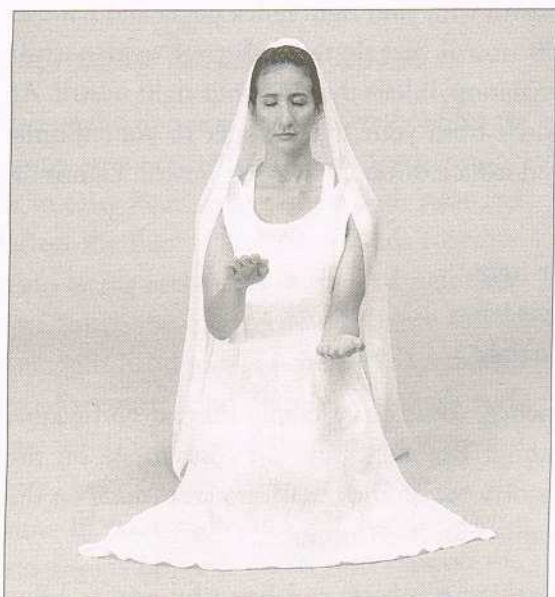
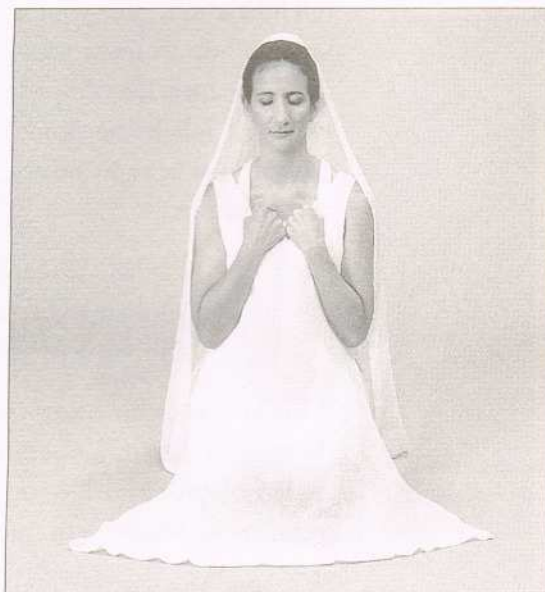


Meditations to Fight Brain Fatigue

1. Sit in Easy Pose or in a chair with your feet flat on the floor. Hold your forearms straight out in front of your body parallel to the floor with your elbows bent close to your body, near your rib cage. Place your right palm facing down toward the earth, and your left palm facing up toward the sky. Begin a segmented breath, inhaling in eight equal segments and exhaling in eight equal segments. On each segment of your breath, alternately move your hands and forearms up and down six to eight inches. As one hand moves up, the other moves down, as if you are bouncing a ball. Breathe powerfully as you continue this breath and movement sequence for 9 minutes. You can use the sound of your breath as your mantra or mentally chant *Saa Taa Naa Maa* twice on each inhalation and twice on each exhalation. Each syllable goes with one breath segment. Continue for 9 minutes.
2. Keep both hands and forearms parallel to the floor. Close your eyes and focus on the center of your chin. Allow your body to remain still and heal itself. Quiet your mind and relax your breath for 6 minutes.



Meditation to Fight Brain Fatigue



Meditation to Fight Brain Fatigue—(ending)

Medi.to fight brain fatigue-2

3. To end this three-part meditation, inhale deeply and suspend your breath while you make your hands into fists and press them forcefully against your chest for 15 seconds. Exhale. Inhale deeply again and suspend your breath while you press your fists against your navel point for 15 seconds. Exhale. Inhale deeply once more and suspend your breath while you bend your elbows and hold your fists near your shoulders, pressing your arms forcefully against your rib cage for 15 seconds. Exhale and relax.

Benefits This meditation is excellent for relaxing your brain and helping you to focus and calm your mind. It can help balance the hemispheres of your brain, and relieve the imbalance you may feel as a result of hormonal changes. This meditation has a positive effect also on your liver, navel point, spleen, and lymphatic system.