

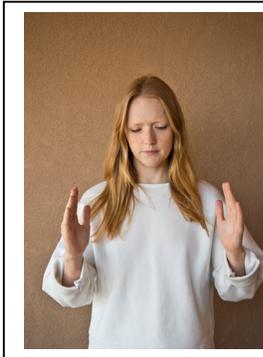
ENERGIZING / CHARGING HANDS IN MANDALA PRACTICE

Suchinta Abhayaratna, Th.D.

This exercise is derived from Qi Gong – a practice of self-healing and re-energizing from ancient China. This practice can be used to consciously generate energy in the hands before your meditative mandala practice.



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



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



Exhale: Think “That” - 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 until you feel your hands are “charged.” [Watch video here.](#)

Your energized hands can be placed on any part of your body that is painful, stressed, or tired, or on each of your chakras (energy centers located in the region of your endocrine glands) to support self-healing and enhance wellbeing.

THE HEART - HAND CONNECTION

Your arms and hands are extensions of your heart chakra. They can channel the powerful electro magnetic energy or life energy from your heart to other parts of your body or to other people. When a baby discovers that s/he can make his/her hands do what s/he wants them to it is a major milestone in consciousness. Channeling powerful energy through your hands back to yourself is a way that you can express love and caring to yourself (or another person). If you feel pain, your first instinct is to touch, hold or massage the affected area. This is an innate pain relief mechanism. Pay attention to your hands when you are “charging” them. You will observe that there is a spot right in the center of each of your palms through which you feel the energy coming out. These areas are considered to be mini chakras.

USING YOUR ENERGIZED HANDS TO RELIEVE PAIN AND TIREDNESS

You can use this same mechanism to benefit yourself. Practitioners of Chi Gong, the Chinese art of self-healing, know series of movements that involve arms and hands for healing and balancing each of the organ systems. The simple hand re-energizing movements on the opposite page are Chi Gong movements that prepare the hands for channeling self-healing and re-energization. Almost as soon as you begin to move your hands, you will feel heat or a sense of magnetic energy between your hands. It takes only a few seconds. As soon as you feel that energy between your hands, you can place them on any place on your body that feels pain or discomfort. You can also place them on yourself when you feel tired.

Material in this handout was excerpted from [*Holistic Self-Care Tools For Caregivers*](#)