

Sanctuary of Meditation

Energy Clearing



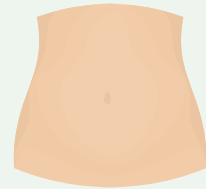
Enjoy these **Energy Clearing** practices to remove stagnancy from your energy body and field to open spaciousness up to be present in your Heart-Mind.

Building Core Energy

Using fists or Adhi mudra (thumbs are in the inside of the fists) gently thump on and around the belly button for 2-minutes. ~Brings energy out of the Thinking Mind and into the Core. Stimulates Vagus Nerve to shift you into relaxation mode.



ADHI MUDRA



Energy Field Palm Sweep

1. Tap fingers together in Hakini Mudra for 1-minute.
2. Hold hands up in the air and twist-and-shake hands and wrists.
3. Cup hands towards each other and pulse palms towards each other and apart to feel energy.
4. From the crown of the head, slowly float hands over head a few times without touching the body. Then sweep down one arm, then the other. Sweep over torso front and back. Sweep hips. Sweep down one leg and foot, and then the other.
5. Bring your hands on top of your heart center to complete.



Hakini Mudra



Energy Holds

Clear your mental energy with this series of Energy Holds on the head. You can practice this lying down with pillows to support your elbows and arms. Or seated:

1. Cup palms and place them over the eyes on the eye-sockets for 1-minute or more.
2. Cup palms over the sides of the head for 1-minute or more.
3. Cup palms on the back of the head: one on the base of the skull (occiput) and the other on the back of the head for 1-minute or more.
4. Optional: One palm on back of head and one palm on forehead for 1-minute or more.

