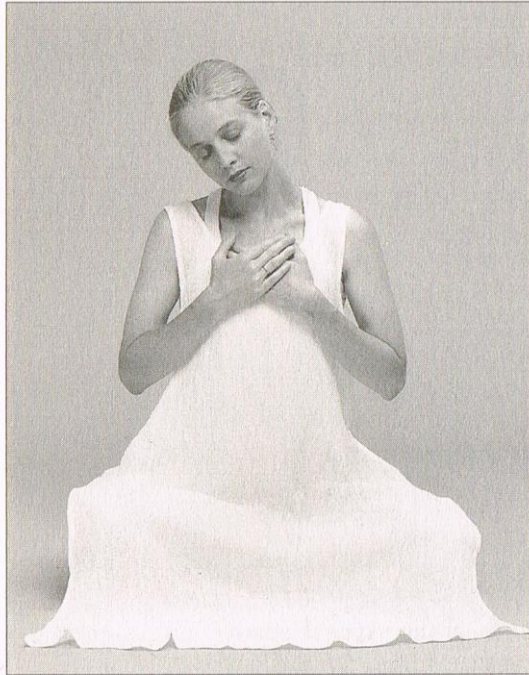
Nine-Minute Meditation to Alleviate Stress (1)



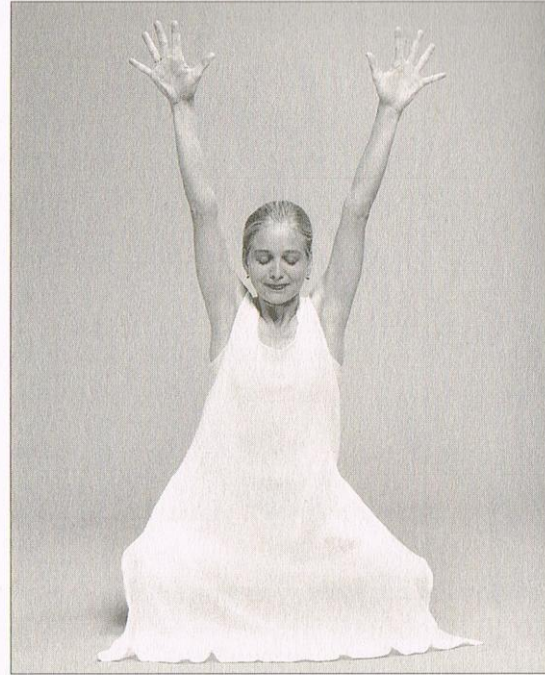
Nine-Minute Meditation to Alleviate Stress (2)

in your life. Remember to breathe and focus on the mantra *Sat* on your inhalation, and on *Naam* on your exhalation throughout the meditation.

1. Sitting in Easy Pose or in a chair, bend your right elbow so your forearm is in front of your body and parallel to the floor. Your wrist and fingers are straight, and the palm of your hand is facing downward. Keep your eyes closed and focused on the center of your chin. Without bending your wrist, move your forearm up and down quickly, like a fan, from the tip of your nose to your navel point. Put all your energy into the movement. After 1 minute, make a fist with your left hand as you continue the motion with your right hand for 2 more minutes.



Nine-Minute Meditation to Alleviate Stress (3)



Nine-Minute Meditation to Alleviate Stress (4)

earth) and your right palm facing upward (toward the heavens). Alternately move each forearm up and down 6–8 inches from the parallel, as if you were bouncing balls with your hands. Continue this motion for 3 minutes.

Benefits This part of the meditation restores balance to the qualities of earth and heaven within you, creating a deep relaxation in the body and mind.

3. Remain seated and place your hands on the center of your chest (the heart center) with your right hand over your left. Close your eyes. Begin stretching and bending your neck, bringing your left ear toward your left shoulder and your right ear toward your right shoulder. Continue this motion without stress, in a rhythmic manner. Relax into the motion for 2 minutes.

Benefits This exercise helps to adjust your neck and release tension from your shoulders, neck, and face.

4. Stretch your arms over your head with arms straight and your fingers extended up and open as widely as possible. Squeeze all the muscles in your body as you continue to stretch upward and breathe. Stretch like this for 1 minute, then relax.

Benefits Completing the meditation this way integrates new patterns of relaxation into your body and releases any remaining tension. Remember to relax after you complete the entire meditation.