

Switching Technique....to center and balance

The mind and body

Lie/Sit comfortably....breathe deeply

Cross your (L) ankle over your (R) ankle...

Extend your arms....Turn your thumbs down...

Cross your (R) hand over your (L) hand...

Interlace your fingers....

With interlaced fingers, bring your hands, down and under, towards your chest.

Rest them on the center of your chest....

Relax your tongue in the roof of your mouth, with the tip of the tongue touching behind the upper teeth...

Breathe deeply, and let go of all thought....

Rest in stillness and deep peace...

After several minutes, relax your hands into your lap....Breathe deeply...and slowly open your eyes....

Stretch your hands and arms up, and gently tap your head....to stimulate your brain and energy...

A very beneficial exercise to calm and center yourself; to use before meditation, for centering; to lighten depression and anxiety; and to focus the mind and spirit...

Peace Be With You