



# DAILY ENERGETIC CLEARING

**\*Movement\*** 3 min of Shaking

Lie flat on your back, arms and legs in the air and shake vigorously. Work on keeping those joints loose, while moving your limbs like crazy. You can also stand and shake with arms over the head. *This helps you sit for longer periods of time in meditation. Also good once you finish your practice to shake out your legs for circulation.*

## **\*Meditation\***

Sit with a straight spine in a chair, against a flat surface or in a cross legged position. Close your eyes and bring your attention to your brow point, at the 3rd eye center. Hands are face-up on the knees.

Chant SA TA NA MA. While chanting, alternately press the thumb against the four fingers. Press hard enough to keep yourself awake and aware of the pressure throughout the practice. Keep repeating in a stable, rhythmic manner, while keeping the fingers moving throughout the meditation.

SA press the Thumb and the Index finger together  
TA press the Thumb and the Middle finger together  
NA press the Thumb and the Ring finger together  
MA press the Thumb and the Pinky finger together

2 Minutes OUTLOUD

2 Minutes WHISPERED

3 Minutes SILENTLY

2 Minutes WHISPERED

2 Minutes OUTLOUD

*Sit In Silence... Release it... Your Worth It...*