

When We Look with Conscious Energy, We Take a New Impression

This exercise may be done standing, sitting on the floor, or sitting in a chair. Once you know how to do it, keep your eyes closed throughout the exercise.



- 1 Bring the hands palm-to-palm in front of the body at heart level.

Rub the palms together rapidly, generating heat in your palms, and keeping your shoulders and arms relaxed.



- 2 Close your eyes and place the slightly cupped palms over the eyes so that they snugly contact the cheekbones, eye sockets, and bridge of the nose, shutting out all light. The hands are relaxed, and the fingers mold to the contours of the forehead.

Hold like this for three full breaths.



- 3-5 Brush the hands up the forehead, over the crown of the head, down the back of the neck, and off below the chin.

Repeat the rubbing, palming, and brushing two more times.



- 6 The third and final time, continue brushing down the front of the body until the hands come to rest on the thighs (if sitting) or at your sides (if standing).

Slowly open the eyes, allowing them to remain unfocused for several seconds.