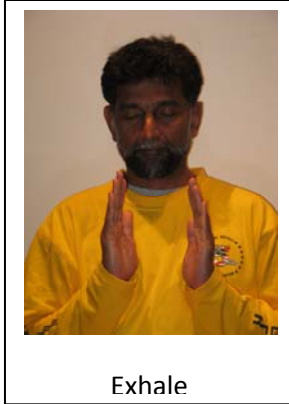


ENERGIZING THE HANDS

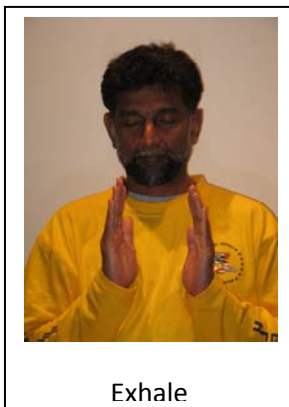
Suchinta Abhayaratna, Th.M (2009)



1. Bring your hands in front of your heart facing each other but not touching. Focus on the space between the hands.



2. Inhale: Think “I” - moving your hands away from each other until they are shoulder-width apart. Continue focusing on the space between hands.



3. Exhale: Think “Am” - Bring the hands close to each other – but not touching.

Notice any sensations you may feel between your hands or in other parts of your body when you are moving your hands.

Continue breathing and moving hands in this manner for a minute or two.

Place energized hands on any part of your body that is stressed, in pain or tired.